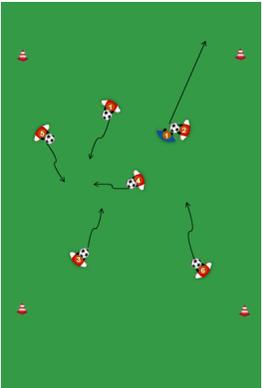


# Training 6 - Under 8

## 1. NUTMEG GAME



**Method**

Each player, bar one, has a ball. At the coach's signal, the player without a ball kicks as many of the other players' balls out of play as possible.

Each player must retrieve their ball immediately and stand straddle-legged on the spot where their ball was kicked out of play and hold the ball in their hands, above their heads. The other players, whose balls have not yet been kicked out of play, may liberate their fellow players by kicking the ball between the legs of the players who are out of play. When time is up, the number of players still standing with the ball above their heads are counted. The game ends when the defenders have all the players standing with the ball above their heads.

Who will score the highest number?

**Variation:**

- more defenders or less defenders.

## 2. SIGNAL GAME



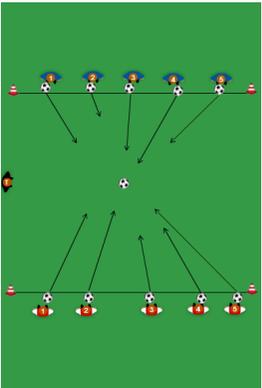
**Method**

All the players stand in a row next to each other in front of the coach. Beforehand the coach and the players agree on certain signals. At the coach's signal the players execute the appropriate drill.

Examples are:

- Dribbling on the spot by kicking the ball left to right
- Dribbling to the left or to the right.
- Dribbling forwards or backwards.
- Placing the foot on the ball, alternating left and right.
- etc.

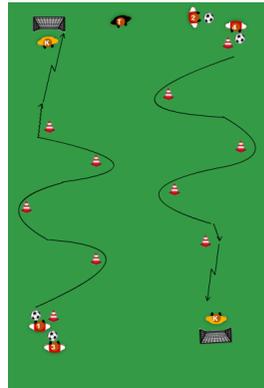
## 3. STEP 1: HIT THE BALL



**Method**

2 teams, in which each player has a ball, stand opposite each other on the goal line and in the centre there is a "marked ball". The 2 teams must try to hit the "marked ball" from their goal line all the way to their opponent's goal line. The team to get the "marked ball" over the opponent's line first, scores a point. After each score the ball is replaced in the centre and the game begins again.

## 4. DRIBBLE THE COURSE THEN FINISH



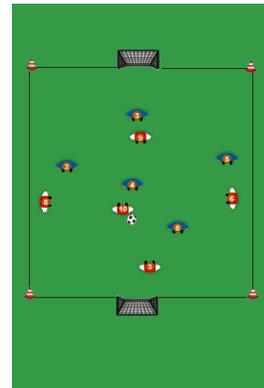
**Method**

The players slalom the whole course dribbling the ball then finish.

Variation in positioning to receive:

- Vary the execution speed.
- Vary the distance between the cones.
- Execute the drill in competition form.

## 5. GAME FORM 5V5



**Method**

Five attackers keep possession against 5 defenders by a combination of passes or an individual action, followed by scoring in the opposite goal. After taking possession the defenders may then score by scoring in the opposite goal.

**Attention!**

If the ball goes off the field the other team starts the game.

**Drill variation:**

With three teams, changing at your own discretion.