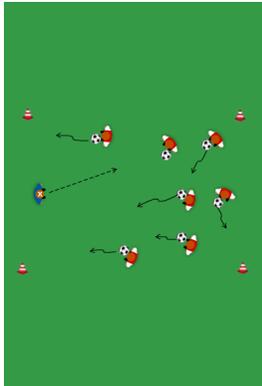


Training 7 - Under 8

1. PLAIN TAG



Method

Each player has a ball except the one who is "it". He tries to tag as many players as possible.

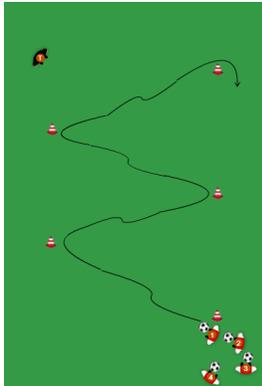
Variation:

- The one who is "it" also has a ball.
- He can tag players by kicking away their ball.

Attention!

You may take part again when a "free player" has tagged you "free".

2. DRIBBLE CUT (RECTANGLE)



Method

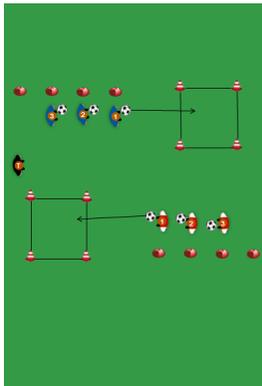
Every player has a ball and dribbles the balls to the center of the left cones of the first square.

Once there, he takes the ball to the first right cone with a cut. He does the same in the second square. Then he dribbles the ball back and goes to the back of the line.

Variation in positioning to receive:

Vary the speed.

3. STEP 1: KICKING INTO THE SQUARE



Method

2 teams in which each player has a ball, stand in a row at the first marker cone. From here they must take turns in kicking the ball into the square. If they succeed, they earn 1 point. At 3 points they move on to the second marker cone. The same for the third and fourth marker cone.

Attention! At three consecutive misses, the player moves back one place. The winner is the first player to complete the whole course.

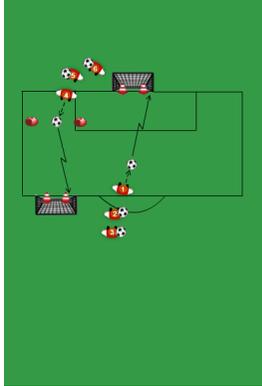
Variation:

- Kick the ball with the other foot.
- Increase/decrease the dimensions of the square.
- Increase/decrease the distance to the square.

Variation on organisational forms:

- Try to kick the ball into a small square from the center spot.
- Try to kick the ball into a square from the penalty area.
- Kick the ball as close to the outer line of the penalty area as possible, standing on the outer line of the goal area, and vice versa.

4. PENALTY KICKING



Method

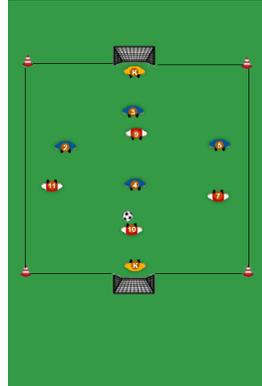
In the goal there are 2 cones. The distance between the cone and the post is 2 yards. The players must try to get the ball in either the left or right corner between the cone and the post.

Who scores the most penalties between the cone and the post?

Variation in drill:

- Reduce the distance between the cone and the post.
- Put a keeper in goal.

5. GAME FORM 4V4 + 2 KEEPERS



Method

Four attackers keep possession against 4 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 dribbling the ball over the opposite base-line.

Attention!

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

Drill variation:

With three teams, changing at your own discretion.