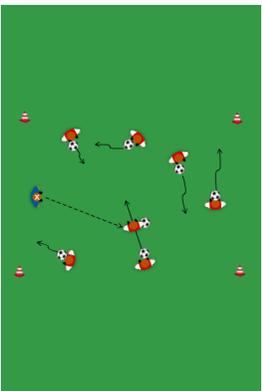


Training 8 - Under 8

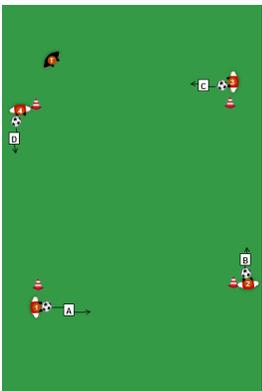
1. ARCH TAG



Method

1 player is "it" and tries to tag the others. A tagged player stands straddle-legged. Each "free player" can tag them "free" again by playing the ball through their legs (the arch), regaining control of the ball and dribbling on.

2. DRIBBLING THE BALL, LEFT FOOT, RIGHT FOOT AND BETWEEN THE FEET



Method

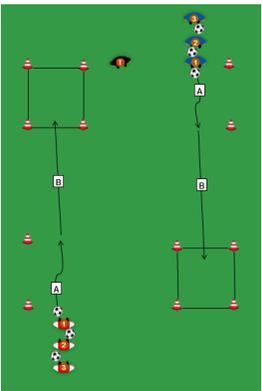
Each player has a ball. The players dribble the ball with the left foot, right foot and between the feet, around the marked off square.

- A. Dribble the ball with the outside of the left foot.
- B. Dribble the ball between the feet; alternating from left to right.
- C. Dribble the ball with the outside of the right foot.
- D. Dribble the ball between the feet; alternating from left to right.

Variation:

- Vary the distance between the cones
- Vary the execution speed.

3. STEP 1: SHOOTING IN THE SQUARE AND DRIBBLING



Method

2 teams, consisting of 3 players with a ball, stand at the first cone.

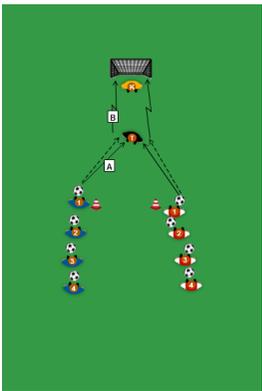
A. The players must dribble the ball from this point to the second cone. B. Then they must kick the ball into the square in 1 shot. If a player succeeds, he earns 1 point.

Attention! Dribbling and kicking must be performed in one motion. The team with the most points is the winner.

Variation:

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

4. IN A LINE (1)



Method

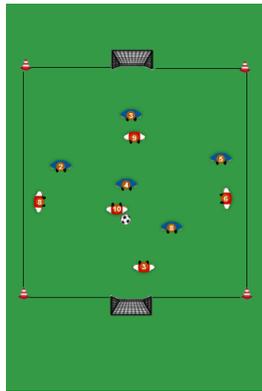
This drill is performed by two rows of players.

- A. Player 1 or 2 kicks the ball with the inside of the outside foot to the coach and then follows the ball.
- B. The coach stops and places the ball for the oncoming player 1 or 2.
- C. Player 1 or 2 then shoots the placed ball in the goal, etc

Variation in drill:

Change rows after shooting.

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.