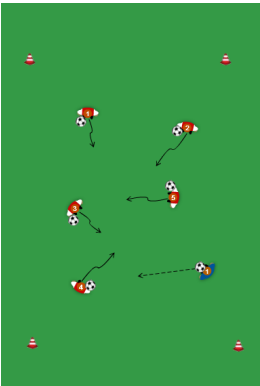


# Training 10 - Under 8

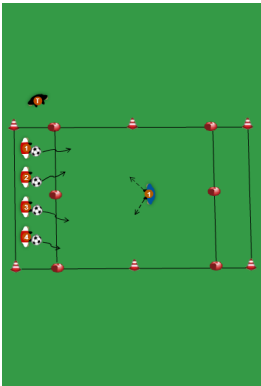
## 1. DRIBBLE TAG



**Method**

All players, except the one who is 'it', dribble around the pitch with the ball at their foot. The one who is 'it' has his ball in his hands and must now try to tag a ball belonging to a dribbling player, with his own ball. When he succeeds, the player who has been tagged, becomes 'it', etc.

## 2. DRIBBLE KING



**Method**

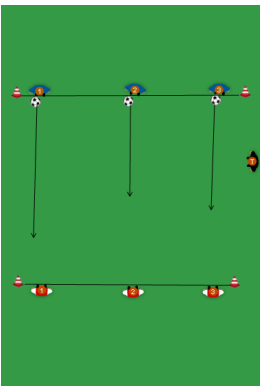
Each player has a ball and on the coach's signal, the players dribble the ball from the starting square to the finish square on the other side. Along the way the "thief" tries to kick the other players' balls out of the square.

Lose the ball and you also become a "thief".  
The winner is the last remaining player.

Variation in positioning to receive:

- Each player starts with 3 points.
  - Lose the ball and a point is subtracted.
  - The player is out of the game at 0 points.
- The winner is the last remaining player.

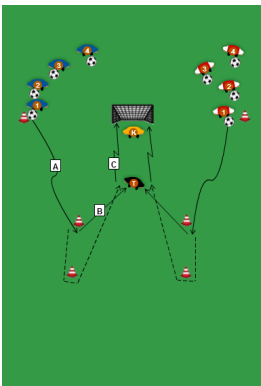
## 3. STEP 1: SHOOTING THROUGH THE LEGS



**Method**

Pairs, standing with their legs deviated and opposite each other at a distance of 10 - 15 yards. They must try to score between the legs of their mates. The player to score the most goals, within a certain amount of time, or a certain number of times, is the "winner".

## 4. IN A LINE



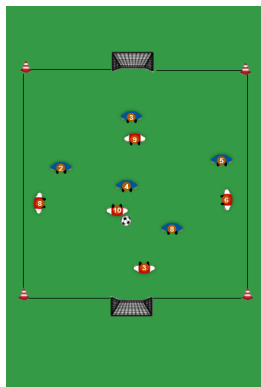
**Method**

This drill is performed by two rows of players.

- A. Player 1 or 2 dribbles the ball past the first cone and kicks the ball with the inside of the outside foot to the coach and then runs on to the second cone and faces the coach.
- 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.