

Date \_\_\_\_\_ Time \_\_\_\_\_ Field \_\_\_\_\_ Age Group **U8**

# Players: \_\_\_\_\_ Duration \_\_\_\_\_ Equipment \_\_\_\_\_ Bibs \_\_\_\_\_ Balls \_\_\_\_\_ Water Bottles \_\_\_\_\_ Pumps \_\_\_\_\_

Primary Objective: **Passing 2** Secondary Objective: **Coordination**

**15** Activity 2

**Tag Game**

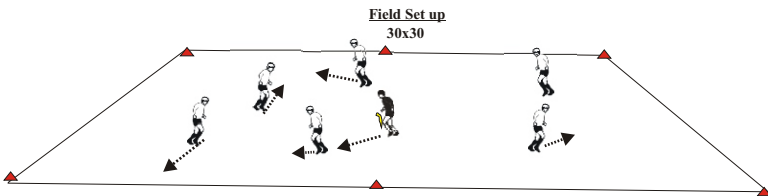
**Set Up**

Players are restricted in a 30x30 grid.  
One player is IT.  
He will carry a bib and will try to tag the players inside the grid.  
If a player is tagged, She /he will have to stop and put their hand on top of their heads.

How much time before every player is tagged?  
Last player tagged becomes IT or Takes a rest.

**Variations**

- 1) Use more than one player to be IT.
- 2) Allowed tagged players to be freed by teammates by having them crawl under their open legs.



**15** Activity 2

**Passing to cones**

**In Pairs**

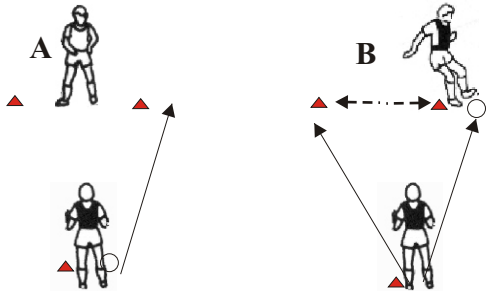
**Key Factors**

Two players facing each other 5-10 yards apart.  
One player has the ball.  
The other player stands in between two cones 3 yards apart.  
The player with the ball will pass the ball towards the outside part of the cones, while the receiving player will control the ball  
With the inside of the foot and pass it back with the same foot. Switch roles

**Progression**

Have the passing player try to hit the cones, and the receiving player preventing it by controlling the ball with the inside of the foot.  
How many cones the hit in "x" time?

- 1) Inside foot pass
- 2) Lock ankle
- 3) Follow thru



**15** Activity 3

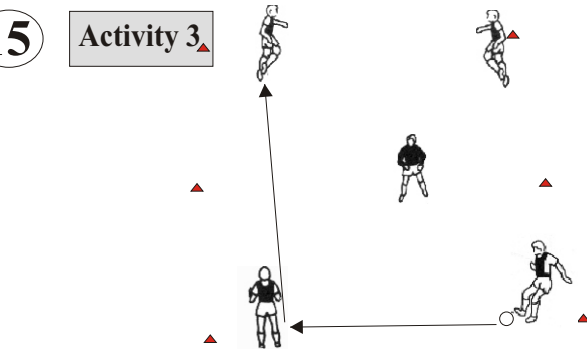
**Set Up**

**Key Factors**

Set up an area of 20x20yards

In the first grid, two attackers with the ball will try to pass the ball to the other players in the opposite grid.  
In the middle there is a defender which will try to intercept the ball.  
Switch roles

- 1) Stay wide
- 2) Angle of Support
- 3) Part of the foot



**15** Activity 4

**2v1+1**

**Set Up**  
Set up 15x12 grid

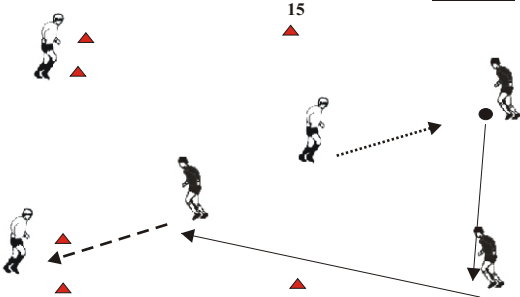
**Key Factors**

Set up a grid as shown on the Graf.  
There are 2 teams of 3 players.  
Each team takes a turn attacking.  
1 Two players will start an attack in one grid against one defender.  
The objective is for them to pass the ball to a 3rd player in the other grid which will try to score a goal from the spot he receives the ball.  
10 The other members of the defending team stay out.  
How many goals can each team score in "X" number of attacks or time?

**Variation**

- 1 If defender wins the ball he can score or pass the ball to his 2 teammates.

- 1) Stay wide
- 2) Angle of support
- 3) Part of the foot



**20** Mini or Maxi Game

**3v3 +2 Keepers** on a 25x35 Condition :TO SCORE A TEAM HAS TO MAKE 2 PASSESS