



U8 Week 7 2v1-2v2

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

2V1 (10 mins)

Set Up

In an area roughly 20x20 Player ar split into 3 lines. 2 lines on one end of the grid, 1 line on the opposite end.

Implementation

Player 1 starts with the ball and passes to either player 2 or 3, once player 1 has played the pass they become the defender and try to win the ball. Players 2 and 3 work together to get the ball past the line of red cones. If the defender wins the ball they try to dribble the ball past the Blue cones.

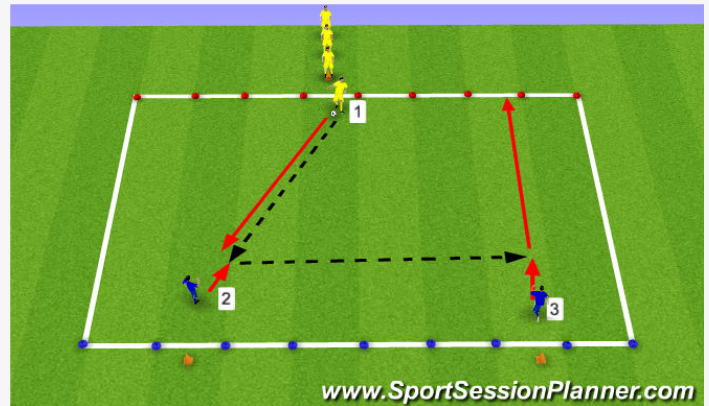
Progress the session by encouraging give and go passing and overlaps

Coaching points

Take a positive first touch

If the defender doesn't pressure dribble and score.

If the defender pressures pass to your team mate



2V2 (15 mins)

Set Up

In a 20x20 area players are split into 2 teams, each team is split into two lines on opposite ends of the grid. One team always starts with the ball.

Implementation

Team with the ball plays a pass to either player on the other team. After the pass is played the first player in both lines for the passing team become defenders and try to win the ball.

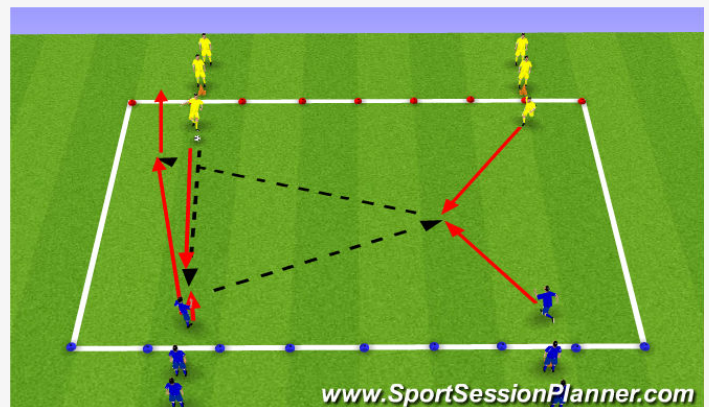
The receiving team become attackers and try to get the ball across the line of red cones. If the defending team win the ball they attack the blue line.

Players move line after each go.

Coaching Points

Can players use combinations to beat the opposition defenders, 1-2, give and go, overlap and underlap.

Can attackers isolate a defender and beat them 1 on 1



2V2 Goals (15 mins)

Set Up

Field is set up roughly 30Lx20W with a goal at each end. Players are split into two teams and will be lined up on either side of the goal. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball.

Once a player has the ball they and their teammate look to score.

If the players don't have the ball they are to try and steal it, and score themselves.

Coaching Points

If under pressure pass to your teammate

If not under pressure look to dribble.

If you have momentum can you beat the defender.

If you have a shot "SHOOT"

