



1st-2nd/U8 – Session 1

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Knock Out:

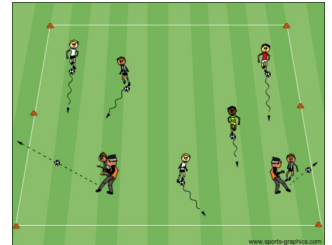
All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.

Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps



British Bulldog:

All players are dribbling a soccer ball from one end to the other end of a 25x35 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a “bulldog”. To start each round, Bulldogs yell, BRITISH BULLDOG! Players with the ball yell, CHARGE!



Get “Outta” There with Numbers:

The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 25x35 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.



Scrimmage:

Play 2 small fields of 4v4. Set team of four up in a diamond shape (no GK's). If ball goes out the sides, players can either dribble in or pass in. (player's choice). If the ball goes out the end line by the attacking team, the defending team will place the soccer ball about 1-2 yds in front of the goal and kick it in (opposing team will start at midfield when this happens to allow the ball to be played in). If the ball goes out the end line by the defending team, the attacking team will place it at the corner and kick it in.

NOTE: Diamond moves together around the field. Gets big when your team has the ball (offense) and gets small when your team doesn't have the ball (defense).





1st-2nd/U8 – Session 2

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

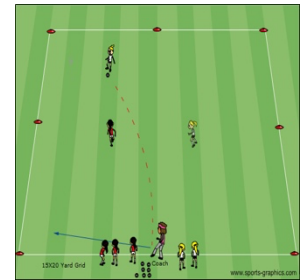
Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.



Combat:

Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Players are split into 2 color-coded teams. One team lines up on the coach's left and the other on the coach's right. When the coach kicks the ball into play, the game begins. (1v1, 2v2...whatever the coach calls out) A point is awarded to the team that gets the soccer ball back to the coach in the allotted time. Once the coach gets the soccer ball back, they play it back into the field and another game begins.



1v1 to Two Small Goals:

In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to their opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their score.

Coach: The goals are 4 yards wide.

Note: Coach can have multiple grids to allow for more opportunities to go 1v1. Each grid should have no more than 5-6 players in.



Scrimmage:

Play 2 small fields of 4v4. Set team of four up in a diamond shape (no GK's). If ball goes out the sides, players can either dribble in or pass in. (player's choice). If the ball goes out the end line by the attacking team, the defending team will place the soccer ball about 1-2 yds in front of the goal and kick it in (opposing team will start at midfield when this happens to allow the ball to be played in). If the ball goes out the end line by the defending team, the attacking team will place it at the corner and kick it in.

NOTE: Diamond moves together around the field. Gets big when your team has the ball (attack) and gets small when your team doesn't have the ball (defend).





1st-2nd/U8 – Session 3

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.

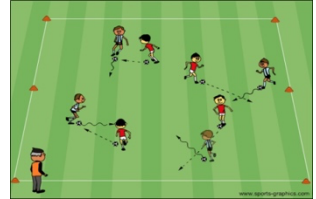


Team Tag:

Split the players into two teams (**Dribblers and Taggers**). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.

Coach: Can help taggers adding their points.

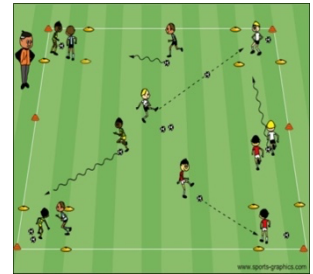
Version 2: Taggers can only tag the dribblers' ball.



Capture the Balls:

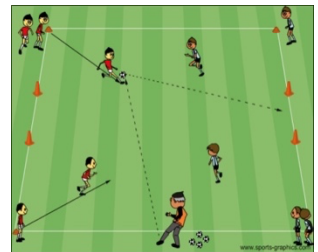
Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. No using hands.

Coach: Call time and each team counts the balls they have collected.



4 Corner Shooting Without Goalkeepers:

In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line. (Do not play a 50/50 ball-play to 1 of the 4 and change it up each time)



Scrimmage:

Play 2 small fields of 4v4. Set team of four up in a diamond shape (no GK's). If ball goes out the sides, players can either dribble in or pass in. (player's choice). If the ball goes out the end line by the attacking team, the defending team will place the soccer ball about 1-2 yds in front of the goal and kick it in (opposing team will start at midfield when this happens to allow the ball to be played in). If the ball goes out the end line by the defending team, the attacking team will place it at the corner and kick it in.

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1st-2nd/U8 – Session 4

Intentional Free Play:

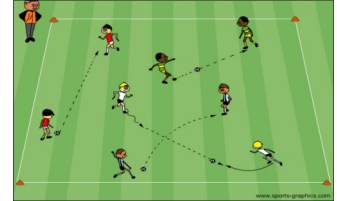
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Paint the Field- Passing:

In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.

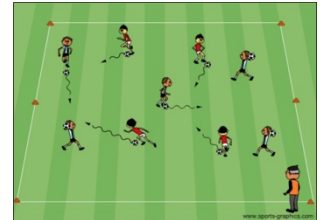
Version 2: Tell the players to use the other foot



Team Freeze Tag:

Divide the group into two teams. In a 20x25 yard grid, one team (**Dribblers**) is dribbling their soccer balls while the other team (**Taggers**) tries to tag the dribblers, who then freeze with the soccer ball above their head. Dribblers can unfreeze their team-mates by kicking the ball through their legs.

Coach: Taggers tag the dribbler's soccer ball or below the dribbler's knee with their soccer ball.



2v1 Pass or Dribble:

Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline.

Coach divides the players into 3 groups: 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control. If the attacker scores: 1 point. If the defender steals the ball and scores: 2 points.



Scrimmage:

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1st-2nd/U8 – Session 5

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Gates Passing:

In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.

Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside of the foot or outside of the foot, using their favorite foot or with the other foot.

Variation: Add two defenders to guard the gates.



2v2 Keep the Treasure:

In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around, while the defender is trying to get possession of it. If the defender gets it, the Keepers will try to regain it back ASAP.



2v2 to End Zones:

Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one-yard buffer zone in between. Make a one-yard-wide End Zone along each end line. Players will score by passing the ball to a player making a run into the End Zone. Defenders can't defend in the End Zone.

Coach: If players struggle with passing, simply have players dribble into endzone, with the ball under control and the ability to stop the ball.



Scrimmage:

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1st-2nd/U8 – Session 6

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Juggling:

All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.

Coach: Have the players count how many times they touch the ball before it hits the ground.

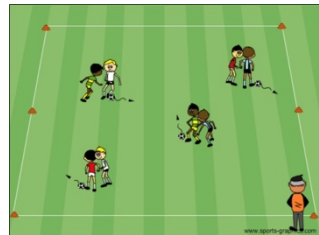
Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.



Steal-Shield:

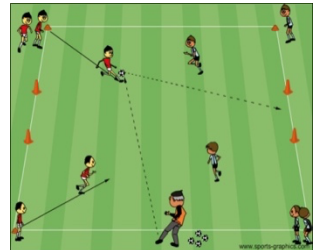
Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.

Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly. Side on – see both ball and player trying to win ball from you.



4 Corner Shooting Without Goalkeepers:

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