



U8 Week 3 When to pass When to dribble

Category: Tactical: Decision making practices
Difficulty: Beginner

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Individual-Adult Member

Bandits (10 mins)

Set Up:

In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. Pick 2 players to be the bandit.

Implementation

The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again.

Coaching Points

Avoid the defenders,
Be patient wait for an opening to attack the goal.



Bandits 2 (15 mins)

Set Up:

In a 20Wx30L yard grid, a 6Wx3L yard box goal on each end line, all players in pairs.

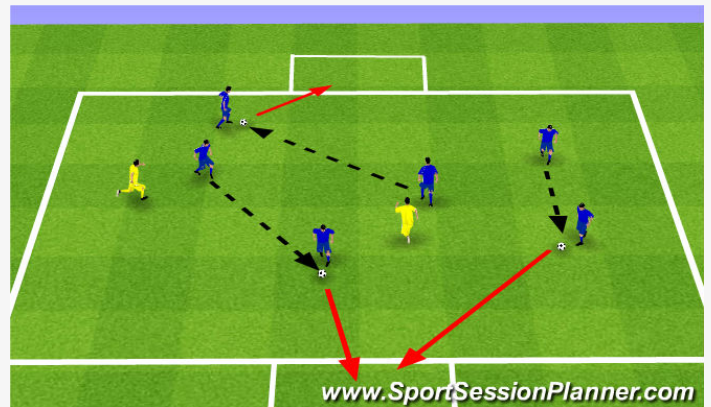
Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits.

Implementation:

The pairs with a ball will try to dribble & pass to either goal & pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs & bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval. Rules: bandits cannot defend inside of the goal.

Coaching Points

If you are under pressure from a bandit pass to your partner.
Avoid the defenders.
Be patient wait for an opening.



2V2 Ball on Cone (15 mins)

Set Up

Field is set up roughly 20Lx15W with balls balanced along cones at either end. Players are split into two teams and will be in 2 lines either side of the cone goals. (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 each line race onto the field to get to the ball. Once a player has the ball they look to strike the balls balanced on the cones by passing the ball at them. Players work in pairs to try and create a clear shot. If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Look up at your target before shooting,
Drive past the defender for an easier shot.
If the player is under pressure can they pass to their teammate.
Can the teammate without the ball find space.

