



U8 Week 8 1v1-3v3

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

1V1 (10 mins)

Set Up

Field is set up roughly 20Lx15W with a goal at each end. Players are split into two teams and will be lined up behind their 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 two players in line race onto the field to get to the ball. Once a player has the ball they look to dribble past the other player and score. If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.

First touch away from the defender.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).



2V2 (15 mins)

Set Up

Field is set up roughly 20Lx15W with a goal at each end. Players are split into two teams and will be lined up behind their 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 two players in line race onto the field to get to the ball. Once a player has the ball they look to dribble past the other player and score. If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.

First touch away from the defender.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).



3V3 (15 mins)

Set Up

In a 30x20 Playing area with a goal at each end, players are split into two teams. Each team is split into 3 lines, 1 on each side and one next to the goal.

The coach starts with all the balls.

Implementation

The coach serves a ball into the playing area and the first player from each line runs out to meet the ball.

Once a player gets to the ball they and their team mates attempt to score in the oppositions goal. If a goal is scored or the ball goes out of bounds the game starts again.

The team that doesn't have the ball tries to win the ball and score.

Coaching Points

Player in possession attacks the middle of the field.

Team mates of the player in possession attempt to maintain width and offer support to the player with the ball.

If you get the chance "SHOOT"

