Training 9 - Under 8

1. CROSSOVER GAME
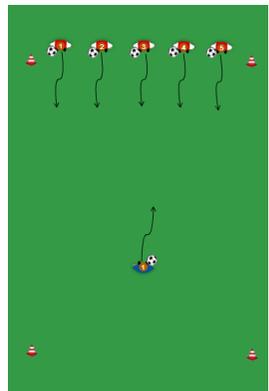
Method

All the players, expect one, are on one side of the playing field, with a ball at their foot.

The one who is 'it' is on the pitch, also with a ball at his foot.

On a signal the players must dribble the ball to the opposite side. The one who is 'it' now tries to tag as many players as possible on their way.

Who manages to tag the most players in 2 turns?

Attention!
- if you do not keep the ball close to you, you are also out of the game.

Variation:
- the one who is 'it' also has the ball at his foot.
- increase the number of turns.

2. DRIBBLE KING
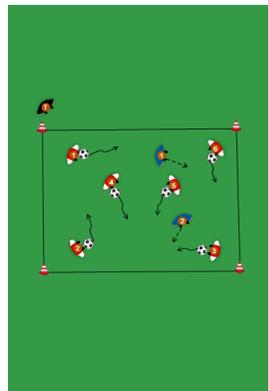
Method

Each player dribbles the ball through the square.

Two "thieves" try to kick the other players' balls out of the square.

If you lose your ball, you become a "thief" as well.

The remaining player is the dribble king.

Variation:
If the group is too small 1"thief" is enough.

3. STEP 1: FOOTBALL CURLING
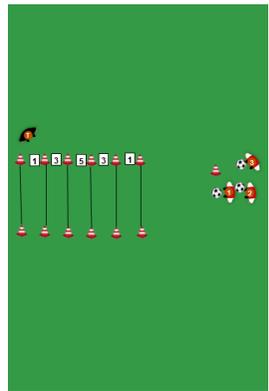
Method

Divide the pitch into 5 squares of 1 metre wide each. The players kick the ball at a distance of 10 yards to the centre square. The scores of a total of 3 attempts are added up.

Scoring:
- Centre square: 5 points
- The adjacent squares: 3 points
- Outer square: 1 point
- Outside of the squares: 0

The player with the highest score is the winner.

Variation: Increase kicking distance to 15 and/or 20 yards.

4. DRIBBLE THE COURSE THEN FINISH
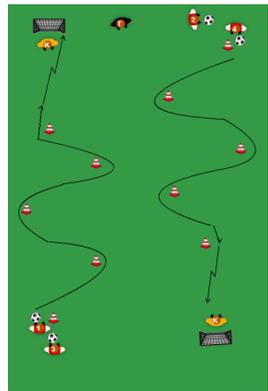
Method

The players slalom the whole course dribbling the ball then finisch.

Variation in positioning to receive:
- Vary the execution speed.
- Vary the distance between the cones.
- Execute the drill in competition form.

5. GAME FORM 4V4 + 2 KEEPERS

Method

Four attackers keep possession against 4 defenders by a combination of passes oran individual action, followed by scoring in the opposite goal.

After taking possession the defenders may then score by dribbling the ball over the opposite base-line.

Attention!
If the ball goes off the field the other team starts the game.

Drill variation:
With three teams, changing at your own discretion.