



**GOAL:**

Prevent Goals

**AGE GROUP**

**PLAYER ACTIONS**

Protect the goal, Steal the ball

**8U**

**KEY QUALITIES**

Read and understand the game, Focus

**MOMENT**

Defending

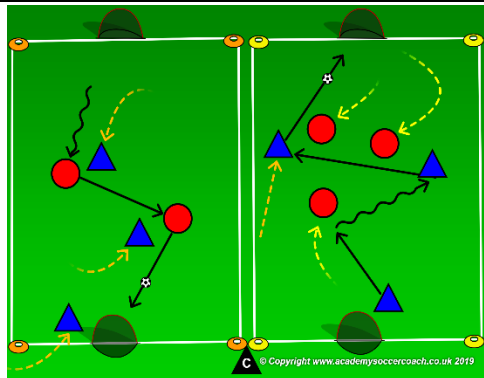
**DURATION**

**60 Minutes**

**4v4**

**1<sup>st</sup> PLAY PHASE (intentional Free Play)**

**18 Min.-Play multiple 3-4 minute games**



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

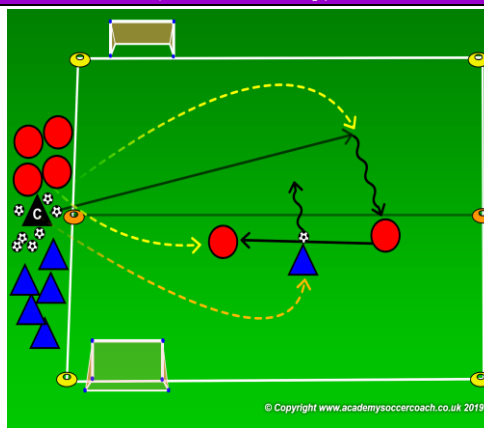
**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

**PRACTICE (Core Activity): 2v1 to Side Goals (reloading game)**

**18 Minutes-18 intervals-30 sec. play-30 sec. rest**



**Organization:** In a 20Wx30L yard grid & a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

**Key Words:** block your goal, do not let them turn

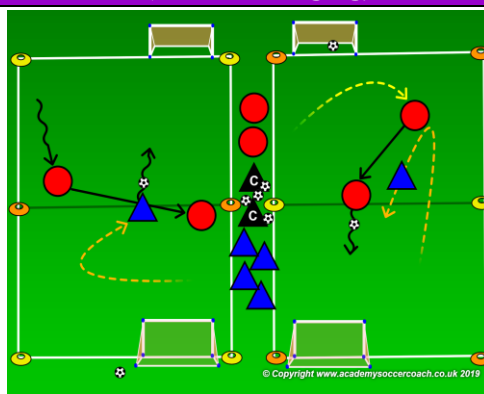
**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

**PRACTICE (Less Challenging): 2v1 to Side Goals (players enter 1<sup>st</sup>)**

**18 Minutes-9 intervals-1 min. play-1 min. rest**



**Organization:** Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & the coach appoints new players to play the next game.

**Key Words:** block your goal, force the ball away from your goal

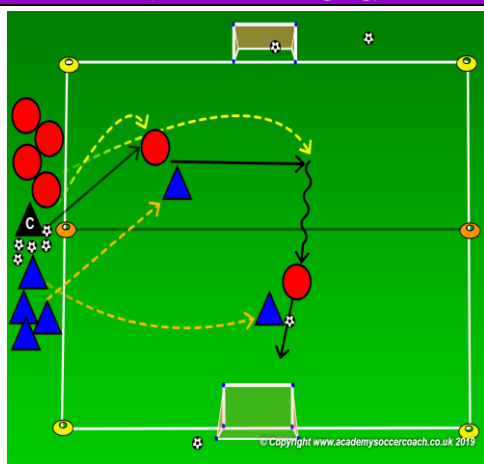
**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

**PRACTICE (More Challenging): 2v2 to Side Goals (reloading game)**

**18 Minutes-18 intervals-30 sec. play-30 sec. rest**



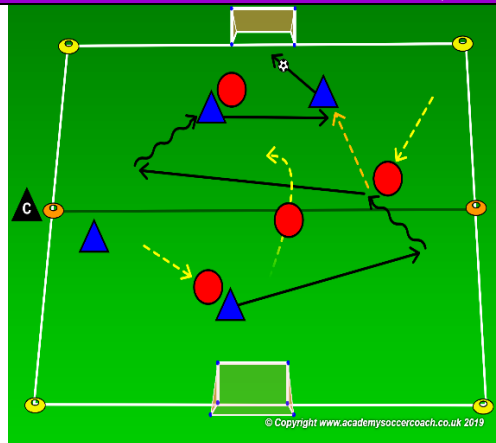
**Organization:** In a 20Wx30L yard grid & a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** turn, get the ball, score goals

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?

