



**GOAL:**

Prevent build up in your half of the field

**AGE GROUP**

**PLAYER ACTIONS**

Protect the goal, Steal the ball

**8U**

**KEY QUALITIES**

Read and understand the game, Take initiative

**MOMENT**

Defending

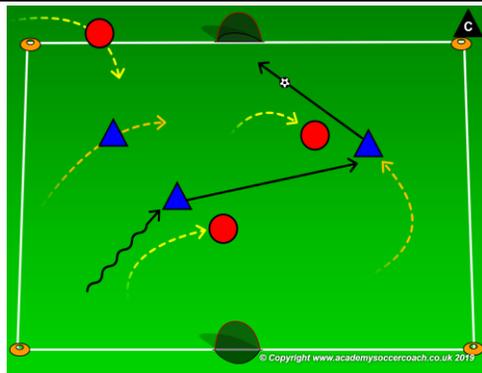
**DURATION**

**60 Minutes**

**4v4**

**1st 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.

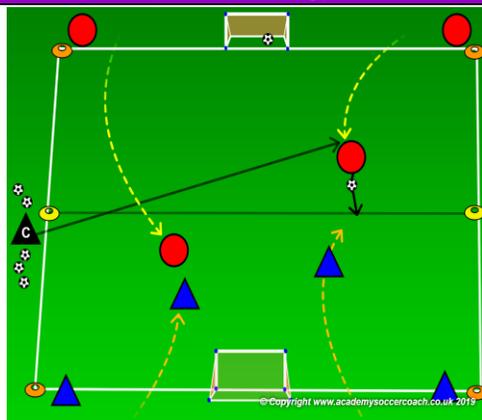
**Key Words:** block your goal, get back

**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): 4 Corner Shooting/Defending**

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



**Organization:** In 20Wx30L yard grid with a goal on each end line. Players of each team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one corner cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

**Key Words:** step to the ball, pressure, block your goal

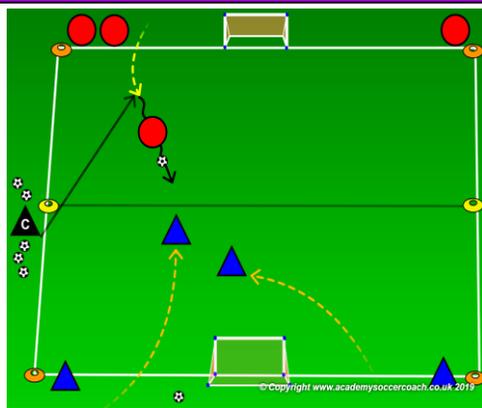
**Guided Questions:** What should you do if you team doesn't have the ball? Where should you go if the attacker gets past you?

**Answers:** Get as close to the ball as you can and block the attacker from going to your goal. Run back to your goal then try to get close to the ball again.

**Notes:** Serve the ball to one team or the other so it is clear which team initiates the attack and which team starts as defenders.

**PRACTICE (Less Challenging): 4 Corner Shot./Def. 1v2 to Goal**

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



**Organization:** In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line 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 soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can only attack with 1 player. The team that does not get the ball gets 2 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

**Key Words:** help your teammate, pressure, close the opening to goal

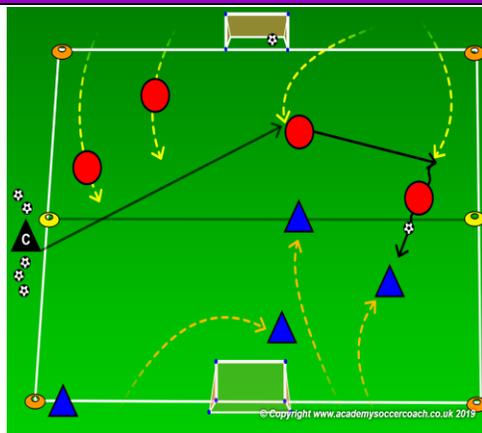
**Guided Questions:** What should you do if you teammate is closest to the ball? What happens if your teammate gets beat?

**Answers:** Get behind them to help them protect the goal. Step closer to the ball to see if you can win it.

**Notes:** Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.

**PRACTICE (More Challenging): 4 Corner 4v3 to Goal**

**18 Minutes-12 intervals-1 min. play-30 sec. rest**



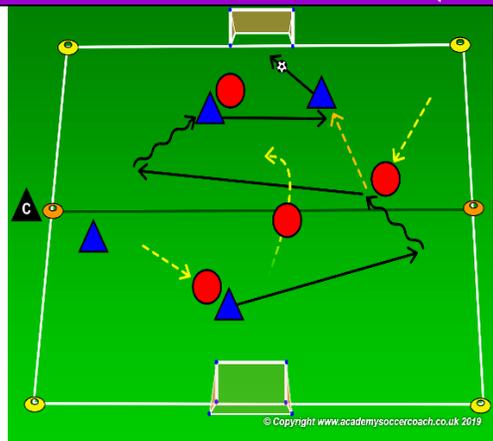
**Organization:** In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can attack with all 4 players. The team that does not get the ball gets 3 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

**Key Words:** step up, steal it, get the ball

**Guided Questions:** What is meant by close an opening? What happens to the openings when the attackers make a pass?

**Answers:** Close any space between defenders or to the goal that the attackers can play a ball through. There may be new openings so you have to move to close the openings.

**Notes:** Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.



**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:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### 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?

