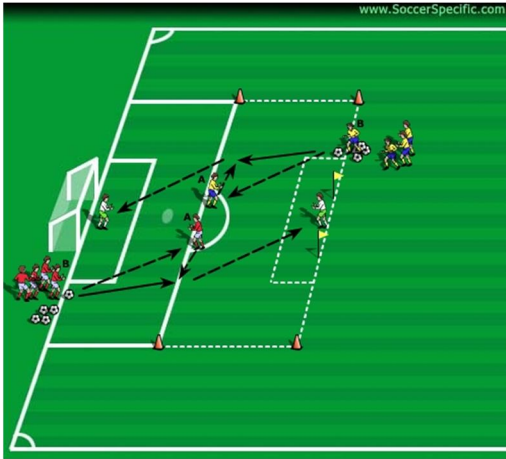




## U8 Session Plan #5 Introduction to Defending



### TEAM SCORING

**Emphasis:** Striking shots with power and accuracy

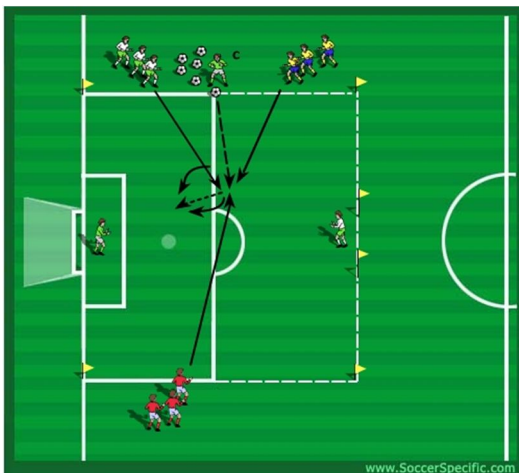
**Set-up:** 30 x 40 yards). Players are divided into two groups and positioned as shown. Goalkeepers are in each goal. A supply of balls is placed next to each group of players. Target players (A) are positioned on the 18-yard line facing their teammates.

**Objective:** The first player in line (B) must pass to target (A). Target (A) must lay the ball off for (B) to run forward to shoot. Player (B) then returns to the back of the line. The next player in line repeats the sequence. The sequence is continuous for both teams (red and yellow). The team with the most goals after the designated period of time wins the game. Switch the targets after each round of play.

**Progression:** No preparation touch – all first time shots.

**Coaching Points:**

- Strike the ball with the laces.
- Accuracy before power on all shots.
- The lay off from the target player must be weighted correctly.
- Passes in to the target player must be accurate.



### 1V1V1

**Emphasis:** Finishing, dribbling, breakaways

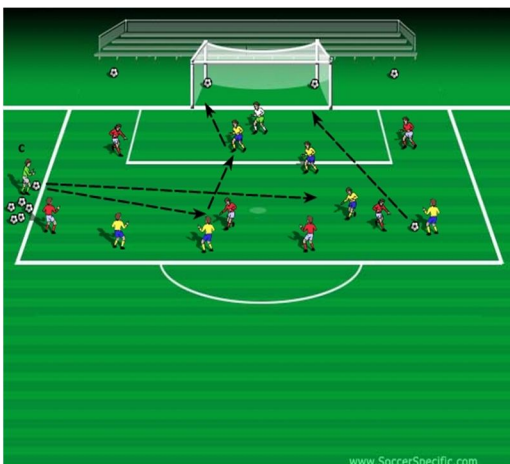
**Set-up:** Make a 30x40 yard grid with a regulation size goal at both ends of the grid. All players including the coach stand in the middle of the sideline. Split the team into three different colors. All balls are with the coach.

**Objective:** The coach serves the ball out into the middle of the grid. Representatives from each color compete to win the ball. The player with the ball can go to either goal and is being defended by the other two players. (It is always 1 attacker versus 2 defenders) If the ball is stolen, that player now becomes the attacker and goes to either goal. The players compete until a goal is scored, the balls goes out of the area, or until 1 minute has elapsed.

**Progression:** Make it 2 V 2 V 2

**Coaching Points:**

- Change the point of attack by switching goals.
- Take people on and make them commit.
- Get the shot off early.



### WORLD CUP

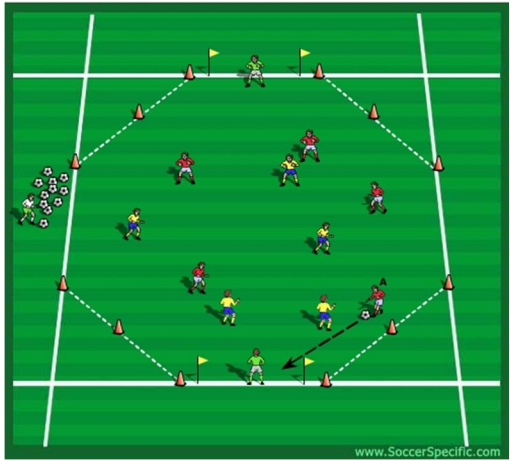
**Emphasis:** Shot stopping, breakaways

**Set-up:** Use half of field regulation sized goal. The goalkeeper/coach/parent is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

**Objective:** The coach serves balls into the box, sometimes more than 1 at a time and the players try to score. The last person to touch the ball before it goes in the net is credited for the goal. The first player to score three times is declared the winner. Start a new game and play again.

**Coaching Points:**

- Attack the ball.
- Get the shot off as quickly as possible.



### **LOOK TO SHOOT**

**Emphasis:** To develop the mentality to shoot – small sided game

**Set-up:** 30 x 40 yard grid. Teams are arranged in a 4V4/5V5 format. Flags are placed at opposite ends to create goals. Goalkeepers are positioned in each goal. Cones are placed to make the sidelines on a diagonal towards the goal. A supply of balls is placed with the coach at the side of the playing area

**Objective:** Both teams compete for possession of the ball. Teams must score as many goals as possible in the designated period of time. Players are encouraged to shoot at every opportunity – don't look to pass or dribble if a shot can be taken. Players may pass or dribble to create shooting opportunities. The diagonal sidelines create a playing area where there are NO bad angles to shoot. If a ball leaves the playing area the coach passes the next ball in quickly to maintain a high tempo. In the above diagram player (A) can be seen striking a shot on target.

**Progression:** Add a touch restriction for all players.

**Coaching Points:**

- Shoot early and often.
- Take chances – don't pass the responsibility to others.
- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.

## **ADDITIONAL NOTES**