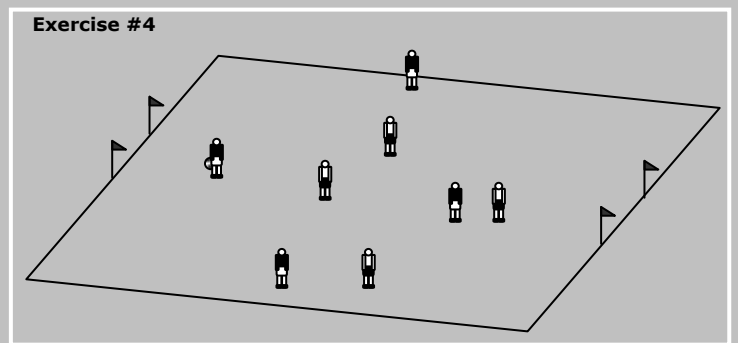
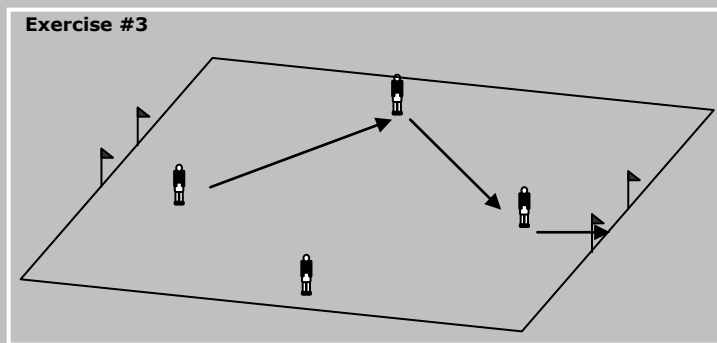
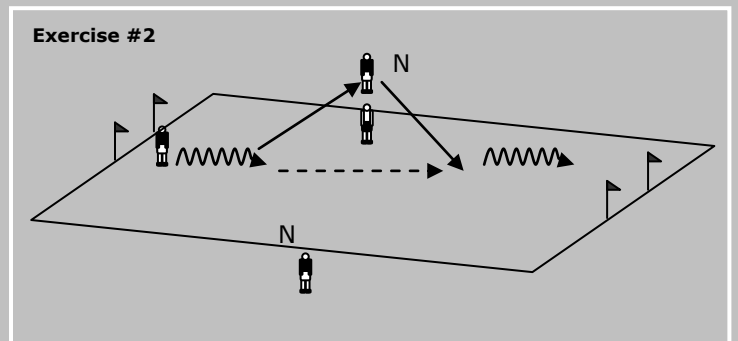
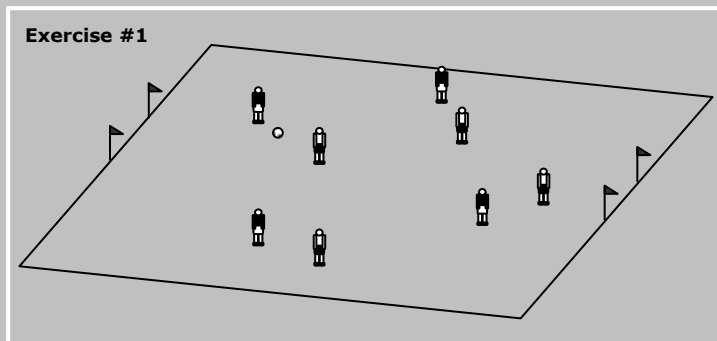


U8 ATTACKING SESSION (COMBINATIONS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Combinations	U8	Micro	U8H
Exercise #1	Organization	Coaching Points		
4v4 Walk Soccer: The team with the ball is full speed the other team must walk. Team with ball tries to score. Once walking team wins ball they can play full speed and now the other team must walk. <i>Time: 15 min.</i>		Encourage team with the ball to use teammates and combine. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
1v1 + 2: Two players play 1v1 to goal while the other two play on the player's team who has the ball providing options for wall passes in lanes on the outside of the field. Field size is 20x30 yards. <i>Time: 15 min.</i>		Dribble to beat opponent. Support. Pass with the outside or inside of proper foot. Return pass with the inside of the proper foot. Receive ball on other side at pace. Score goals. Be positive.		
Exercise #3	Organization	Coaching Points		
4v0 Patterns: Set cones on the field in a pattern to finish with a shot, have players form lines on those cones. The cone farthest from the goal will have the balls. Players can score once they complete the pattern. Get all players going to goal after they have passed the ball, this will help them form good habits. <i>Time: 10 min.</i>		Working on passing. Work on positioning. Work on scoring.		
Exercise #4	Organization	Coaching Points		
4v4 Game: Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30x40 yard grid; use one ball per field. <i>Time: 35 min.</i>		Encourage players to use teammates and play the game. Same coaching points as above. Laugh and have fun with the players. Become a fan of the players (good job, well done, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			