



## Improve players ability to Defend: 8U Week 6

### Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

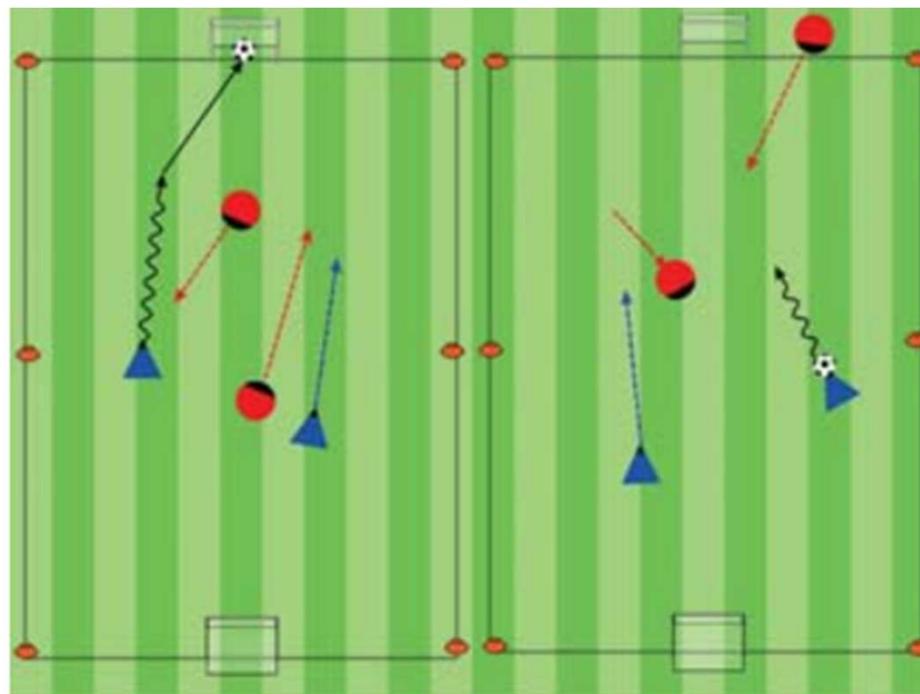
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Get the ball, go help (to get the ball), close the opening

**Questions:** How can you tell players are participating? When should players try to get the ball back?

**Answers:** They are playing the game with very few distractions. Right after losing it

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



**Objective:** Players will play a game. They must defend, take the ball from the opponents, and try to score.

**Organization:** Make a 15W x 20L field w/a small cone goal on each endline & a midfield line. Players in 2 equal teams next to each goal. Play 2v2. Score by dribbling through the opponents goal.

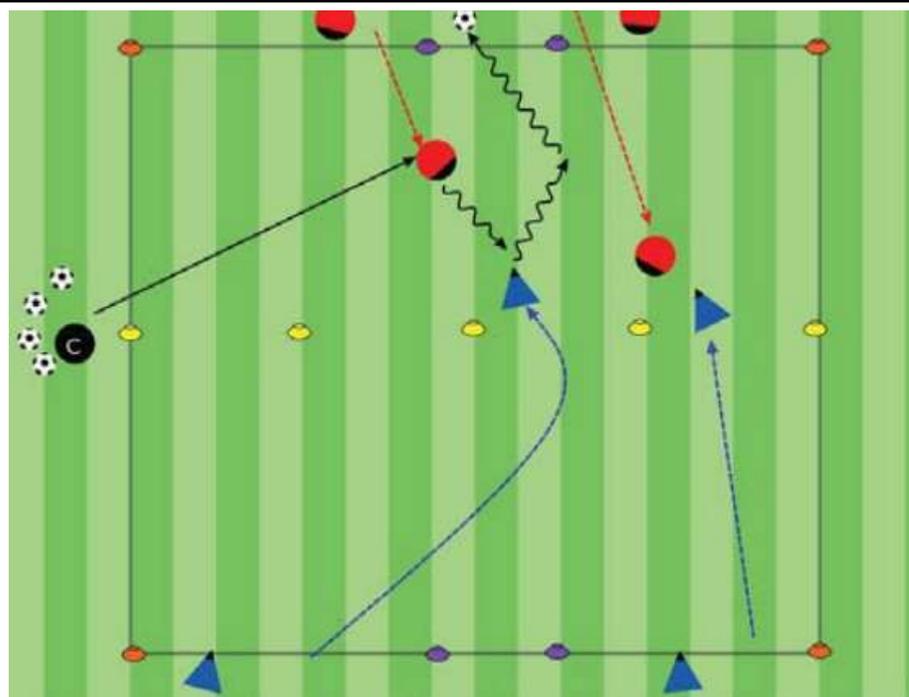
**Rules:** Coach has the balls. 2 players from each team step onto the field. Coach plays a ball onto the field to one of the teams. Play to score. Bonus pts for scoring a goal immediately after stealing the ball from the other team. Extra bonus if done in the attacking half of the field. Play until out of bounds, a goal, or 1 minute has passed.

**Key Words:** Go to (the player with) the ball, Pressure, take the ball (tackle it), go help (your teammate) to get the ball, stay close (to teammates) to close the opening or attacking space, defend the goal

**Guided Questions:** What can you do if the defenders are just kicking the ball away from the attackers? How can you instruct the player closest to the ball to pressure & win the ball back?

**Answers:** Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player w/the ball, (block or poke) tackle the ball to get it, so now they can go and score.

**Time: 5 Games of 1 Minute with 1 minute rest**





## Improve players ability to Defend: 8U Week 6

**Objective:** Players will play a game. They must defend, take the ball from the opponents, and try to score.

**Organization:** Make a 15W x 20L field w/ 2 small cone goals on each endline & a midfield line. Players in 2 equal teams next to each goal. Play 3v3. Score by dribbling through the opponents goal.

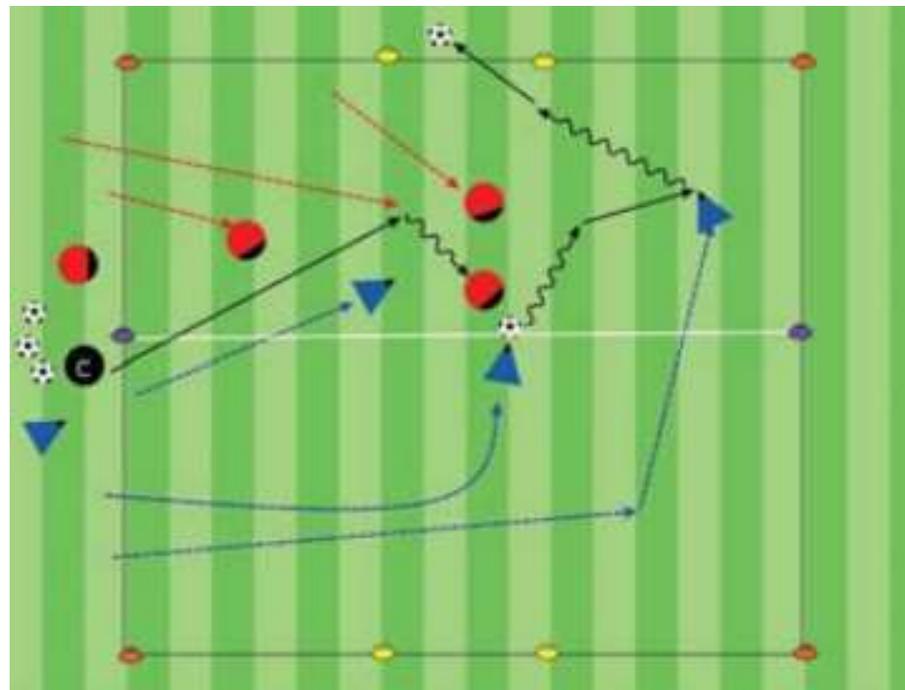
**Rules:** Coach plays ball out onto field, 3 players from each team enters the field. Bonus pts for scoring right after taking the ball from the opponent. More bonus pts if done in the attacking half.

**Key Words:** Go to (the player with) the ball, Pressure, take the ball (tackle it), go help (your teammate) to get the ball, stay close (to teammates) to close the opening or attacking space, defend the goal

**Guided Questions:** What can you do if the defenders are just kicking the ball away from the attackers? How can you instruct the player closest to the ball to pressure & win the ball back?

**Answers:** Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player w/the ball, (block or poke) tackle the ball to get it, so now they can go and score.

**Time: 5 Games of 1 Minute with 1 minute rest**



### Play

**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Pressure the ball, take or win the ball back, go help (get the ball), close the opening space to protect the goal (to prevent scoring)

**Questions:** What shows you players understood the training session? How can you tell if players enjoy playing the game?

**Answers:** Players are trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.

**Time: : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.**

