



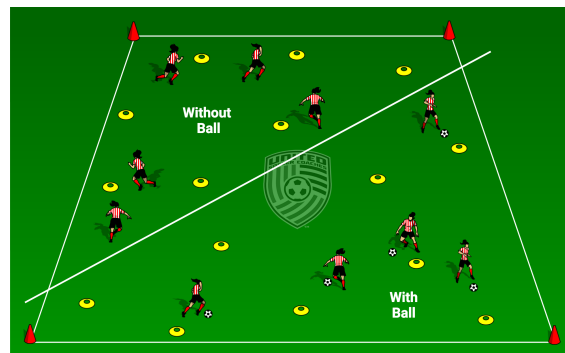
U8 Practice - "Intro to Soccer"

(Grid) Play (Gathering activity or simple small-sided game)

Cone Matrix

Set up a grid with randomly scattered cones. Players perform a variety of moves throughout the area:

- (a) Without a ball – forwards, sideways, backwards, around, over...
- (b) With a ball –
 - Dribble between cones and avoid other dribblers
 - Dribble to a cone and turn (sole of foot)
 - Dribble around a cone (inside/outside/left/right)
 - Stop ball by a cone, leave it, find another ball...

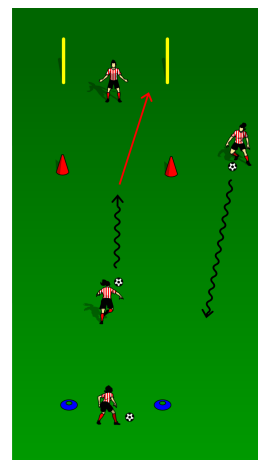


Practice (Develop a theme) – Introducing the Goalkeeper

Dribble & Shoot vs. Goalkeeper

Set up a grid with a full-width goal (12-ft) at one end. An unopposed attacker dribbles and must shoot before reaching a designated cone. The goalkeeper attempts to save the shot.

- Attacker then becomes the goalkeeper
- Goalkeeper dribbles the ball back to the start
- New attacker dribbles towards goal.



2v2 (1v1 + Goalkeepers)

Set-up parallel 2v2 games with a full-width goal (12-ft wide) at each end. Each team has a field player and a goalkeeper. Play for a set time and rotate players between positions and between teams so that they have the opportunity to play with a variety of partners.



(Game) Play (Observe players in action)

4v4 (3+GK)

Play a 4v4 game with a 12-ft goal at each end. Add penalty areas and a half-way line. Rotate players after any goal (all play GK). Practice all restarts (kick-off, throw-in, corner-kick, goal-kick.) Opposing team retreats to the half-way line whenever goalkeeper has possession of the ball.

