

Are You Ready To Play?

UK Elite Training Methodology



Age Group/Gender: U8 Mansfield

Date: 06/12/15

Theme: Stations: Dribbling, Passing & Shooting

Objective #1: Players having FUN

Objective #2: Players learning correct technique

PHASE AND ACTIVITY	DIAGRAM	TIME	COACHING POINTS
1) DRIBBLING Criss-Cross Dribbling Two teams of players working inside 20x20 box. Each players starts with 3 "lives". Players are dribbling across the box dissecting each other. Each time they get across the box without running into someone they get 1 "life". Progression I – add in two defenders. They have to pass their ball into dribbler's ball. Progression II – add in defender without a ball. They can tackle everyone		20 Mins	- Keep head up to find space - Small touches when players close - Big touches when you have space - Do skills for extra "lives" - Reward hard work
2) PASSING Doctor Doctor! Players work in two teams inside 20x20 square. Each player has a soccer ball. Blue players are trying to hit red players with their soccer ball and vice-versa. If you get hit by a soccer ball you have to sit on top of your ball. To get free someone has to come and give you a high-five. Progression – each team has a "doctor" inside a square. This is the only player that can free players on their teams. If they get struck with a ball while saving someone they are out.		20 Mins	- Strike center of soccer ball - Lock ankle & keep foot strong - Standing foot beside ball - Point toe towards target - Follow through after pass
3) SHOOTING Multi-Goal Players work inside a 25x25 area. Goals are set out using tall cones. Each "goal" has a keeper inside it. Every other player has a ball. They have to see how many goals they can score in one minute. Progression I – every player has a partner. They have to work with their partner to score goals. Progression II – they are now playing against their partner. Who can score the most in one minute?		20 Mins	- Lock ankle - Aim for corners - Be creative with finishes - Big touch to set you up for shot - Follow through - Can you shoot across keeper?
4) SMALL SIDED PLAY Players finish with 3x10 minute games. Games are played small-sided (4v4).		30 Mins	- Games are small-sided to give players lots of touches on ball - Players can use skills learnt in previous stations