



## U8- WEEK 9

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**Date:**

4/6/23 @ 5:45 PM

**Duration:**

60 minutes

**Overview:**

- Triangle Goal Game - 10 minutes
- Dribble Derby - 10 minutes
- 2v2 to 4 Small Goals (Attacking) - 10 minutes
- Scrimmage - 30 minutes

**Description****GETTING STARTED WITH PRACTICE:**

These are set up in the play-practice-play format, which means you will open with a scrimmage as your kids are arriving, and close with a scrimmage after learning the skills included in the activities here. You will need to adjust your times accordingly.

Start the opening scrimmage the same way we did in previous weeks, with players being added to the game as they arrive

**PLAYER ACTIONS:** Shoot, Pass or dribble forward

**KEY QUALITIES:** Read and understand the game, Take initiative

**MOMENT:** Attacking

**SKILL ACQUISITION:**

Shoot: Surface of the foot and ball, Pace and accuracy

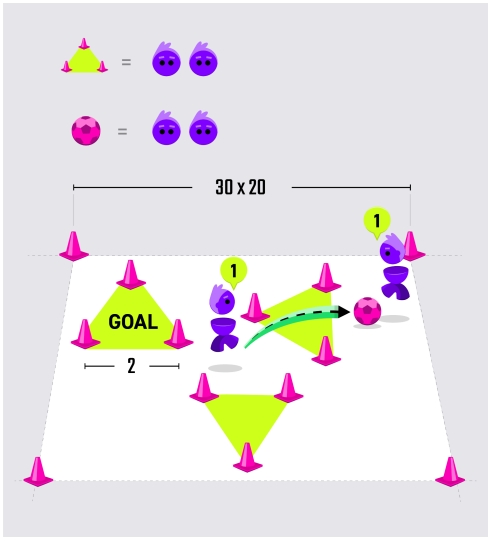
Passing: Surface of the foot and ball, Pace and accuracy

Receiving: Body, position, surface of the foot and ball, first touch

Thanks to our friends at Massachusetts Youth Soccer for this practice plan!

# Triangle Goal Game

Duration: 10 minutes



## DESCRIPTION

Twinning means winning. Help hone passing accuracy, communication skills and moving when they don't have a ball.

## WHAT YOU NEED

- 12 cones
- 6 balls

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 30 x 30 yards.
- Set up 4 or more triangle-shaped goals, with 2 yard-long sides, randomly throughout the grid. Make at least as many goals as you have pairs of players.
- Divide your team into pairs, and give every pair a ball. (Make one 3-player group if you have an odd number.)
- Each pair works together to pass and dribble around the

- grid, trying to score as many goals as they can by passing the ball to each other through the triangle goals. Have pairs keep track of their goals.
- After a couple minutes, stop the game and encourage the pairs to try to beat their own score in the next round.

## **WHAT TO EXPECT**

Players may still be figuring out how hard to pass the ball. They might leave the ball short or send it long.

Players may also get really close for their passes. They might come right up to the triangle and kick it through. Encourage them to try to pass from a longer distance.

Expect that initially players may get really close to the triangle when passing, or will come up to the triangle, stop, measure, then pass. What we're aiming for is a fluid pass upon approaching—"passing from the run" rather than a static pass.

## **COACHING TIPS**

Encourage players to "take the ball somewhere new" when they receive the ball, meaning their first touch should be towards their next target. Partners should communicate so the passing partner can run ahead and move into position to receive the ball at the next target immediately after passing. Because of the constant motion and multiple moving pairs, this game adds the complexity of finding an open triangle.

Some players may figure out that they can stay at a single triangle and pass the ball repeatedly to score points. If a team does this, compliment their cleverness, then add the condition that they must score on every goal before scoring on the same goal twice. When kids break the system like this—finding loopholes in the rules—they're learning to problem-solve. This is fantastic.

## **MAKE IT HARDER**

Add defenders to the triangles. Make sure there are fewer defenders

than there are triangles, so there will always be at least 2 triangles without a defender.

### **MAKE IT EASIER**

Add additional triangle goals so players have less competition for open goals.

### **CHANGE IT UP**

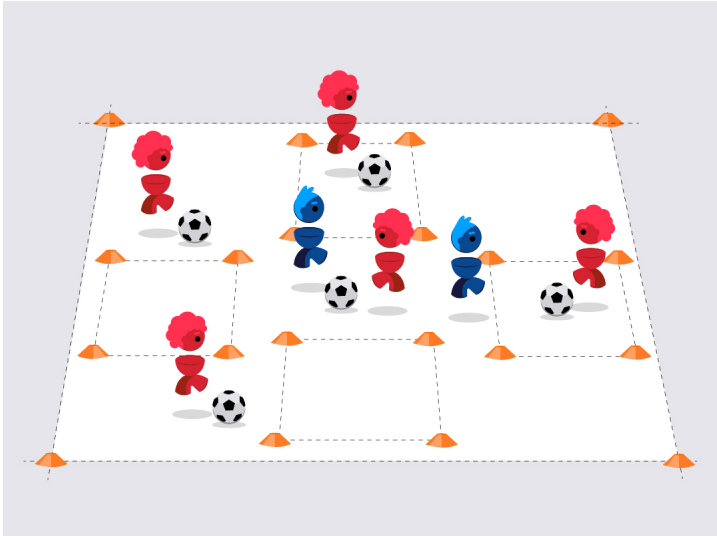
You can make this game more challenging by restricting players to only using the inside of their foot, outside of foot, or laces, or limit players to passing with just their left or right foot.

### **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [The Long and the Short Of It](#), only available with MOJO+.

# Dribble Derby

Duration: 10 minutes



## DESCRIPTION

It's every player for themselves in this fast-paced ball movement game from FC Barcelona.

## WHAT YOU NEED

- 20 cones
- 1 ball per player
- 2 pinnies

## SETUP

- Use 4 cones to create a square space, recommended size: 20 x 20 yards. Then, use 16 more cones to create 4 5 x 5-yard squares spread out throughout the pitch. These are the scoring zones.
- Pick 2 volunteers to start as recovery players, each holding a pinnie. Everyone else gets a ball.
- On your call, the players with balls dribble throughout the

- space, trying to make it to one of the 4 scoring areas.
- Recovery players are not allowed to enter the scoring areas –and only 1 possession player at a time can stand there.
- When the recovery player gets possession, they hand their pinnie to whomever lost the ball, and swap roles.
- Players with the ball cannot dribble into the same scoring zone twice in a row.

## **WHAT TO EXPECT**

Dribblers will discover how to run with the ball while maintaining possession and keeping defenders at bay.

In the actual game, players with possession must use different dribbling techniques depending on whether they are being pressed or in open space.

## **COACHING TIPS**

Remind players to use the entire space!

Players should ask themselves. “How can I bring the defense to me so I can evade them and dribble away?”

## **MAKE IT EASIER**

Allow multiple players to score by occupying the same square at the same time.

## **MAKE IT HARDER**

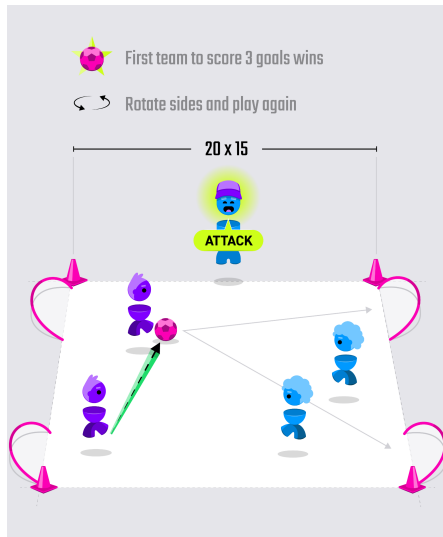
Allow the defense to enter squares—meaning, there are no restricted areas.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [The Long and the Short of It](#), only available with MOJO+.

# 2v2 to 4 Small Goals (Attacking)

Duration: 10 minutes



## DESCRIPTION

All in on the attack! Focus on attacking skills with a scrimmage session that emphasizes ball control over shooting.

## WHAT YOU NEED

- 8 cones
- 1 ball per 4 players
- 1 pinnie per 2 players

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 yards long x 15 yards wide for every 8-12 players.
- Place a small portable goal or pair of cones placed 6 feet apart at each end of each endline, 4 goals in all.
- Divide players into two teams, one on each endline, and give one team pinnies.



- Play starts when 2 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goals.
- Players score by kicking the ball into either of their goals or through the cones, below knee height.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins.
- If you have enough players for 2 grids, you can position yourself in the middle and run 2 games at the same time so players get more touches on the ball.

## **WHAT TO EXPECT**

Expect older players to start using moves and fakes to get to the goal. At younger ages, players primarily use change of speed and direction to get around defenders.

## **COACHING TIPS**

Using twice as many goals favors the attack. Encourage attackers to spread out (like an open hand instead of a fist).

An attacker's first thought should be, "Can I get around this player by dribbling? If not, can I get it to a teammate who can?" If going around the opponent to the right, they should use their right foot. If going around to the left, use the left foot. This keeps the ball on the foot furthest from the defender.

This game can be challenging for defenders, who may get discouraged. Make sure that players are matched evenly and that all players get turns both attacking and defending.

## **MAKE IT HARDER:**

Making the space smaller makes it harder for attackers.

## **MAKE IT EASIER:**

Making the space larger makes it easier for attackers.

## **CHANGE IT UP**

Rotating the goals 45 degrees towards the center of the field changes the positions from which players must attack and defend the goals.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [1v1](#), only available with MOJO+.

# Scrimmage

Duration: 30 minutes

## DESCRIPTION

The best part of the practice, obviously.

## WHAT YOU NEED

- 4 cones
- 1 ball
- 2 goals

## SETUP

- Set up a goal on each endline and divide your players into 2 teams with one team in pinnies (if you have them) to scrimmage. Use small goals, large goals or pairs of cones placed arms-length apart.
- Grid size should adjust to the age of players:
  - for 5 and under, recommended size: 30 yards long x 20 yards wide
  - for 7-8, recommended size: 35 yards long x 20 yards wide
  - for 9-10, recommended size: 60 yards long x 40 yards wide
  - for 11+, recommended size: 75 yards long x 50 yards wide But don't let grid size stop you from playing—you can scrimmage with whatever space you have.
- Goalies are optional for ages 9+. There are no [corner kicks](#) or [throw-ins](#). If a ball goes over the sideline, restart play with a kick-in. Keep it simple.
- Goal kicks are optional for balls that cross the endline but miss the goal. The team with possession should back up to midfield to receive it. Otherwise, the coach can play a new

- ball in to restart play.

## **WHAT TO EXPECT**

For many players, scrimmage is the best part of practice, perhaps because it most closely resembles the real game—and they come to play. This is their time to shine, not the coach's time to [puppeteer](#). Pay attention to how they're putting concepts from the practice session into play while scrimmaging and during breaks, point out examples of players doing this well.

## **COACHING TIPS**

Try to ensure players are evenly balanced—if you have a few strong players, make sure they're evenly split between teams. Provide more [specific encouragement and praise](#) than direction: “Good job dribbling to a new space,” for example, vs. just “Good job.” You can add rules to encourage players to do what you want them to do (ex: if a player is [keeping the ball too long](#), add a rule that players can only use 3-4 touches.)

## **MAKE IT HARDER**

Increasing grid size makes it harder for defenders. Decreasing grid size makes it harder for attackers.

## **MAKE IT EASIER**

Decreasing grid size makes it easier for defenders. Increasing grid size makes it easier for attackers.

## **CHANGE IT UP**

You can put 2 goals on each endline instead of one goal per endline. More goals: more fun.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call

[1v1](#), only available with MOJO+.