

Age Group

U8

Topic

The 4v4 Festival

Who: Attacking players in possession

What: Passing, Receiving, Dribbling, Shooting

Where: In the attacking half of the field

When: In possession of the ball

Why: To penetrate the defense and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

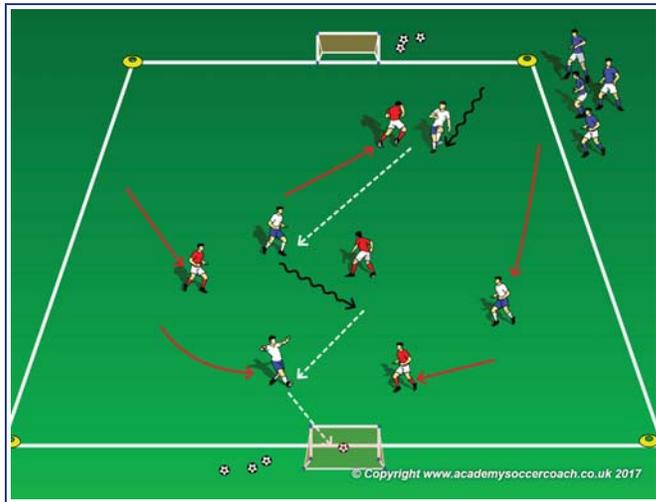
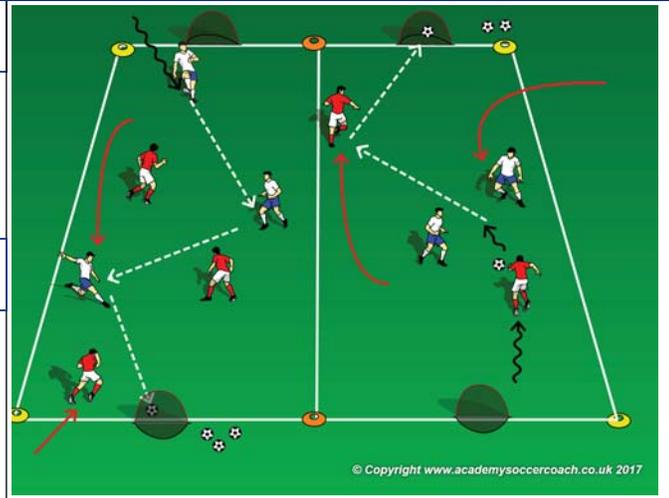
Is the activity organized? Balls, Cones, Players, Scrimmage Vests, Goals

Is it reality-based (is it soccer)? Are they making decisions?

Is there repetition? Are players consistently trying to pass to a teammate

Is it challenging? Are players engaged, frustrated or bored

Is there coaching? Positive reinforcement of passing and receiving, and moving in to a new space



Practice 4v4 Festival

Duration 24 min

In a 25W x 35L field with goals at each end separate players into teams of 4 players each (combine w/other groups). Play 3min 4v4 games with incentives. Rotate players & teams after each 3min game.

Variations: 1. Everyone on team must touch ball before scoring, 2. A goal after dribbling by a defender = 10pts. 3. # of passes = # of goals, 4. Coolest goal = 1000pts.

Coaching Points

Activity Time 3 min

Rest 1 min

Intervals 6

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10

Rest 2.30 m

Intervals 2

Key Questions: What are some visual cues for when to dribble, pass, or shoot?

Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Pass when you see a teammate that is past a defender and they have space to dribble and are closer to the goal and can shoot. Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal.

