

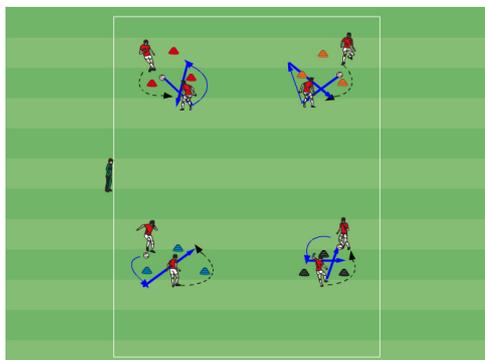
## TRAINING SESSION: WEEK 3 FOR U8: TECHNIQUE OF RECEIVING/REDIRECTING



## Objectives

To primarily develop receiving or redirecting the ball to maintain possession. To develop passing accuracy To develop attacking principles: Penetration, support, and width

### The Triangle



**3 Players**

**Ball per pair, three cones**

**Intensity: 3**

**00:08 min**  
(4 x 00:01 min, 00:01 min rest)

#### Coaching Points

Redirect the ball-keep it moving. Use the inside or outside of the foot. Balance and flexibility needed.

#### Description

Two players share one ball. A small (3-5 steps) triangle is made for each pair. The objective is to pass the ball through the triangle, redirect the ball around a cone and then back through the triangle without touching the cones. A point is given each time a pair is successful. Variations: A) Allow players to have more than one touch, B) Allow more experience players only one touch to redirect the ball around a cone and

### 2v1 in half (4v2)



**10 Players**

**Cones, bibs, small goals, balls**

**Intensity: 5**

**12:00 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points

Redirect the ball to keep possession or to pass to a teammate. Passing to an open player. Accuracy of the pass.

#### Description

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) try to score on the small goal placed in one of the halves. The defending team (2) try to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players

### Small-sided game to 4 small goals



**12 Players**

**Cones, four small goals, balls**

**Intensity: 7**

**16:00 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Technical applications of: dribbling, passing, receiving/redirecting If the route to one goal is blocked, can you go to the other one quickly?

#### Description

Create a field and put two small goals on both ends. Field Dimensions: 4v4 Approximately 30-35 yards long by 20-25 yards wide. Two teams Each team attacks two goals and defends two goals.

### 4v4 to small goals



**10 Players**

**Cones, balls, small goals**

**Intensity: 7**

**00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.