

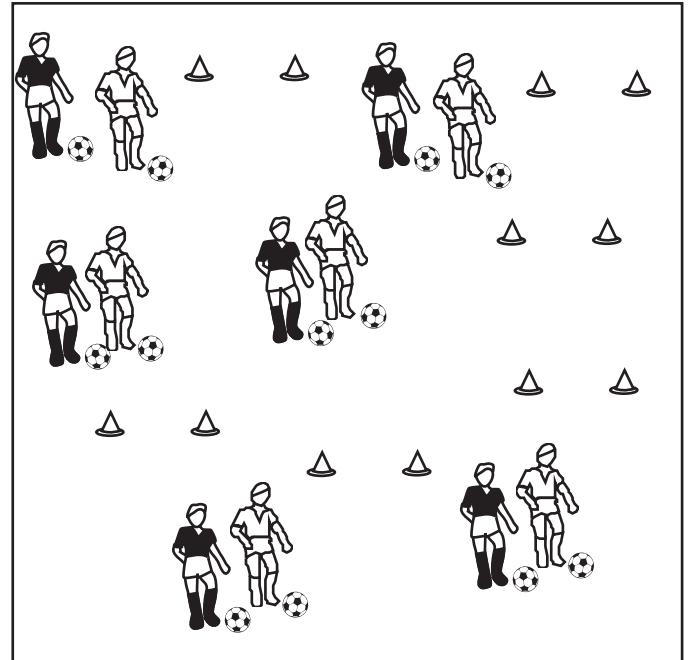
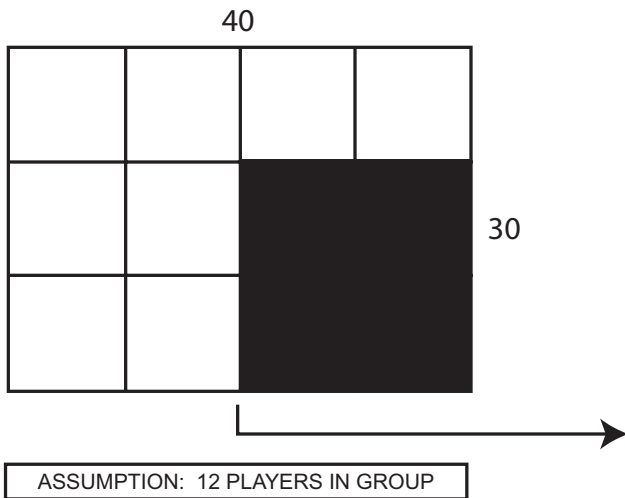


**TRYOUT  
&  
PLAYER EVALUATION**

**Games - Young Player  
U8**

# SKILLZBUILDER - Running With The Ball

## Gatekeeper



### Purpose

To develop change of direction under pressure.

### Organization

Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

### Game Objective

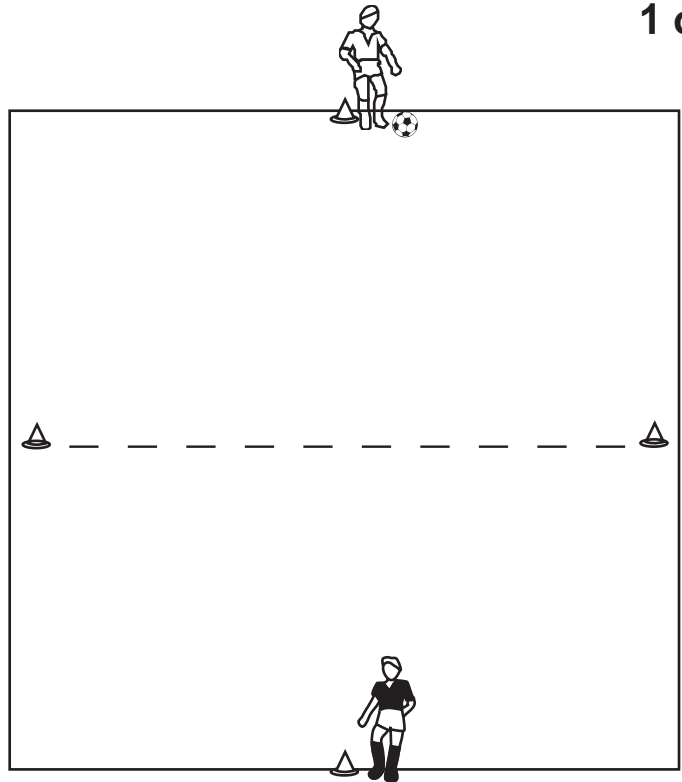
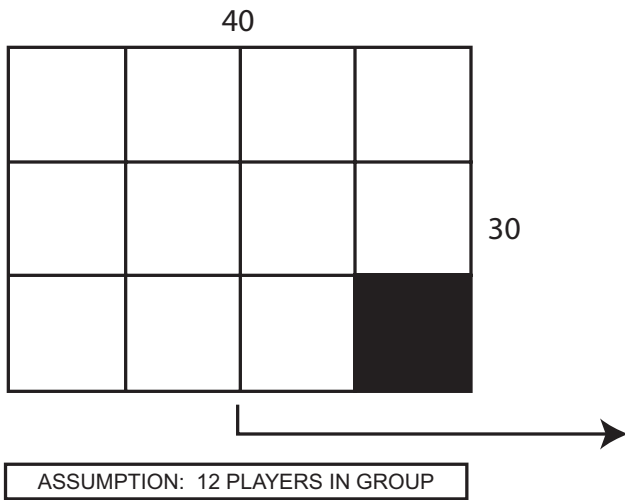
The light player must dribble through as many gates as possible in a specified time limit. The dark player must try to shadow his partner and each time he is able to kick his ball to hit the ball of his partner, the player loses a point. One point per gate.

### Progressions

Play 4 defenders and 8 attackers. Attackers dribble through gates while defenders try to pass their balls to hit the balls of the attackers.

### Key Coaching Points

1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.
3. Use the sole turn/drag back to avoid the defenders.



### Purpose

To develop deception, feints and beating an opponent.

### Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Light player starts with the ball and passes it in to dark player. As soon as dark player touches the ball, the light player can try to win the ball. The dark player tries to dribble to any of the 3 spare cones in the grid. The dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the light defender to the disc at the top of the diagram. Repeat the practice with light player in possession.

### Progressions

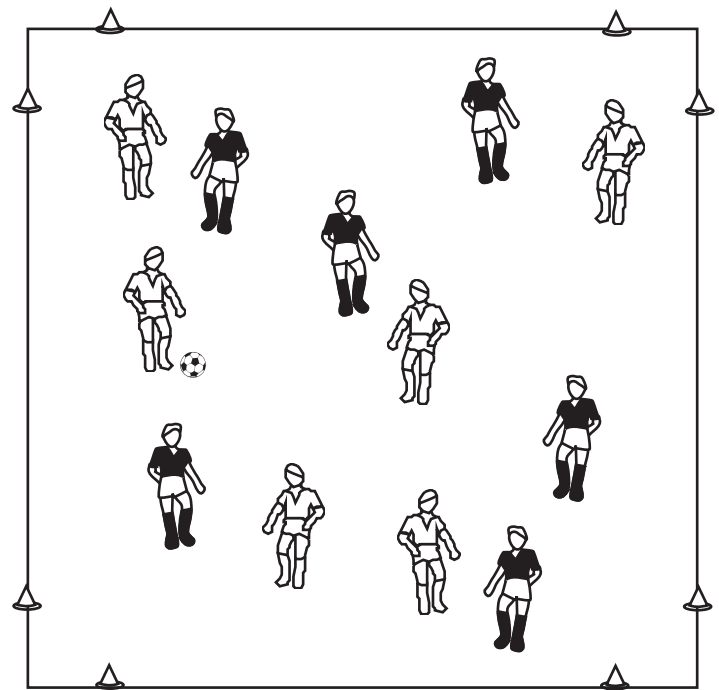
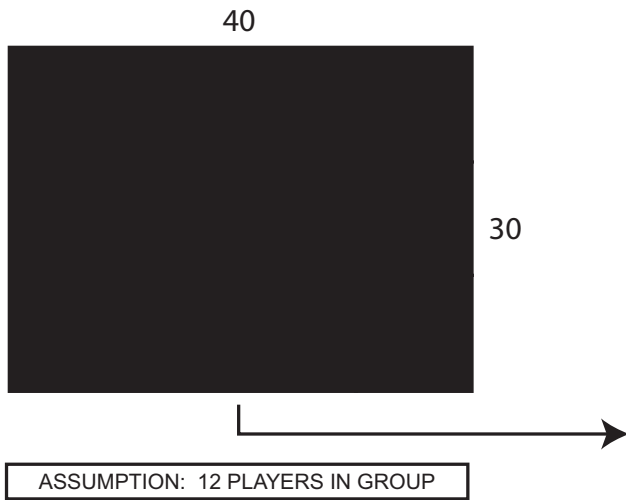
If light player wins the ball, he becomes the attacker and tries to score.

### Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.

# THE BIG GAME - Passing & Control

## Tony Chestnut's Big Game



### Purpose

To practice in a small sided conditioned game.

### Organization

Set out a 40 x 30 yard area. Play 6 v 6. Station goals angled into the area in the corners of the grid. 1 ball per practice.

### Game Objective

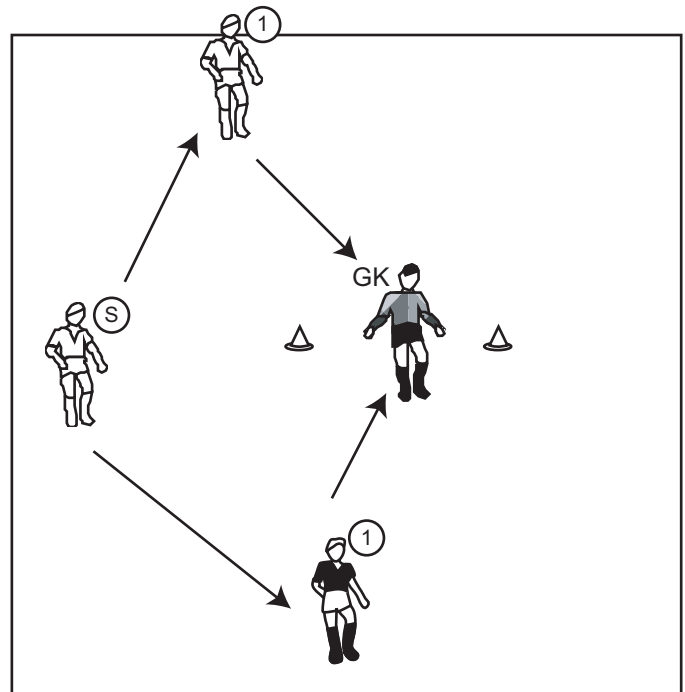
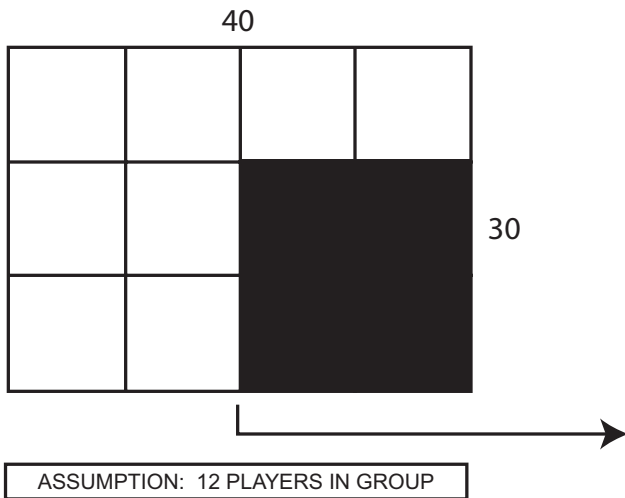
The object of the game is to try to pass the ball between your team players and score in any of the 4 goals. Players should be encouraged to spread out and find space throughout the practice.

### Progressions

1. Players can score only in 2 goals at diagonals from each other.
2. Players can score only in 2 goals at one end.

### Key Coaching Points

1. Encourage players to pass then move into space.
2. If a defender is in front of you, pass or dribble to a different goal.
3. Try not to bunch around the ball.



### Purpose

To develop receiving the ball and shooting.

### Organization

Set out a 20 x 20 yard area. Groups of four. Two balls per group. One server stationed on the side of the goal. Repeat in two other areas for a total of 12 players.

### Game Objective

The server (light player) plays the ball to light player #1 who controls the ball in front with his first touch and shoots on goal. The server then plays the ball to dark player #1 who repeats the practice. Rotate positions.

### Progressions

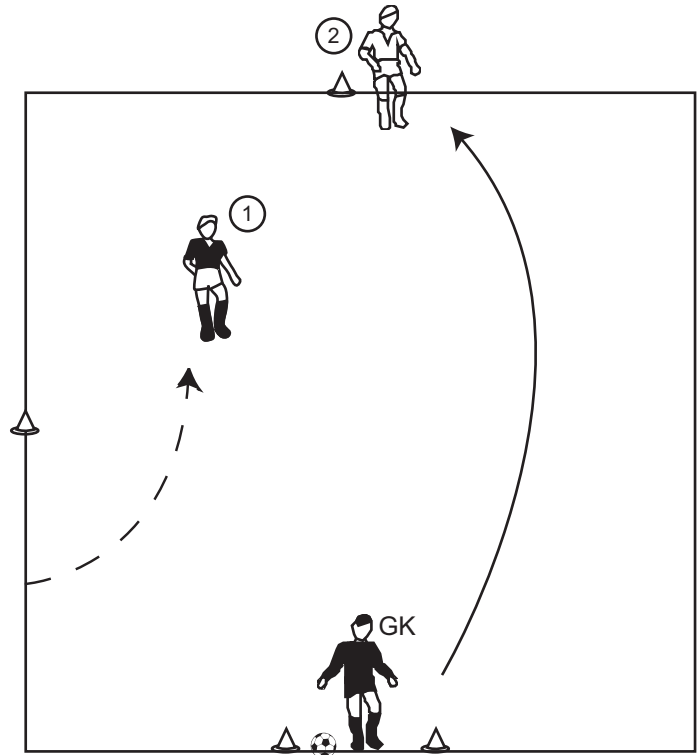
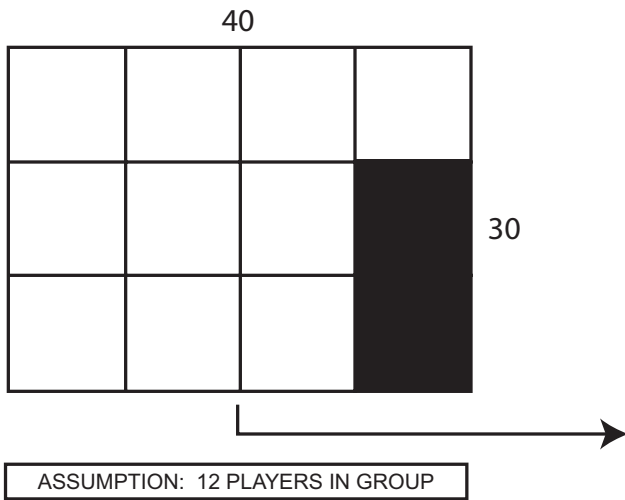
1. Server throws the ball in.
2. Attacker has only 3 touches to score.

### Key Coaching Points

1. Knee and body over the ball.
2. Strike the ball with the laces.
3. Keep the ball low and directed to the corners.
4. Follow through at the target.

# SKILLZBUILDER - Defending

## Defending 1 On 1 With A Goalkeeper



### Purpose

To develop defensive positioning and posture.

### Organization

Set out a 10 x 20 yard area. Group in 3's. 1 ball per group. 1 goal on the endline. Repeat in 3 other areas for a total of 12 players.

### Game Objective

Goalkeeper passes to light player (#2), who must attempt to dribble the ball past dark player (#1) and score a goal. Dark player (#1) assumes a sideways position and blocks the path to the goal. If the defender wins the ball, he should try to dribble over the end line. Rotate positions.

### Progressions

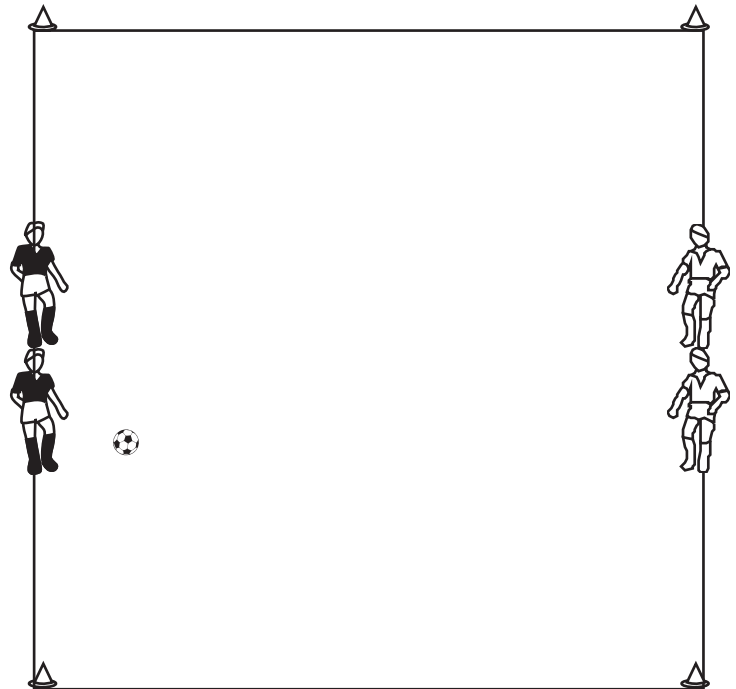
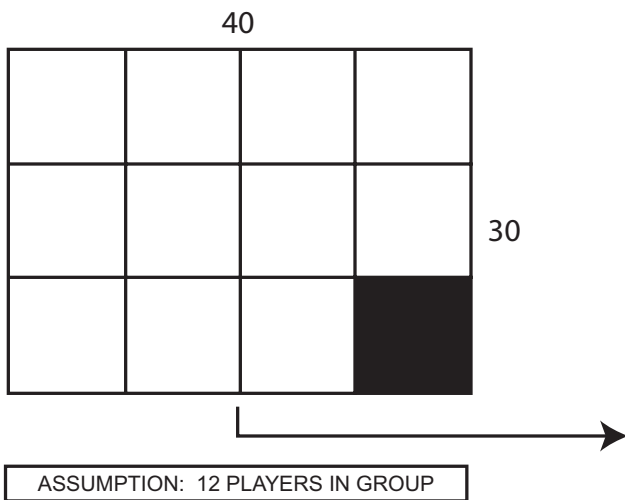
Allow the light player to shoot as soon as he receives the ball. The dark player must close down the space to the ball and get into line between the attacker and the goal as quickly as possible.

### Key Coaching Points

1. The defender should make a curved run to the ball, coming down the line between ball and goal.
2. The defender assumes a sideways position, legs are bent.
3. Can the defender fake to get the ball to force the attacker one way?
4. The defender should always stay between the attacker and the goal, angling him to the corners.

# BACKYARD SOCCER - Heading

## World Cup Headers



### Purpose

To develop attacking and defensive headers.

### Organization

Set out a 10 x 10 yard area. Groups of 4 players are paired and stationed on the sides of the area as shown in the diagram. Each team takes on the identity of a World Cup Team.

### Game Objective

The object of the game is to head the ball past the opposing team and over the opposing goal line. The player in possession serves the ball to his teammate to head towards the opposing goal line. The defending team must attempt to stop the ball from crossing their end line without using their hands. Once the ball has been stopped, the receiving player picks the ball up and serves the ball to his partner to repeat in the opposite direction.

### Progressions

1. If a team heads the ball straight back and scores, the teams gets 2 points.

### Key Coaching Points

1. To aim for the goal, turn your shoulders to face the target.
2. Head the ball down toward the corners.
3. Use diving headers for more power.