

Under 8 Coaches' Clinic

Training Session

Activity One - Fetch in Pairs

Organization - 1 ball per pair of players

Procedures - Players hand ball to coach, who throws it in any direction. Players must return with the ball under the restrictions given by the coach.

Activity Two - Gates in Pairs

Organization - 1 ball per pair of players. Several 3-yard goals place arbitrarily around the playing area.

Procedures - Each pair tries to score as many goals as possible in the given time limit. A goal is scored when the ball is passed through the goal to a teammate. Players may not run through a goal.

Activity Three - Goal on the Move

Organization - Small-sided game with two equal teams. Use a flag with adults as the goal posts.

Procedures - The teams play soccer with no out of bounds or goalkeepers. The team in possession tries to score and the other team defends. The only difference is the goal may be there one second and somewhere else the next.

Activity Four - Boss of the Balls

Organization - Small-sided game with two equal teams.

Procedures - The teams play soccer to small-sided goals. When the ball leave the field of play by going over the touchline or end line, the coach plays in a new ball.