



Billerica Youth Soccer Association - U8 Clinics (Tuesdays)

Week Seven

Drill #1 - Warm Up: Treasure Island

A square is set up with 4 corner sections where the players are split up into 4 separate groups. All soccer balls are scattered in the middle of the square. One player from each team runs out and dribbles one ball back to their corner, once they're back the next player can run out and do the same. Once all balls are gone from the middle players can then 'steal' balls from the other teams. When 'stealing' only 1 player can leave at a time taking 1 ball at a time and no blocking/tackling is allowed to prevent balls from being taken.

The winner is the team with the most balls in their possession at the end of the game (approx 4-5 minutes).

Drill #2 - Treasure Island (with skills)

The game can be progressed by having each player perform a skill x4 (Toe Taps, Insides, Outside-Insides etc.) before each ball that they take (from the middle and when 'stealing' from other groups).

The winner is the team with the most balls in their possession at the end of the game (approx 4-5 minutes).

Drill #3 - 1v1/2v2/3v3 to goal

Split each group into 2 teams giving one of the teams pinnies. Both teams will be numbered (eg. 1-6) and will line up on either side of the field. When a number is called out the opposing players will compete for a ball played in from the coach to score a goal. Whoever scores first gets a goal for their team.

Progress to calling out multiple numbers at a time (2v2 and 3v3).

Progress to adding gates in front of either goal that must be dribbled through before being able to score.

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