



<b>Legend</b>	
---▶	Running without the ball
↘	Running with the ball
→	Pass

**Roger Derham - U8 Session**

TOPIC - Secret Tips and Tools for Coaching Young Players

<p><u>Technical warm up</u></p>	<p><u>Organization</u></p> <p>Pass and move in groups of three (30x40 yards)</p>	<p><u>Coaching Points/Guided Questions</u></p> <ul style="list-style-type: none"> <li>- What part of the foot can we use to pass the ball?</li> <li>- What part of the foot can we use to receive the ball?</li> <li>- What can you do to make sure the ball keeps moving?</li> </ul>
<p><u>Small Sided Activity</u></p>	<p><u>Six gates game (30x40 yards)</u></p> <p>Players have to pass and move through the gates in groups of three. Every time they pass to a team mate through a gate they get a point. They must switch from one side of the field to a gate on the other side. 30 seconds to get through as many gates as possible.</p>	<ul style="list-style-type: none"> <li>- What kind of pass can we do to our team mate to get the ball quicker?</li> <li>- Can we help more with a different kind of pass?</li> <li>- If you are not passing the ball or receiving it, what can you do?</li> <li>- Is there anything else you can do to get through more gates quicker?</li> </ul>
<p><u>Expanded Small Sided Activity</u></p>	<p><u>4v4 + Six gates (30x40 yards)</u></p> <p>Same game as above but with the following changes,          1 - 2 teams of 4 (adjust depending upon numbers).          3 - One ball.          3 - Team who gets the ball through the most gates wins.</p>	<ul style="list-style-type: none"> <li>- What can you do to help your team mate?</li> <li>- What kind of pass can you do to the help your team mate?</li> <li>- Where can you pass the ball to make things easier for your team mate?</li> </ul>
<p><u>GAME</u></p>	<p><u>4v4 to two goals (30x40 yards)</u></p> <p>NOTE: Adjust playing size and team numbers based upon player numbers, ability of kids and area available.</p>	<ul style="list-style-type: none"> <li>- What kind of pass can you make to help your team mate shoot at goal?</li> <li>- How can you help your team mate when she/he has the ball?</li> </ul>
<p><u>Cool Down</u></p>	<p>Light stretching and light jog</p>	