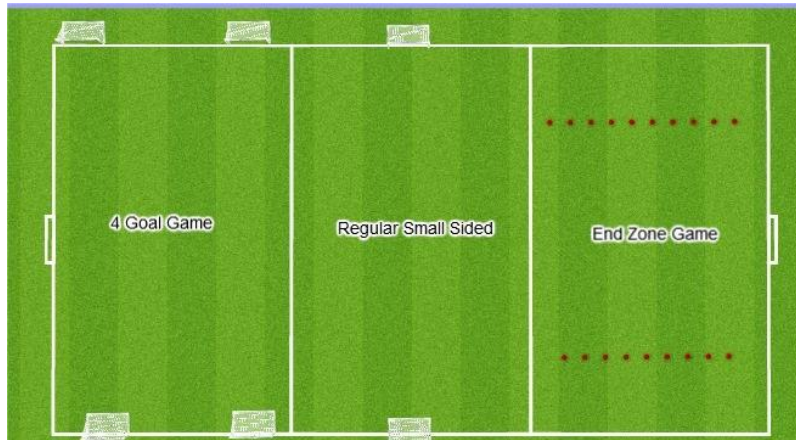




U7-U8 Fundamentals Outdoor 2018

WEEK 10



⌚ Set Up

The Small Sided Games Festival

The fields will be set up upon arrival in this manner

Within your grid you will run your Cores warm up

Focus:

4 Goal Game = Passing & Changing point of Attack

Regular Game = PLAY

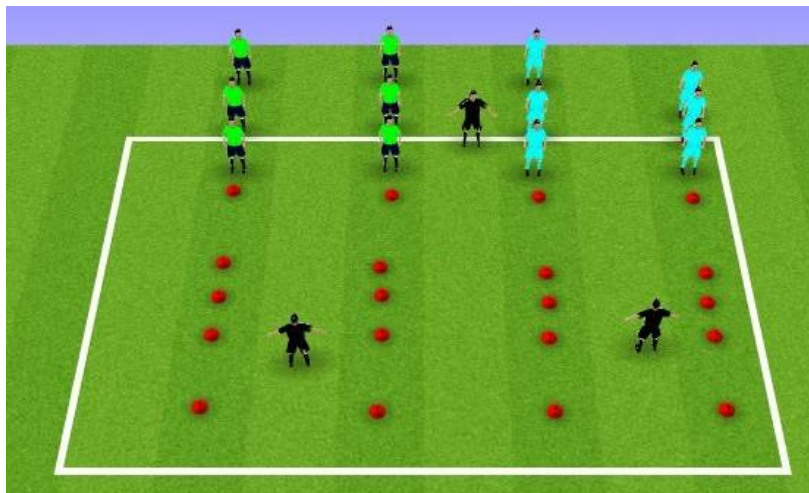
End Zone Game = Dribbling

*Make it FUN

Of Note:

The whistle will blow every 10 to 12 mins

Please take your *Water Breaks* when players are *Off* or during transition periods



⌚ Warm Up (10 mins)

Cores Warm Up

Split your groups into their teams & colors

Take them through various movements using the cones as guides (Skipping, 1&2 foot jumps, forward and backward running, etc)

Introduce the ball and take them through the cones using inside/outside of both feet

Of Note:

As soon as the whistle blows be prepared to begin playing



Regular Small Sided Game 4v4 (10 mins)

The focus of this Small Sided Game is to foster real time decisions

and allow the players to PLAY

Encourage:

Spreading Out in a *Diamond*

Staying *High/Wide/Deep*

Keep their heads UP

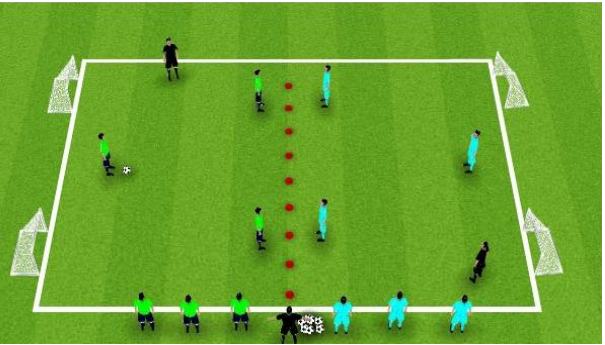
Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*



4 Goal Game (10 mins)

The focus of this Small Sided Game is to enable the players to change their point of attack by either passing or dribbling to 1 of the 2 goals

Encourage:

Spreading Out in a Triangle or Diamond (4v4)

Staying High/Wide/Deep

Keep their heads UP

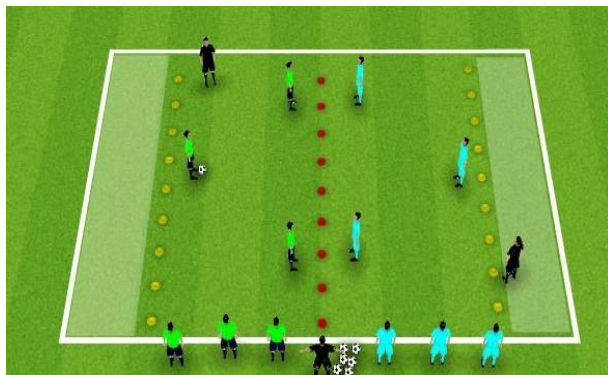
Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*



End Zone Game (10 mins)

The focus of this Small Sided Game is to dribble into the opposing teams end zone for a point

Encourage:

Spreading Out in a Triangle or Diamond (4v4)

Staying High/Wide/Deep

Keep their heads UP

Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*