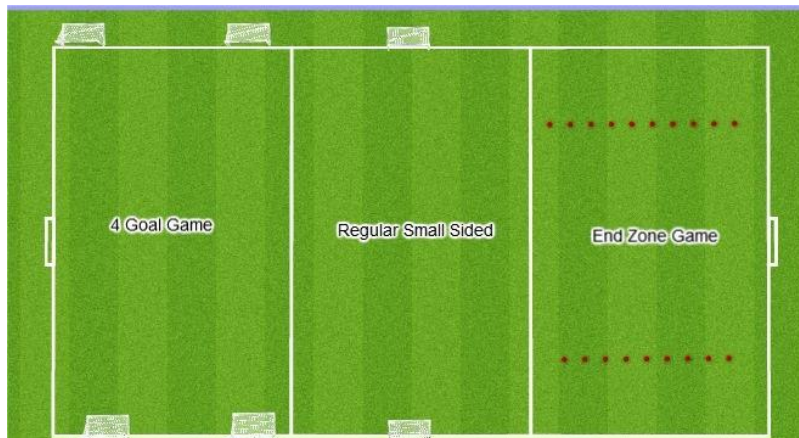




# U7-U8 Fundamentals Outdoor 2018 WEEK 8



## ⌘ 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

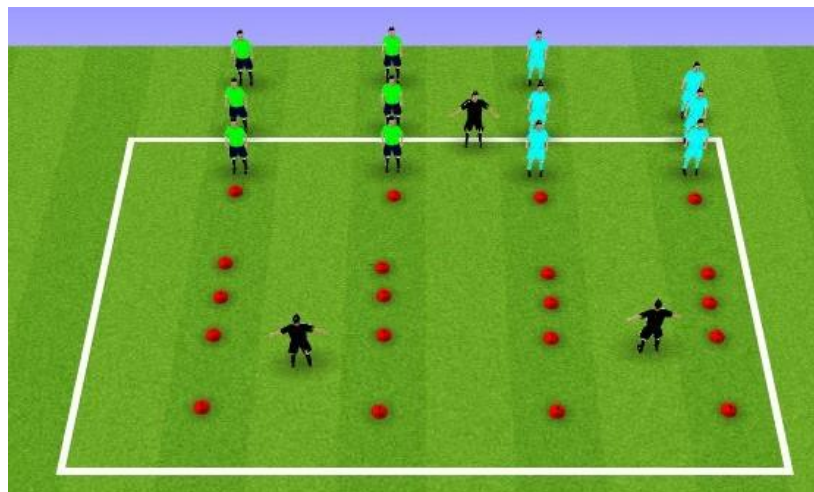
End Zone Game = Dribbling

\*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**

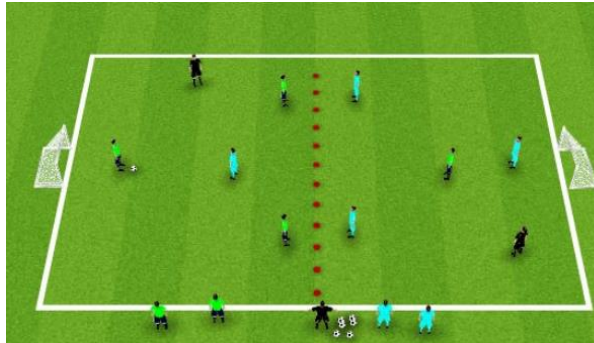
Split your groups into their teams & colors

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

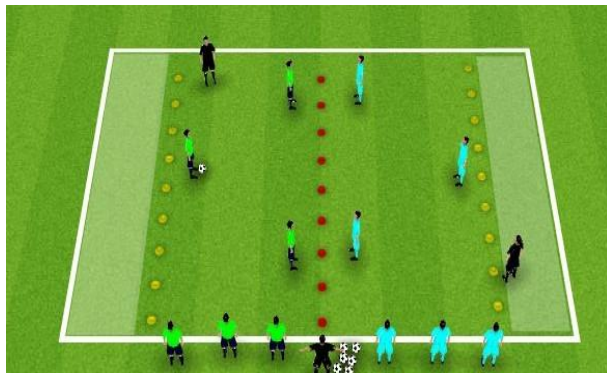
#### **Of Note:**

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*