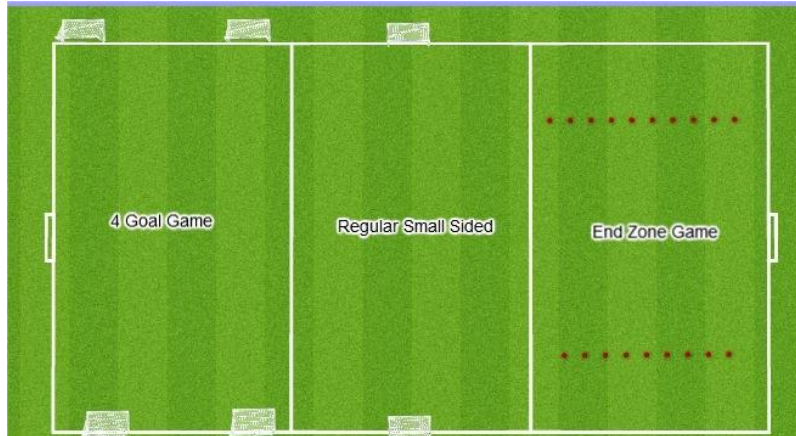# U7-U8 Fundamentals Outdoor 2017
WEEK 8

ß 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
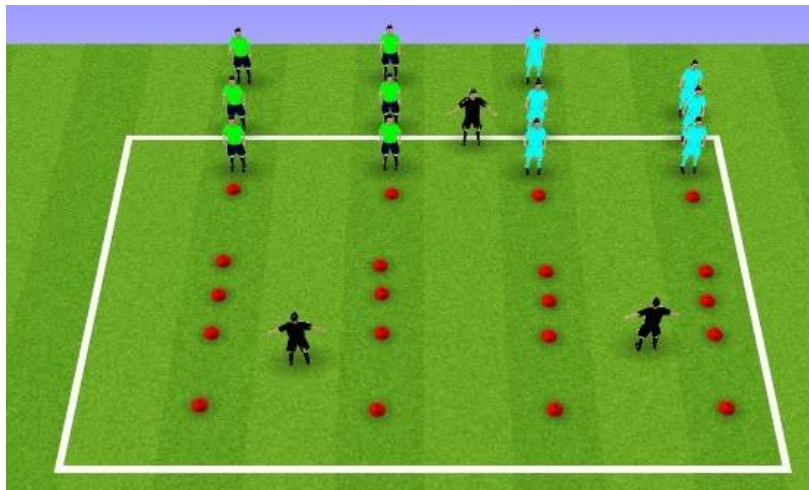Regular Game = PLAY
End Zone Game = Dribbling
*Make it FUN
Of Note:
The whistle will blow every 10 to 12 mins
Please take your *Water Breaks* when players are *Off* or during transition periods

ß Warm Up (10 mins)
Cores Warm Up
Split your groups into their teams & colors

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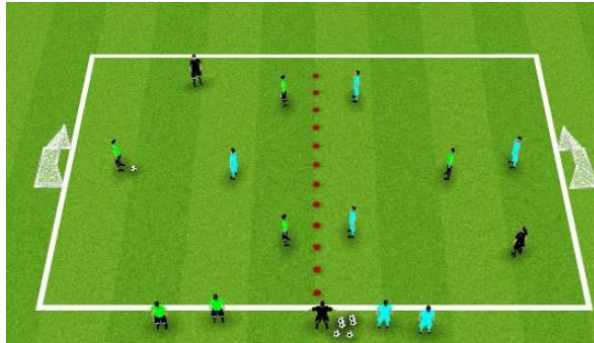(Skipping,1&2 foot jumps, forward and backward running, etc)

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)
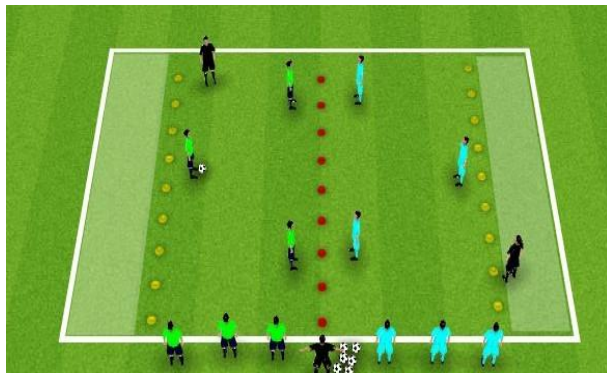Staying High/Wide/Deep
Keep their heads UP
Of Note:
Restarts from own end after goal
Opposing team backs up past center line
Kicks ins when Ball goes out
First Pass is *Free*

ℬ 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*