



Training Game U-8 Players

My Buddy

Skill: Passing

Number Of Players Required: Full U-6 team

Equipment: 12 or more cones to mark grid and goals. Group players in pairs, 1 ball for every pair.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Create 4 or 5 goals that are arbitrarily placed in the grid. Group players in pairs, 1 ball for every pair.

How The Game Is Played: Both players in the pair will move to a goal with one of the players dribbling to one of the goals in the grid. When the pair gets to a goal they then pass the ball through the goal 3 times to score a goal. Pairs move throughout the area until they have completed all the goals in the grid. If another pair is at a goal, players must go to a goal that is vacant.



Variations: Left foot passing only, right foot passing only.