



Training Game for U-8 Players

You and Me (1v1)

Skill: Dribbling, Attacking and Defending

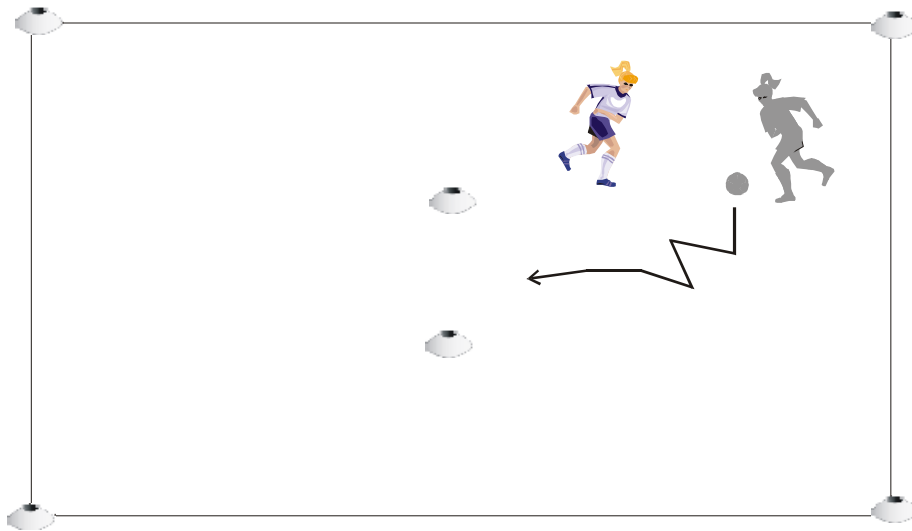
Number Of Players Required: Full U-8 team

Equipment: 6 or more cones to mark the grid, 2 or 3 soccer balls.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones and create a goal with cones on the center point of the grid. Group players into pairs, place one player from each pair standing any place on the end lines.

How The Game Is Played: Coach will direct which player has the ball first. The coach will yell, "go". Player with the ball is on the attack second player defends. Attacker tries to beat the defender by dribbling past the defender through the goal. If the defender gains possession she attempts to dribble through her goal. Play is stopped when a goal is scored or the ball goes out of play. A point is scored every time a ball is dribbled through the goal. First player with 3 points wins.



Variations: Coach can play the ball to the center of the grid. Players can pass the ball between the goal for a point.