

Under 6, 7 & 8 Recreational Training Program

- Week 1: Warm Up – Tag / Tunnel Tag
Activity – Dribbling through Gates
Game Theme- Encourage players to dribble into space
- Week 2: Warm Up – Ball Tag
Activity - Norwegian Passing Game
Game Theme – Encourage players to pass and move into space
- Week 3: Warm Up – Cops & Robbers
Activity - Stealing Balls
Game Theme – Encourage players to dribble passed opponent
- Week 4: Warm Up – Blob Tag
Activity – Collect balls/Dribbling & shooting
Game Theme – Encourage players to dribbling into space
- Week 5: Warm Up – Cat & Mouse
Activity – Passing through the tunnel
Game Theme – Encourage players to dribble & beat opponent
- Week 6: Warm Up – Traffic Lights
Activity – Follow the leader
Game Theme – Encourage players to pass to teammate & shoot into the goal
- Week 7: Warm Up – Gymnastic warm up
Activity – Overlaps 1
Game Theme – Encourage players to create an overlap
- Week 8: Warm Up – Tag /Tunnel Tag
Activity – Overlaps with a shot at goal
Game Theme – Encourage players to create an overlap & shot at goal
- Week 9: Warm Up – Ball Tag
Activity – Wall Pass
Game Theme – Encourage players to create a wall pass
- Week 10: Warm Up – Cops & Robbers
Activity – Wall Pass with Shot
Game Theme – Encourage players to create a wall pass & shot at goal
- Week 11: Warm Up – Blob Tag
Activity – Dribbling Technique
Game Theme – Encourage players to beat opponents
- Week 12: Warm Up – Cat & Mouse
Activity – Follow the leader & follow the leader with shot at goal
Game Theme – Encourage players to pass & move to space
- Week 13: Warm Up - Traffic Lights
Activity – Diamond Passing
Game Theme – Encourage players to pass and support team mate
- Week 14: Warm Up - Gymnastic warm up
Activity – Diamond Passing 2
Game Theme – Encourage players to pass and support teammate

