



WILMINGTON YOUTH SOCCER ASSOCIATION
Coaching Resource



1st Grade

u8 Session Plans



Director of Coaching
John Bavota



A few tips for a good flow to your session:

1. **PREPARATION** - Understanding the session plan and setting up for your training
2. **KNOWING YOUR PLAYERS** - Remember your player's names and adapt to each personality
3. **DEMONSTRATIONS** - Be the example, or use Assistant Coach, TD's, or players to demonstrate skills and concepts
4. **MODIFICATIONS** - Progressions vs. Regressions
5. **COMMUNICATION** - Be sure to ask guided questions and be open to feedback

Coaching Tips:

Transfer Knowledge into Understanding

1. Get your players attention from the get-go. Acknowledge players that are paying attention. 'Catch them being good.' Consider kneeling to get eye level when communicating w/ players.
2. Teach in small bits at a time. Ex.) "Johnny, before you receive the ball, try scanning the field for options."
3. Implement guided questions. Ex.) " How does beating a player 1v1 help?" Have the players "show you" instead of only asking, "Does that make sense?"
4. Be specific and positive when encouraging players! Ex.) "Sarah, good job keeping your head while dribbling!"

PLAY - PRACTICE - PLAY

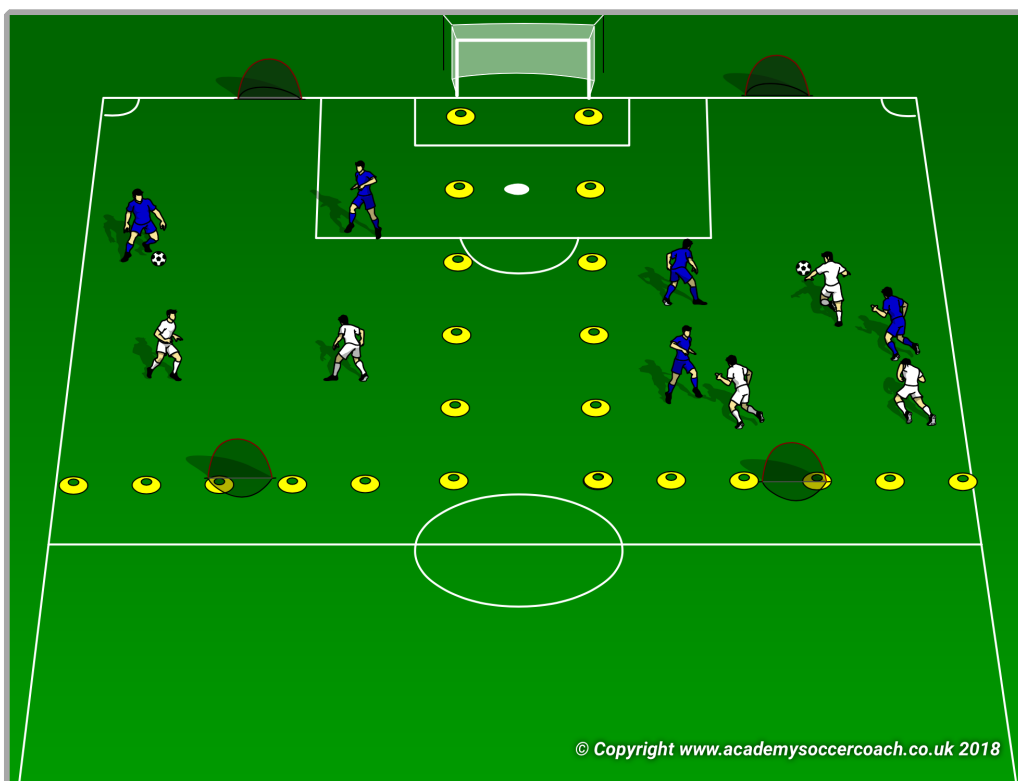
"The play-practice-play methodology is exactly what it sounds like. When kids show up, they immediately join a 2v2 or 3v3 small-sided game. After a few minutes, the coach might bring the players in and give them something to think about — say, keeping the ball within a hula hoop's distance of the body — and the small-sided games continue." - Vince Ganzberg

yougotmojo Article:

[Play-Practice-Play](#)

yougotmojo Video:

[Scrimmage](#)





U8

4v4 GAME-PLAY

Formations

**Director of Coaching
John Bavota**



The best way to teach soccer players their positions depends on their age and skill level. Here's a general approach that works well across various levels:

1. Start with Simplified Formations

- For younger players or beginners, start with formations that reduce complexity (e.g., 4v4 or 7v7) so players can grasp basic positional roles without being overwhelmed.

2. Use Visual Aids

- Use diagrams, whiteboards, or cones on the field to show players where each position is located. Visualizing helps them understand how positions relate to one another and the team's shape.

3. Explain the Purpose of Each Position

- Break down the main roles and responsibilities of each position (e.g., defenders protect the goal, midfielders support both defense and attack, forwards score goals). Keep it simple at first, emphasizing key concepts like "staying wide," "staying central," or "covering space."

4. Play Position-Specific Games

- Set up small-sided games where each player is assigned a position. This creates opportunities for them to experience their roles in action. For example, a 4v4 game with a goalkeeper introduces players to defensive and attacking responsibilities without overcomplicating things.

5. Progress to Full-Field Practices

- As they get older and more skilled, transition to using the full field, teaching them how their positions interact with teammates in different areas of the field. Focus on transitions between defense and attack.

6. Emphasize Movement and Shape

- Teach them that positions are not static spots on the field but areas where they need to operate based on the game's flow. Help them understand the importance of maintaining the team's shape in both attack and defense.

7. Use Guided Discovery

- Instead of telling players exactly where to go, ask them questions about where they should be based on the ball's location, their teammates, and the opponents. This encourages them to think critically and develop positional awareness.

8. Game Reviews

- Use video analysis or post-game discussions to highlight positional mistakes or successes. This helps players visualize what they did well or need to improve.

Here are common formations used in 4v4 soccer:

- 2-1-1: Two defenders, one midfielder, and one forward. This formation provides a balanced approach with defensive solidity and attacking options.
- 1-1-2: One defender, one midfielder, and two forwards. This formation focuses on attacking with numbers in the final third while maintaining some defensive cover.
- Diamond: One player as a defensive anchor, two midfielders, and one forward. It offers compactness in midfield, allowing for quick ball circulation and support play.

Click for Article
[Soccer Positions Explained](#)

4v4 is an effective format for players of all ages, especially young ones. With more players, passing and spacing become more important. Players will need to ask themselves: "If we lose the ball, what will happen?" "Am I in a good position to receive a pass?" "Is this a good situation to dribble the ball? "

The typical formation when playing 4v4 is "the diamond". This formation encourages spacing and movement. Two players go wide, one right, one left; The third player pushes forward and provides depth up the field. The last player stays back. These positions should be dynamic. Players should move and interchange constantly to unbalance the opposing team.





u8 Game-Day Preparations



1. Pre-Game Essentials:

- **Equipment Checklist:** Ensure you have all necessary items, including size 3 soccer balls, cones, pinnies, and a first-aid kit (clubhouse), and/or ice-packs (clubhouse).
- **Arrival Time:** Aim to arrive at least 20 minutes before kickoff to set up and greet players as they arrive.
- **Warm-Up Activities:** Begin with simple, fun drills to get the kids moving and engaged. Activities like "Red Light, Green Light", or small-sided games like, 2v2-3v3s.

2. During the Game:

- **Player Rotation:** Ensure all players get equal playing time and experience in different positions to promote well-rounded development.
- **Positive Reinforcement:** Focus on encouraging effort and teamwork rather than just the score. Celebrate small victories and improvements.
- **Simplified Coaching:** Provide clear, concise instructions. Avoid over-coaching; let the kids play and learn through experience.

3. Halftime and Post-Game:

- **Halftime Talk:** Keep it brief and positive. Highlight what the team is doing well and offer one or two simple suggestions for improvement.
- **Post-Game Discussion:** Regardless of the outcome, commend the team's effort and sportsmanship. Encourage them to share what they enjoyed about the game.

4. Parental Involvement:

- **Communication:** Keep parents informed about game schedules, locations, and any changes. Encourage them to support all players positively from the sidelines.
- **Volunteering:** Invite parents to assist with tasks like snack coordination or equipment management to foster a supportive team environment.

Remember, the primary goal at the u8 level is to instill a love for the game and promote enjoyment. By focusing on fun, inclusivity, and positive reinforcement, you'll create a memorable and enriching experience for your young players!

If you need further resources or specific drill ideas, feel free to ask!



1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Free Dribble

Set-up: All players w/ ball in area.

Activity: Coach or player should demonstrate proper techniques using **LACES**, **INSIDE**, **OUTSIDE**, and **SOLE** of foot. Add turns + skills - Inside Cut, Outside Hook, Pull Back, Cruyff, L-Turn

What is DRIBBLING?

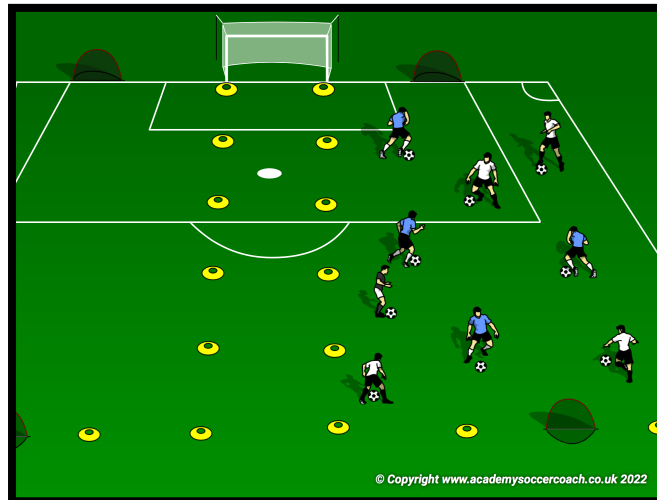
Free DRIBBLE

← Click for Videos

**Advanced* - 1v1 Trick Moves

Coaching Cues:

Head up - Light Touch - Control > Speed



2. Knockout

Set-up: All Players w/ ball inside area.

Game: Players **DRIBBLE** to avoid other players, and they must try to “**KNOCKOUT**” other player’s ball. If your ball is kicked out, you either have to perform **FOUNDATIONS** to return, or you are **OUT** until next round!

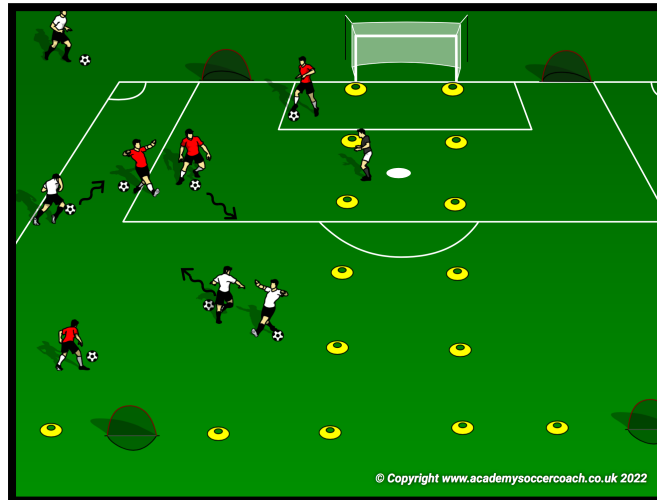
What is SHIELDING?

KNOCKOUT

← Click for Videos

Coaching Cues:

Head up - Dribble - Shield - Find Space



3. Combat 1v1s w/ Race

Set-up: Either 2 lines on each side of Coach. Use assistant/parent to help with lines, if needed.

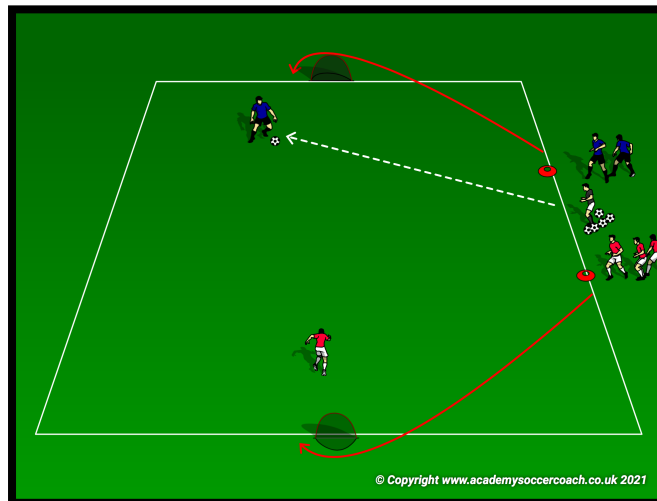
Game: Coach signals for players to “**GO**”. Players run around their team’s PUGG. Coach **PASSES** ball to first player around PUGG. Players in **POSSESSION** are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and **RECOVER** ball. If **DEFENDER/S RECOVER** ball, they can try to score!

1v1 to Small Goals

← Click for Video

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot





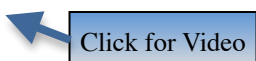
1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Barcelona

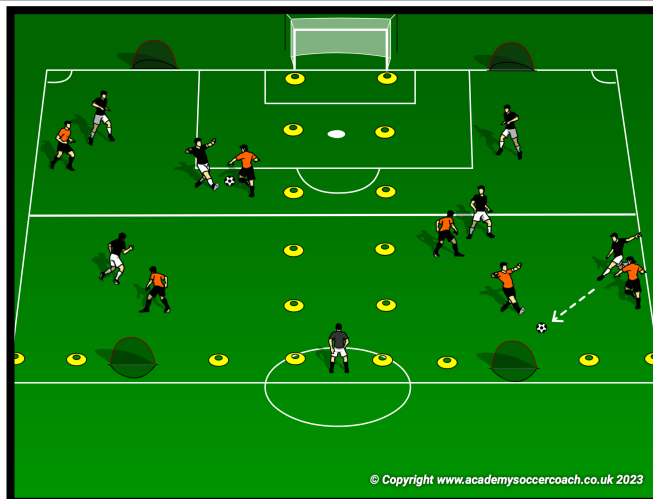
GAME: Play 2v2—> 4v4 on your small sided field. Focus on **PASSING!** Players score based on how many **PASSES** completed before scoring. 4 **PASSES** = 4 Points!

Barcelona



Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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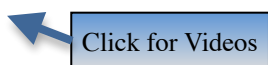
2. Team Tag

Set-up: Two teams - **PINNIES** vs. **T-SHIRTS**. Designate one team **PASSERS**, and the other as **DRIBBLERS**.

PASSERS DRIBBLE around attempting to **PASS** their ball into the **DRIBBLERS** ball. **PASSERS** receive **+1point** for **PASSING** ball into **DRIBBLERS** ball. After 1min. count how many times **PASSERS** connected **PASSES**. Winning team has most connected **PASSES!**

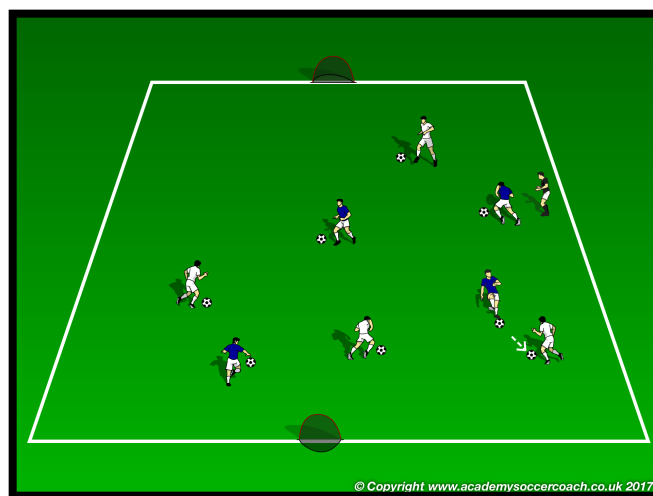
Team Tag

What is PASSING?



Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Laces Shot



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3. Numbers Game

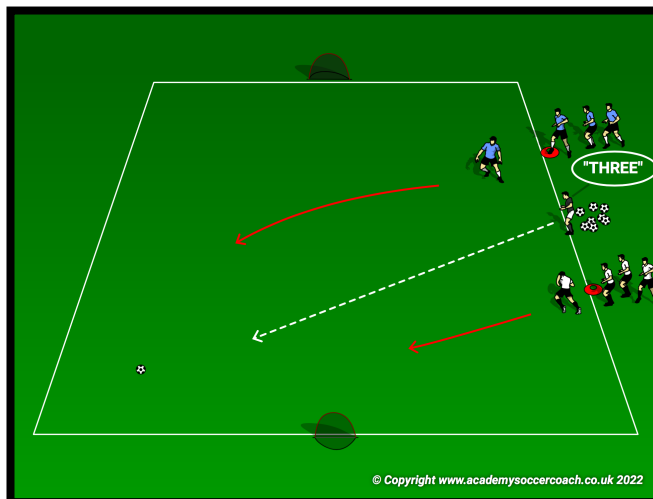
Set-up: x2 lines + x2 Teams of players.
NUMBERS GAME - Designate each player a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

The Numbers Game



Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Half and Half Soccer

Set-up: Split into two teams.

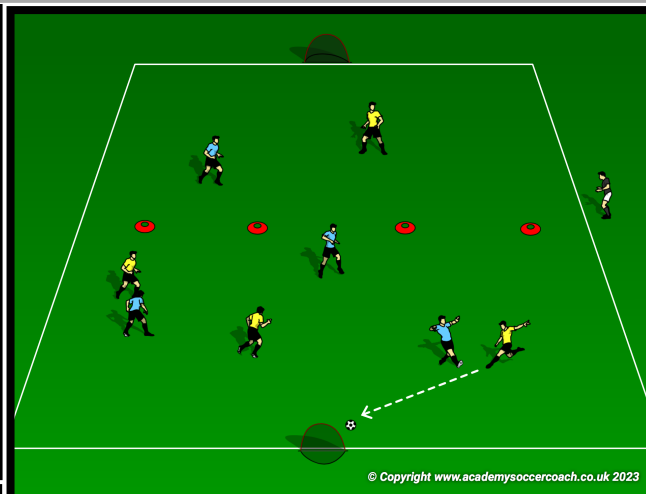
Game: Play 2v2 → 4v4. Specific rule that each team needs to have one player in each half when attempting to score. *Restrict players to either **ATTACKING** or **DEFENDING** half.

Half and Half Soccer

[Click for Video](#)

Coaching Cues:

Attack - Defend - Pass - Move - Open Body Position



2. 1v1 Duels

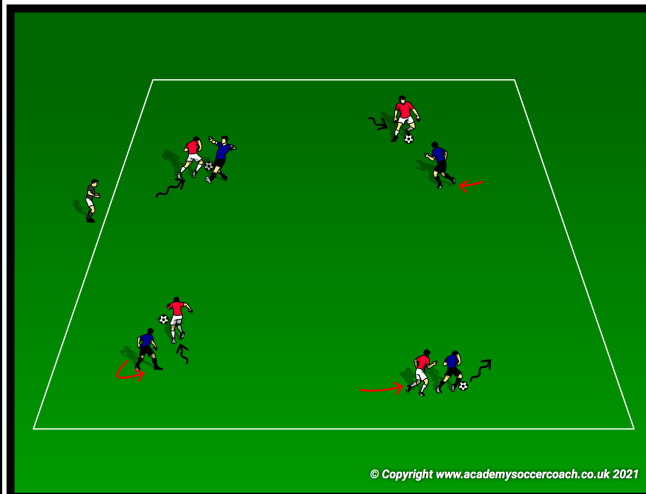
Set-up: Players partner up. One Player is designated **ATTACKER** to start w/ ball. His/her partner is the **DEFENDER**(no ball). The **DEFENDER** must work to try and recover ball from **ATTACKER**. If **DEFENDER** recovers ball from **ATTACKER**, the roles switch. Encourage players to protect ball by **DRIBBLING** or **SHIELDING** away from **DEFENDER**.

DRIBBLING in Tight Spaces

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Shield - Control > Speed



3. Combat 2v1s

Set up: x2 lines of **ATTACKERS** + x1 line of **DEFENDERS** as shown.

Play: Coach **PASSES** ball to any **ATTACKER** who then starts the 2v1 **ATTACK** on goal. If **DEFENDER** recovers ball they **COUNTER ATTACK**(1v2)

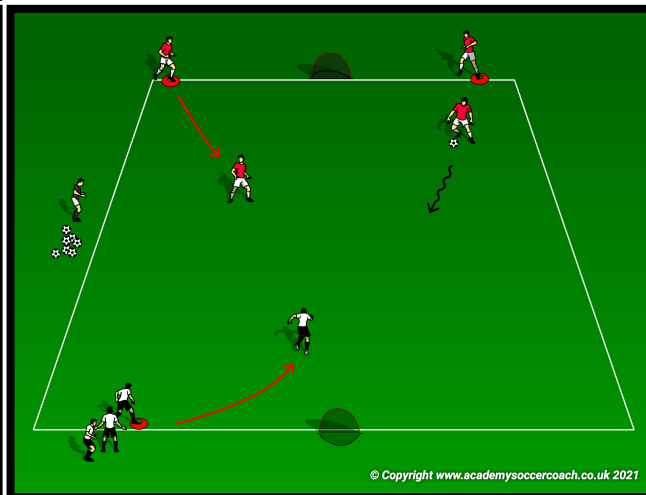
2v1 to Small Goals

GIVE and GO

[Click for Videos](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot





1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Hawaii

Set-up: Normal PLAY set-up. Add cones 5 yards away from Puggs to create Island(Neutral Zone).

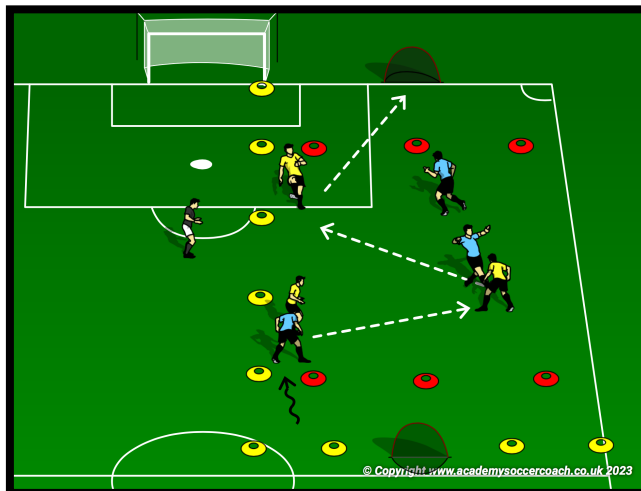
Game: 1v1 -> 4v4 - Players simply play, and are restricted to Island(Neutral Zone). Players are encouraged to **DRIBBLE** and connect **PASSES**, attempting to score from distance!

Hawaii



Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. 4v4 to End-zones

Set-up: Using cones create two end zones in front of PUGGS as shown. Two Teams.

Game: Players score by **DRIBBLING** the ball into opposing team's end-zone. Encourage players to connect **PASSES** and move to open space - Spread OUT!

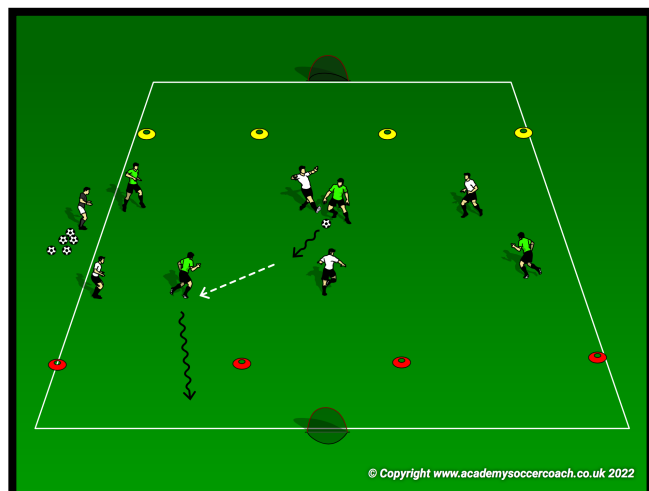
*Progress to scoring w/ **LEAD PASS** into end-zone.

4v4 to End-zones



Coaching Cues:

Dribble - Pass - Open Space - Lead Pass - Give and Go's



3. Combat: 1v1->2v1-> 2v2

Set-up: Split players into two teams, and place on each side of Coach as shown. Coach has arsenal of soccer balls.

Game: On Coach's command one player from each team sprints around their PUGG goal. First player to run around PUGG **RECEIVES** ball from Coach, creating 1v1.

Progression 2v1 - Player who receives ball also receives extra player, creating 2v1.

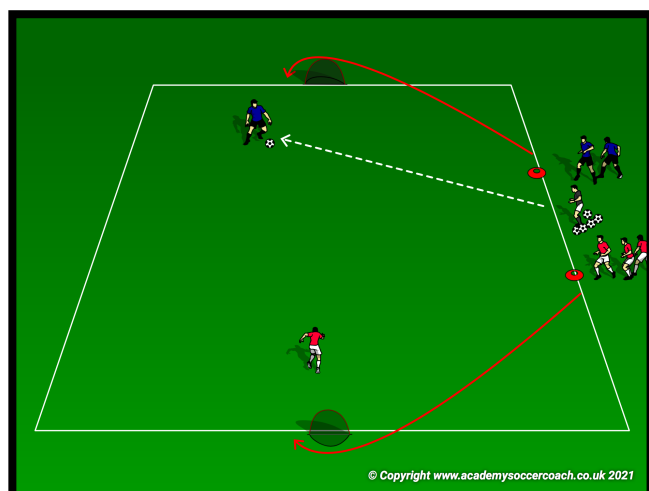
Progression 2v2 - **DEFENDER** in 2v1 gains another player if they recover ball, creating 2v2.

Soccer Skills | Soccer 101 by MOJO



Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - 1v1->2v2





1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. One-Touch Finish

Set-up: x1-x2 small-sided fields on half field. Split into two teams - 3v3-4v4.

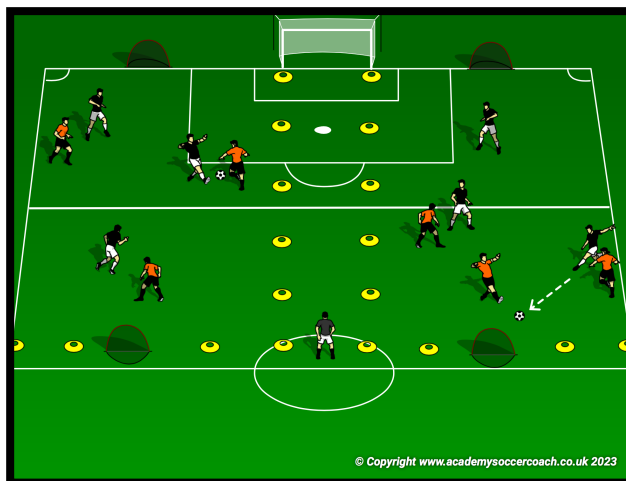
Play: One rule - goals only count w/ **ONE-TOUCH FINISH!**

One-Touch Finish



Coaching Cues:

Spread Out - Head up - Dribble - Pass - Support - Shoot



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2. Shadow Dribbling

Set-up: All players in area w/ a ball.

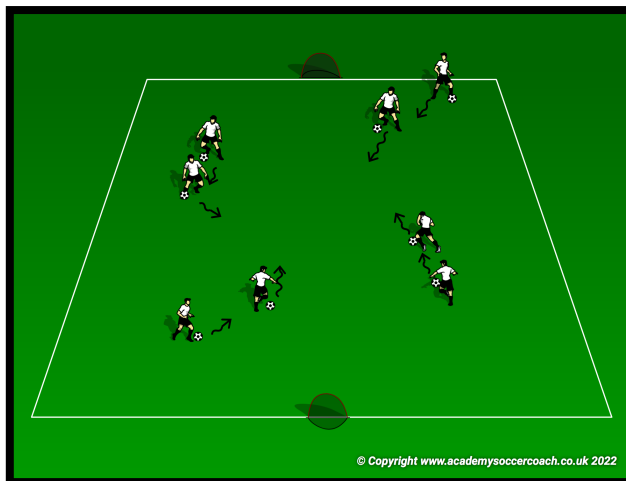
Game: Allow players to partner up w/ a teammate - One player designated **LEADER**, and the other **FOLLOWER**. The **LEADER DRIBBLES** around the area performing speed checks, turns, and 1v1 skills. The **FOLLOWER** attempts to 'SHADOW' the **LEADERS DRIBBLING** skills.

Shadow Dribbling



Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



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3. Combat: 1v1->2v1-> 2v2

Set-up: Split players into two teams, and place on each side of Coach as shown. Coach has arsenal of soccer balls.

Game: On Coach's command one player from each team sprints around their **PUGG** goal. First player to run around **PUGG RECEIVES** ball from Coach, creating 1v1.

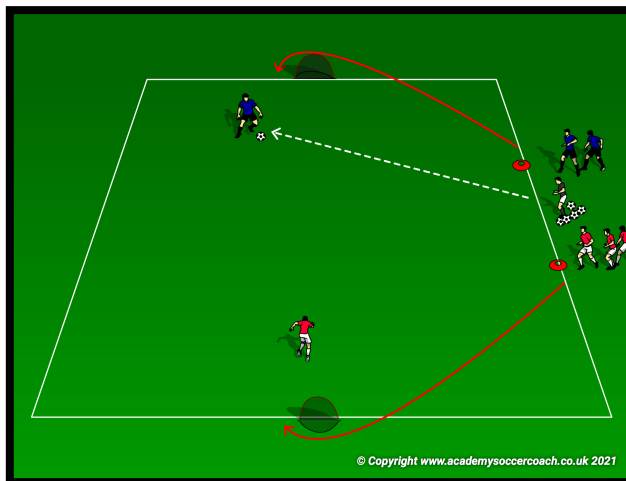
Progression 2v1 - Player who receives ball also receives extra player, creating 2v1.

Progression 2v2 - **DEFENDER** in 2v1 gains another player if they recover ball, creating 2v2.

Soccer Skills | Soccer 101 by MOJO

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Team Tag

Set-up: Two teams - **PINNIES** vs. **T-SHIRTS**. Designate one team **PASSERS** and the other as **DRIBBLERS**. **PASSERS DRIBBLE** around attempting to **PASS** their ball into the **DRIBBLERS** ball. **PASSERS** receive +1point for **PASSING** ball into **DRIBBLERS** ball. After 1min. count how many times **PASSERS PASSED** their ball into **DRIBBLER's** ball. Winning team has most connected **PASSES!**

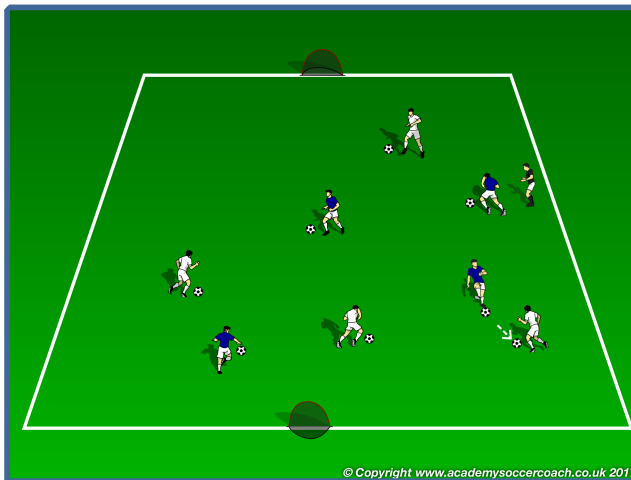
Team Tag

What is PASSING?

← [Click for Videos](#)

Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Laces Shot



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2. Team Ball Collection

Set-up - Split players into two lines as shown in image. Set-up balls in box/circle of cones 15-20 yards away.

Round 1: First player from each line runs out to **RECOVER** ball and **DRIBBLES** to **SHOOT** ball into their team's **PUGG** goal. The team that scores all their soccer balls first, **WINS!**

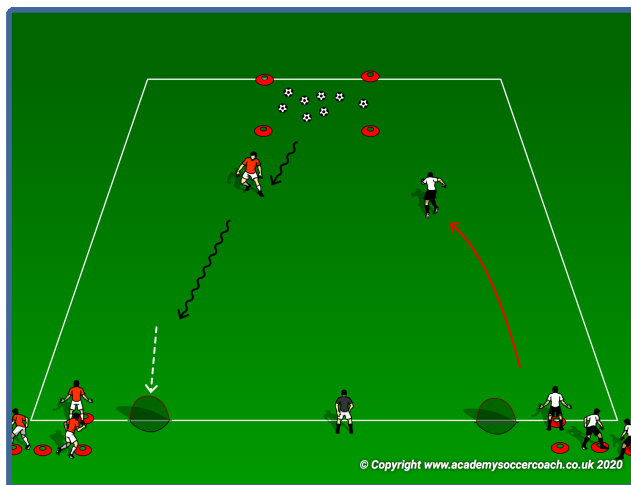
Round 2: First Player from each line runs out to **RECOVER** ball and **DRIBBLES** thru obstacle(CONES) before **SHOT** on goal. The team that scores all their soccer balls first, **WINS**

Dribbling With Different Parts of the Foot

← [Click for Video](#)

Coaching Cues:

Head Up - Dribble - Shoot - Control > Speed



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3. Combat 2v1s

Set up: x2 lines of **ATTACKERS** + x1 line of **DEFENDERS** as shown.

Play: Coach **PASSES** ball to any **ATTACKER** who then starts the 2v1 **ATTACK** on goal. If **DEFENDER** recovers ball they **COUNTER ATTACK**(1v2)

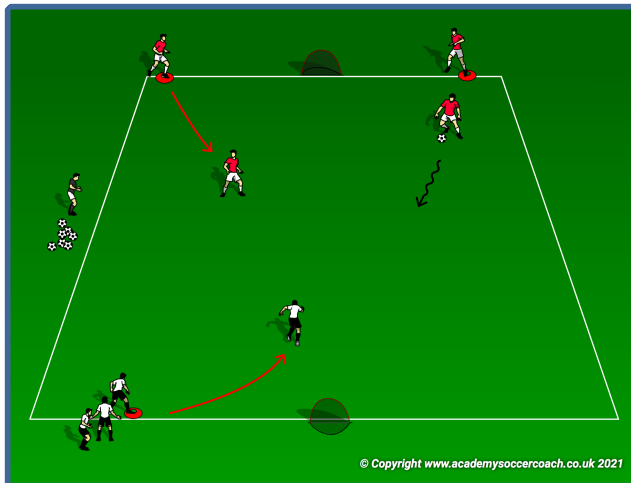
2v1 to Small Goals

GIVE and GO

← [Click for Videos](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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1st Grade u8s

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Half and Half Soccer

Set-up: Split into two teams.

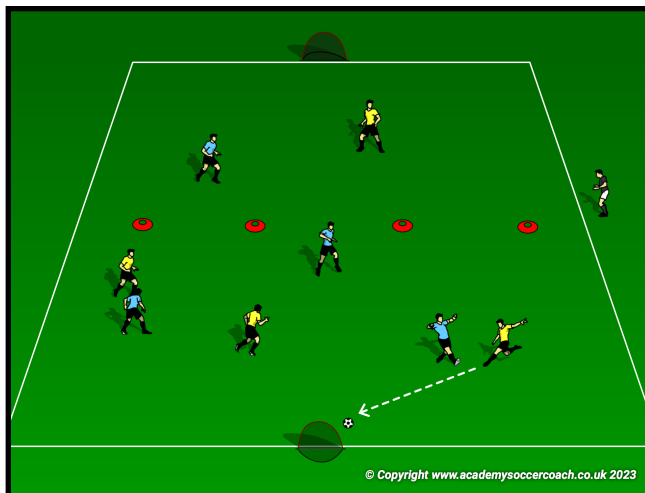
Game: Play 2v2 → 4v4. Specific rule that each team needs to have one player in each half when attempting to score. *Restrict players to either **ATTACKING** or **DEFENDING** half.

Half and Half Soccer

[Click for Video](#)

Coaching Cues:

Attack - Defend - Pass - Move - Open Body Position



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2. Numbers Passing

Set-up: Split into two teams. Each player is designated a number, "1,2,3,etc.." One ball per team.

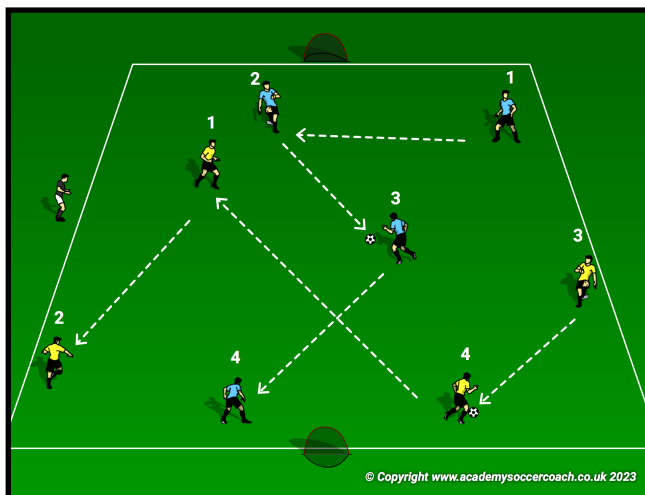
Play: The players must pass the ball in numerical order, ex.) player #1 passes to player #2, etc., until ball is received by final player, then restart. Encourage players to move and create space.

Numbers Passing

[Click for Video](#)

Coaching Cues:

Locked ankle - Open body position - Move to Create Space



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3. Flying Numbers

Set-up: Split into two teams, and make two lines as shown.

Play: Coach starts by shouting combat number, ex.) "2v2!" The amount of players shouted enter the field for small-sided game. *Create overloads in the game - 2v1 + 3v2 + 4v3.

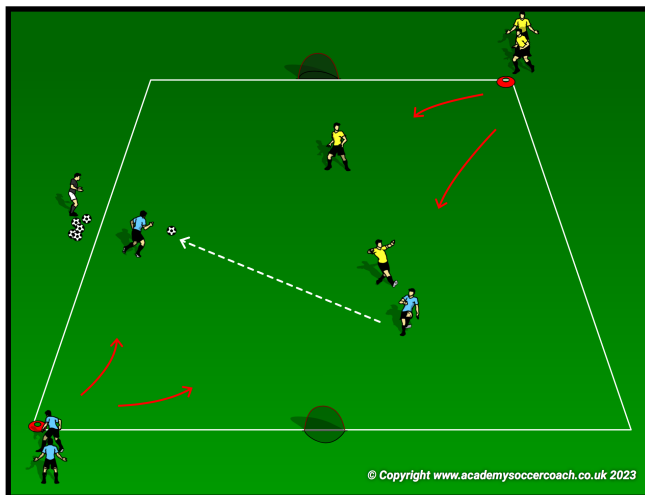
Flying Numbers

[Click for Video](#)

Guided Question - Coaching Cues:

When should you dribble, and when should you pass?

Dribble - Pass - Shoot - Find Open Space



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1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Liverpool

Set-up : Pinnies vs. T-shirts - 3v3 -> 4v4

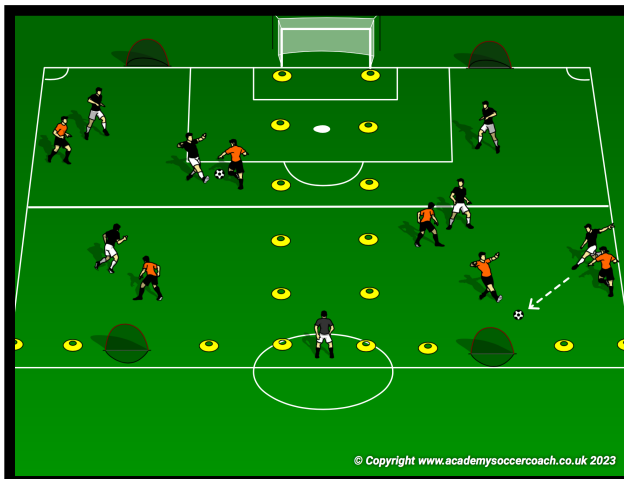
Game: Play small-sided game - Scoring a goal is worth 1 point. If a team wins the ball in the opponents half, and then scores, it's worth 2 points. **PRESS LIKE LIVERPOOL!**

Liverpool

[Click for Video](#)

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. Gate Dribble

Set-up: Place multiple GATES(8-10) around your area as shown.

Game: Who can DRIBBLE thru the most gates?

1. DRIBBLE thru x1
2. DRIBBLE w/ turns x2
3. DRIBBLE FIGURE 8 x3

Gate Dribbling

[Click for Video](#)

Coaching Cues:

Head up - Light Touches - Control > Speed



3. 2v2 to Small Goals

Set-up: 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.

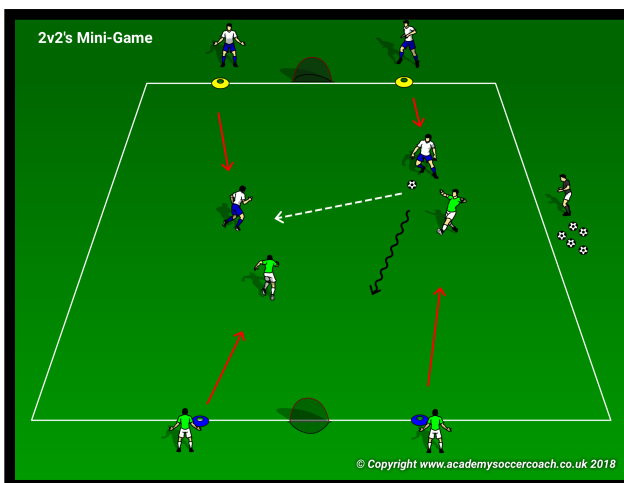
Game: Coach PASSES ball to either team to create 2v2. Players in POSSESSION are encouraged to ATTACK and score goal. Players w/o POSSESSION of ball encouraged to DEFEND goal and recover ball. If DEFENDER/S recover ball, they become ATTACKERS and attempt to score!

2v2 to Small Goals

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed





1st Grade - u8 Session Plan

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Half Court Soccer

Set-up: Create half-line for players to clear. Play 3v3 or 4v4.

Game - Simply play! Once **DEFENDING** team regains possession they must attempt to clear ball over half-line before transitioning to **ATTACK**. Team who was previously **ATTACKING** now transitions to **DEFEND**, and they must attempt to clear.

Half Court Soccer

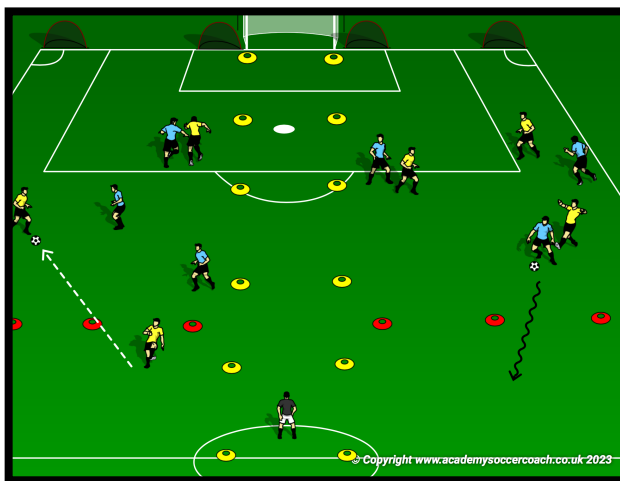
What is SCANNING?



Click for Video

Coaching Cues and Guided Questions:

Positioning and Body Shape to receive - Passing Combinations - How can we create space and opportunities to shoot?



2. Island Hopping

Set-up: Use cones to create 4 boxes(Islands) in each corner of 4v4 field. Each player has a ball and starts on an Island.

Game: Players attempt to **DRIBBLE** to each Island w/o being caught by Coach(Pirate).

Round 1 - Allow players to **DRIBBLE** freely trying to successfully conquer each Island. *Perform **SKILL** on the island before leaving!

Round 2 - If a player's ball is caught they become Pirate. Play until one **DRIBBLER** remains.

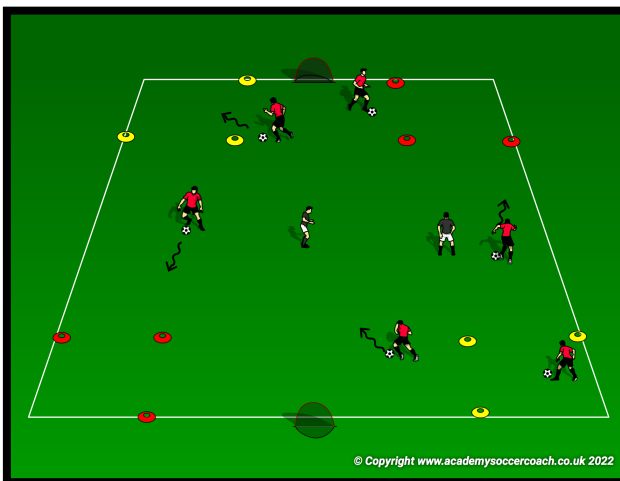
Island Hopping



Click for Video

Coaching Cues:

Head Up - Dribble - Control > Speed - Change Direction



3. 1v1 to Two Goals

Set-up : x2 PUGGS on end-line. 1 line of **ATTACKERS** + 1 line of **DEFENDERS**.

Game: **DEFENDER PASSES** ball to **ATTACKER**. **ATTACKER** attempts to **DRIBBLE** thru either gate w/o **DEFENDER** recovering ball. 1 point for **ATTACKER** for **DRIBBLING** thru gate, and 1 point for **DEFENDER** if they successfully counter **DRIBBLE** to either two gates. 4-5min. each round.

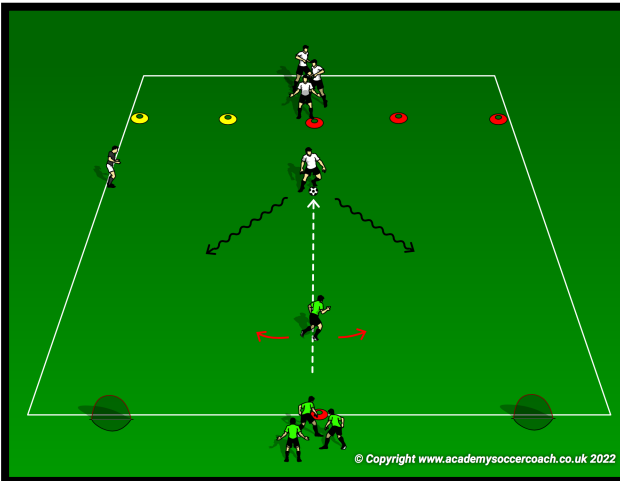
How to do a POKE TACKLE



Click for Video

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed





1st Grade u8s

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. PACMAN

Set-up: Place all of the balls in a box as shown.

Game: The **GHOST/s DRIBBLES** area trying to eat the **PACMAN** by **PASSING** their ball at players feet. **AIM LOW!** If you get eaten(hit by the ball) you become **GHOST!** Last **PACMAN** standing **WINS!** Play 2-3 rounds.

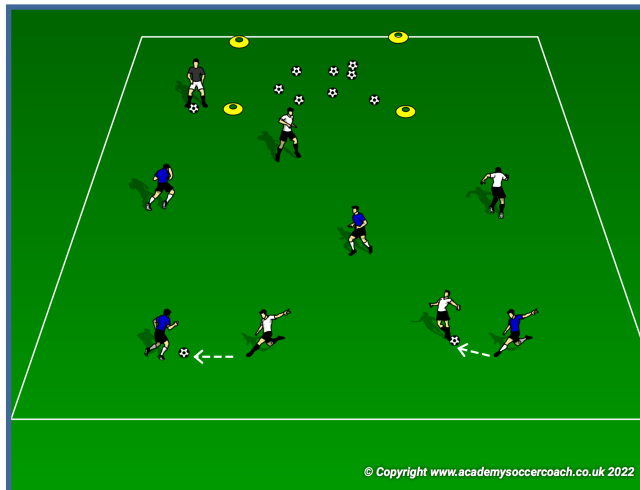
Minions/Pacman



[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed - Aim for cleats



2. 4v4 to End-zones

Set-up: Using cones create two end zones in front of **PUGGS** as shown. Two Teams.

Game: Players score by **DRIBBLING** the ball into opposing team's end-zone. Encourage players to connect **PASSES** and move to open space - Spread **OUT!**
 *Progress to scoring w/ **LEAD PASS** into end-zone.

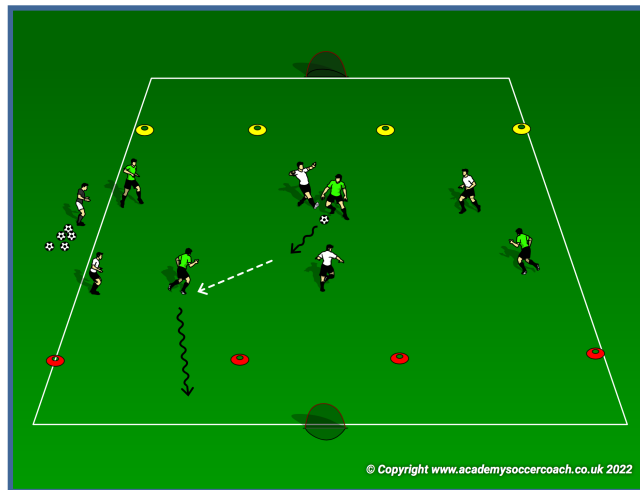
4v4 to End-zones



[Click for Video](#)

Coaching Cues:

Dribble - Pass - Open Space - Lead Pass - Give and Go's



3. Combat: 1v1 -> 2v2 w/ Relay

Set-up: Split players into two teams, and place on each side of Coach as shown. Coach has arsenal of soccer balls.

Game: On Coach's command one player from each team sprints around their **PUGG** goal. First player to run around **PUGG** **RECEIVES** ball from Coach, creating 1v1.

Progression 2v1 - Player who receives ball also receives extra player, creating 2v1.

Progression 2v2 - **DEFENDER** in 2v1 gains another player if they recover ball, creating 2v2.

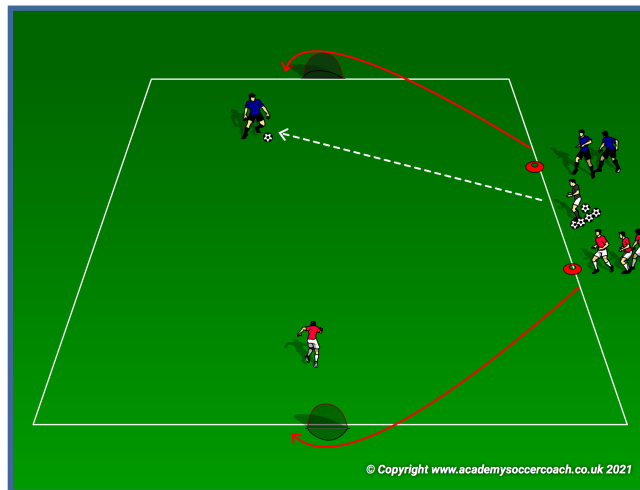
Soccer Skills | Soccer 101 by MOJO



[Click for Videos](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - 1v1->2v2





1st Grade u8s

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Shadow Dribbling

Set-up: All players in area w/ a ball.

Game: Coach is the **LEADER**. Players must **FOLLOW** Coaches **DRIBBLE** around the area **MIMICKING DRIBBLING** skills and turns.

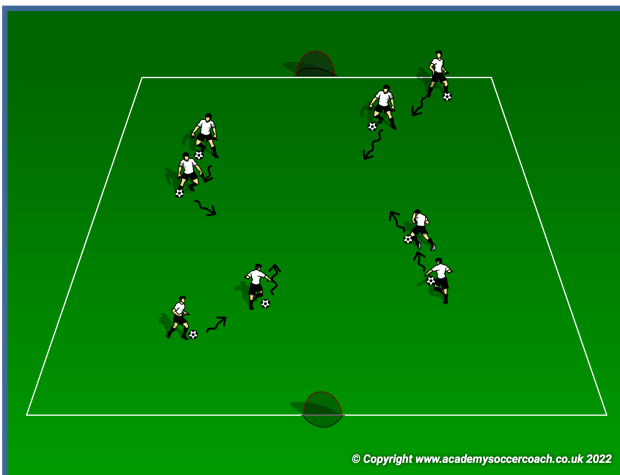
Progression: Allow players to partner up w/ a teammate - One player designated **LEADER**, and the other **FOLLOWER**.

Shadow Dribbling



Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. Possession Game(Keep Away)

Set-up: Use line to split halves. Split into two teams, and each team occupies their own half.

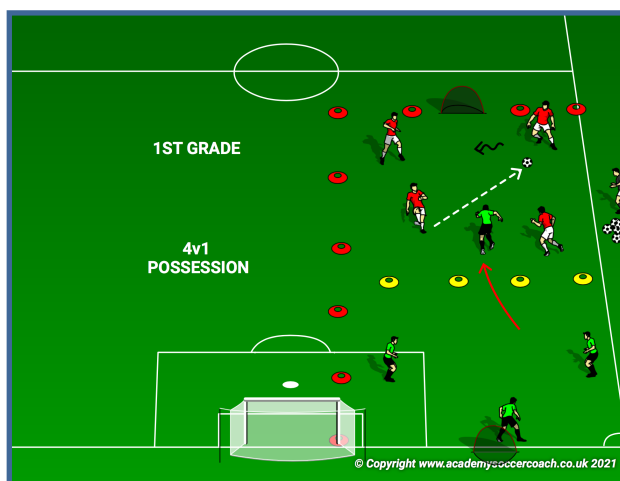
Game: Team in **POSSESSION** must try to keep ball away from **DEFENDER/s** by **DRIBBLING** and **PASSING**. If Team completes certain # of **PASSES**, they gain a goal - **Ex. 5 PASSES = 1 goal**. If ball is played out, coach plays ball back into area. First Team to 3 Goals **WINS!**

Two Team Rondo Pressure



Coaching Cues:

Open Body Position - Dribble - Pass - Recover



3. Combat —> 1v0-4v4

Set-up: Create two teams and place on opposite corners. Each player has a ball.

Game: 1v0 = One player from either team starts by **DRIBBLING** to half and shooting on PUGG - 1v1 = One player from opposing team enters to **ATTACK**, and previous **ATTACKER** becomes **DEFENDER**. 2v1 = One player continues to enter from each team creating overloads and combats. Play until 4v4, then **RESTART**.

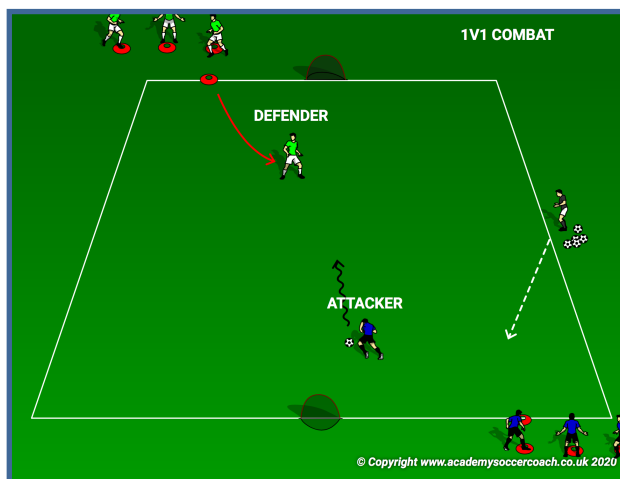
All About Soccer Skills: Attacking | Soccer 101s

All About Soccer Skills: Defending | Soccer 101s



Coaching Cues:

Attack - Defend - Dribble - Pass - 1v1 Skills - Shoot





1st Grade u8s

Understand the Game of Soccer, Technical and Tactical Skill Development, and Fun Games!

1. Hawaii

Set-up: Normal PLAY set-up. Add cones 5 yards away from Puggs to create Island(Neutral Zone).

Game: 1v1 -> 3v3 - Players simply play, and are restricted to Island(Neutral Zone). Players are encouraged to **DRIBBLE** and connect **PASSES**, attempting to score from distance!

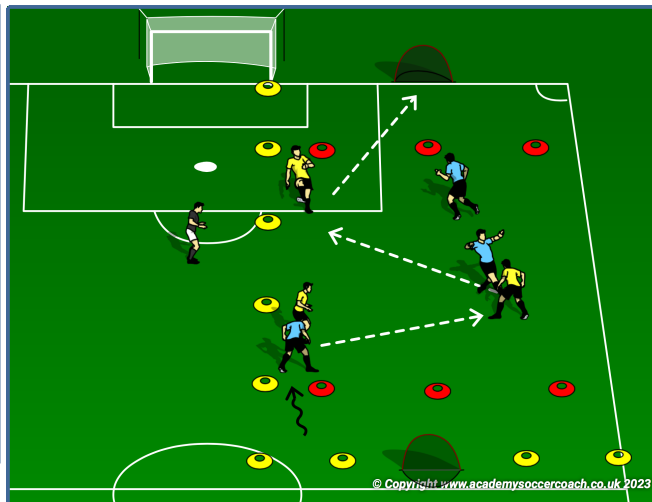
Hawaii



[Click for Video](#)

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



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2. Numbers Passing

Set-up: Split into two teams. Each player is designated a number, "1,2,3,etc.." One ball per team.

Play: The players must pass the ball in numerical order, ex.) player #1 passes to player #2, etc., until ball is received by final player. Encourage players to move and create space. *Add 2nd ball **Last number can score, then numbers shift.

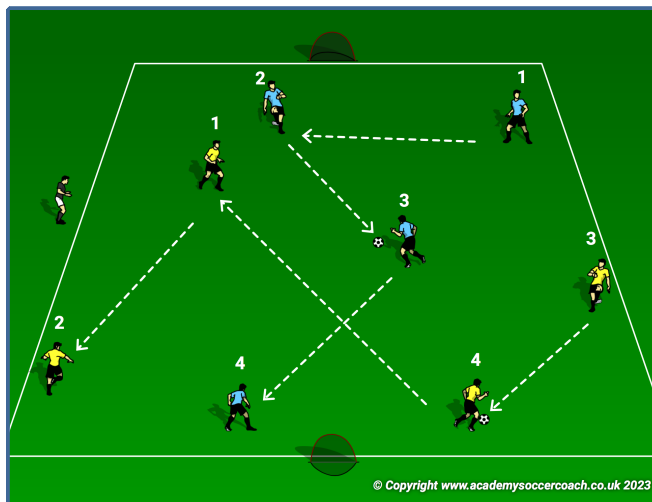
Numbers Passing



[Click for Video](#)

Coaching Cues:

Locked ankle - Open body position - Move to Create Space



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3. Flying Numbers

Set-up: Split into two teams, and make two lines as shown. One **ATTACKING** team and one **DEFENDING** team.

Play: Coach starts by shouting combat number, ex.) "2v2!" The amount of players shouted enter the field for small-sided game.

Flying Numbers

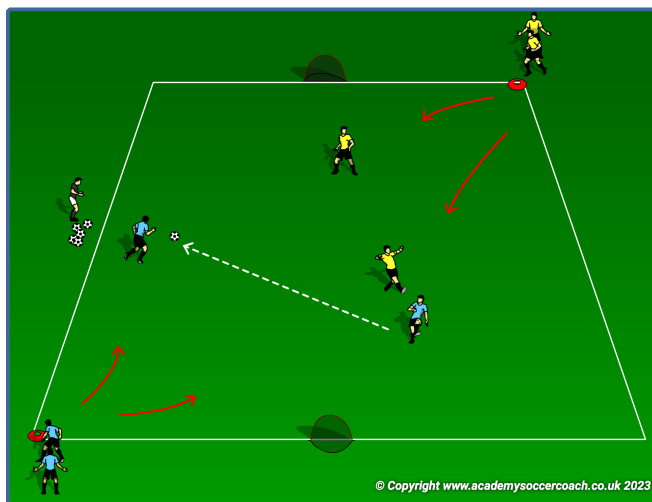


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Guided Question - Coaching Cues:

When should you dribble, and when should you pass?

Dribble - Pass - Shoot - Find Open Space



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1st Grade - Session Template

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. _____

Coaching Cues:



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2. _____

Coaching Cues:



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3. _____

Coaching Cues:



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