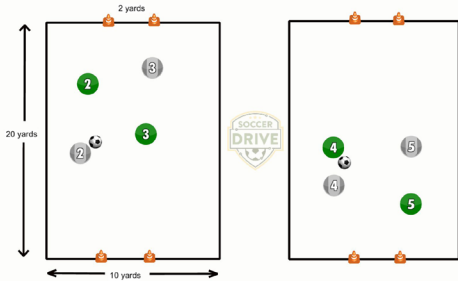




# SPREADING OUT AND MOVEMENT OFF BALL

AGE LEVEL: U8      TIME: 60 MINUTES



## 2 VS. 2 PLAY

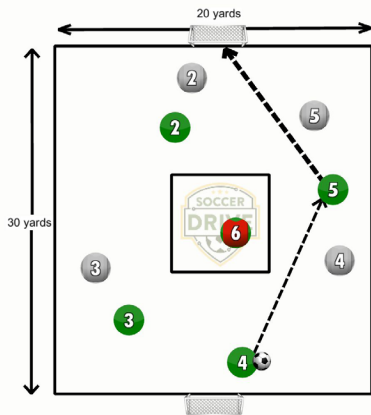
**TIME** 10 minutes

**SETUP**

- » Make two fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

**COACHING POINTS**

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



## MONSTER IN THE MIDDLE!

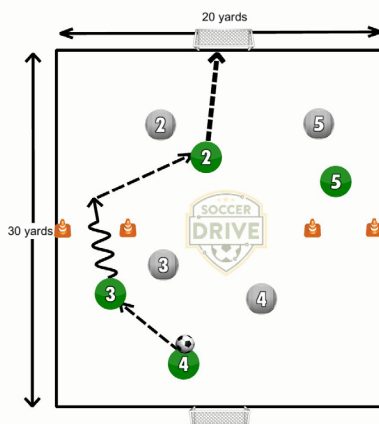
**TIME** 15 minutes

**SETUP**

- » Play 4v4 on a 30x20yd field.
- » In the middle of the field is a 5x5yd "cave" where the coach stands.
- » Players must avoid playing in or through the cave, forcing them to play wider.
- » During play, if a player enters the cave, that player is captured by the monster (coach) for 10 seconds.
- » All other rules for the game are straight soccer rules.

**COACHING POINTS**

- » Encourage players to look for space away from the monster, as well as the opposition!
- » Players need to be constantly moving to find new space, as the middle of the field is closed.
- » Get excited when you see players moving to find new space!



## DOUBLE GOALS

**TIME** 15 minutes

**SETUP**

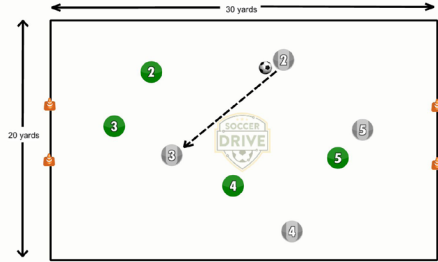
- » Play 4v4 in a 30x20 yard field. Normal rules for soccer.
- » Add two "gates" (3 yards wide) on either side of the halfway line.
- » Teams can score a goal if they pass or dribble through either gate, and continue to try and score on the central goal (possibly meaning they get two goals if the dribble through the outside and then score on the center goal!)
- » Players can still score on the central goal without going through the wide gates first.

**COACHING POINTS**

- » Encourage players to get their head up and look around before they receive the ball. If the width on the field is open, look to attack it!
- » Encourage players off the ball to move into space on the field where they could be dangerous when they get the ball. Applaud players who are looking around for space.
- » Be positive. Learning to spread out is difficult for young players, so be positive, and get excited when you see players doing it.



# SPREADING OUT AND MOVEMENT OFF BALL



## 4 VS. 4 SCRIMMAGE

**TIME** 15 minutes

**SETUP**

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

**COACHING POINTS**

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

## END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » Why is spreading out when our team has the ball important? (It gives us better options to pass to teammates, and also creates more space for us to dribble when we have the ball)
- » What should we do to get the attention of the player with the ball if we want a pass? (call for it! Be loud!)
- » What does spreading out on the field do to the defending team? (It spreads them out as well, giving us more space to dribble or pass into space)
- » Have a team cheer! Well done, coach!