



# MASSACHUSETTS YOUTH SOCCER



Season Spring 2016

Age Group U8

Week

8

## Stage 1 Pairs Passing Competitions

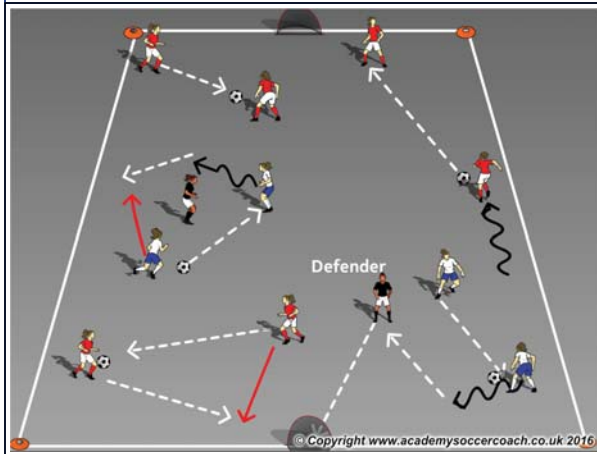
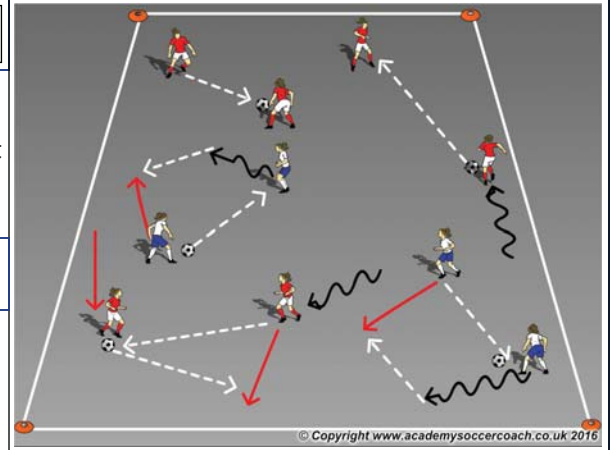
Duration 8 mins

In a 15Wx20L yard grid, players select a partner with one soccer ball per pair. Players start between 5 and 10 yards apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-2: How many passes can you make, beat your score.  
Round 3-4: How many passes with your non-favorite foot, beat that score.  
Round 5+: After receiving the ball, a player must dribble the ball first, then pass to their partner.



## Stage 2 Pairs Passing with Defenders

Duration 8 mins

In a 15Wx20L yard grid with a goal on each end, all players are in pairs with a ball. Select one pair to be the Defenders without a ball. The Defenders try to steal the ball from the passers and put it in a goal. The passing pairs can take the ball back from the Defenders. If the Defender succeeds in putting the ball in the goal the passing pair become additional Defenders.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Two coaches start as the Defenders.  
Round 2+: Select 2 players to start as the Defenders.

## Stage 3 2v1 to Goal

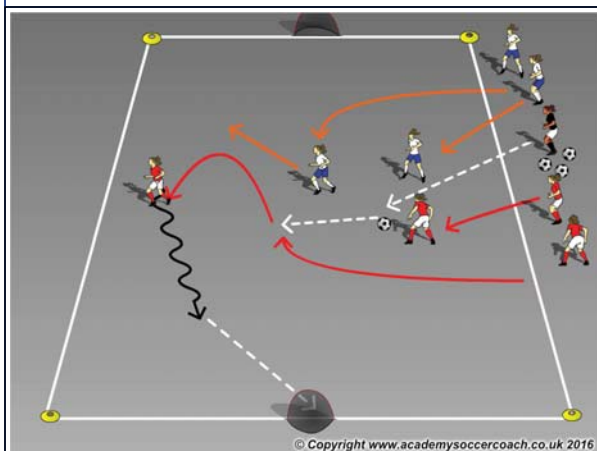
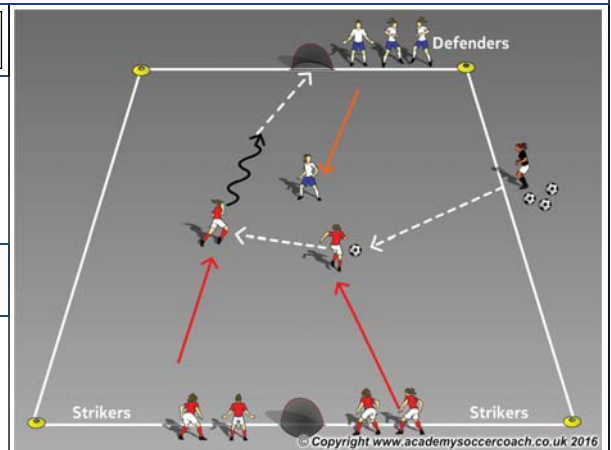
Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line, coach has all the balls on the sideline at midfield. Coach divides the the players into 3 groups; 2 striker groups and 1 group of defenders. The coach passes the ball to one of the groups lines. The first player in each line enters the field. Play until a goal is scored or the ball goes out of bounds. Rotate the attacking and defending groups after a few rounds.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Bonus points awarded for scoring a goal after a pass.  
Round 2: Bonus points awarded for scoring a goal after a turn.



## Stage 4 2v2 to Goals at Either End

Duration 8 mins

In a 15Wx20L yard grid, coach has all the balls on the sideline at midfield. Coach divides the players into 2 teams, a team is on either side of the coach. When the coach plays a ball onto the field, the first 2 players from each team will step on the field. Both teams can score on either goal.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Award bonus points for scoring goals after a pass.  
Round 2: Award bonus points for scoring goals after a turn, or move.  
Round 3: Play 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.