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| Training Sessions U8-U11 WEEK ONEStation OneBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | **Explode**Every kid has a ball. You get them all around you dribbling their balls as close as they can get. Make sure they begin their dribbling using the insides of both feet...no toe balls at the first practice! Make them keep control of the ball....always within one step....and do not let them run into one another or dribble their ball into another ball or another player. Keep telling them to get their heads up and see the open spaces. Yell "Explode!" at which point they all run away (dribbling their balls) as fast as they can. First one to get to a boundary or cone "wins". | DribblingEvery Play with a BALL!COACHING POINTS:Inside of FootOutside of FootLaces |
| Station TwoBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Knock OutEveryone dribbles around trying to keep their own ball and kick out everyone else's ball. If a player's ball is kicked out, he must retrieve it, then dance on the ball for 10 touches before getting back in. A player gets a point for every ball he kicks out (so if you spend time outside dancing on your ball, you have less time to win points) | DribblingEvery Play with a BALL!COACHING POINTS:Inside of FootOutside of FootDribble with ball close to your body |
| Station ThreeGrid25 x 25 Yards(Adjust as Needed Based on Numbers!) | 4 Goal GameSet Up: Place 4 PUG Goals in the middle of each side line. Teams: 2 Different Color TeamsNumber the players. Coac h plays the ball out and calls out a number or set of numbers. Players may shoot at all 4 goals.Progression: Must make a pass to a teammate, 2 passes, only shoot at 2 goals, must shoot with right or left foot, etc. | COACHING POINTS:Passing and finding a teammateChange of directionFind the open goals |
| Station FourObstacle Course (Set up as you see fit based on numbers and skills) | **Dribble Relay**Set up an 'obstacle-course' with cones as 'gates' - and team 'A' races team 'B'-they have to go out and back - if they lose control and miss a gate, they have to regain control and go through the gate. A variation is to have a small 'square' at the end. They have to stop the ball in the square, then sprint back and high-five the next player before he/she can take off. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race - and award points to the player that sees it and correctly yells out the number first. This gets the players heads up. | DribblingCOACHING POINTS:Dribble with ball close to your bodyHead UpQuick Short Cuts |

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| Training Sessions U8-U11 WEEK TWOStation OneBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Freeze TagAfter a short time, take the ball away from one or two players who then become "it." Any player whose ball is touched by an "it" player becomes frozen and has to stop dribbling, spread his legs apart, and hold his ball above his head. He is frozen in this position until another player dribbles his ball between the frozen player’s legs. Switch the "it" players often and make it a contest to see who can freeze the most at one time. | DribblingEvery Play with a BALL!COACHING POINTS:Inside of FootOutside of FootLaces |
| Station TwoBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Monkey in the MiddleThe players make a circle with one player (the monkey) in the center. The players try to pass the ball around and the monkey tries to intercept it. When the monkey gets the ball he joins the circle and whoever made the "fatal" pass becomes the monkey. This game can be modified by increasing the number of monkeys and/or balls that are used. | PassingCOACHING POINTS:Inside of FootStriking the ball in the middle for accuracyAnkle locked |
| Station Three | 4 Goal Game: Corner GoalsSet Up: Place 4 PUG Goals in each of the 4 corners. Teams: 2 Different Color TeamsNumber the players. Coac h plays the ball out and calls out a number or set of numbers. Players may shoot at all 4 goals.Progression: Must make a pass to a teammate, 2 passes, only shoot at 2 goals, must shoot with right or left foot, etc. | COACHING POINTS:Passing and finding a teammateChange of directionFind the open goals |
| Station Four | **Dribbler's Alley**Four or more players needed. Set up one less pair of cones (gates) than the number of players you have in a line. Each gate should be about 6 feet wide and have about 10 feet between each gate. Every player guards a gate and the remaining player tries to dribble through the gates. Progression: Players play 1 v 1 instead of stationary at gates. | DribblingCOACHING POINTS:Dribble with ball close to your bodyHead Up so you don’t hit other teamsChange of Speed or Direction |

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| Station OneBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Pac ManTraining Sessions U8-U11 WEEK THREEAll players must stay within a grid. Player ‘A’ is “It” and is the only player to start with a ball. Player ‘A’ dribbles and tries to hit the other players below the waist with the ball. When hit, that player gets a ball and joins player ‘A’. The game is over when all of the players have been caught. The last player caught starts with the ball for the next game. If you think the task will be too difficult for the one player to get another at the start of the game, start with 2 players being “It”. Encourage quick movements and sudden changes of direction to catch players off guard. Encourage deceptive passing of the ball: look one-way and pass the other; use the outside of the foot. Players not caught should run, jump, and use zig-zag movements. | Dribbling/ PassingCOACHING POINTS:Inside of FootStriking the ball in the middle for accuracyAnkle locked |
| Station TwoBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Under PressureGet all the kids dribbling around in a square area and then remove one, two, or three balls, depending on how much pressure needed. Then announce that whoever has possession of a ball after 1 minute is a winner. If they can chase someone out of bounds they automatically win that ball. Count down the last 10 seconds real loud to increase the activity. Kids without a ball have to do some token penance; a couple of pushups, make a weird face for the others, nothing real negative. | DribblingEvery Play with a BALL!COACHING POINTS:Change of DirectionChange of SpeedShielding- Keeping ball away from players |
| Station ThreeBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | 4 Goal Game: 2 on Each EndlineSet Up: Place 2 PUG Goals on each endline Teams: 2 Different Color TeamsNumber the players. Coac h plays the ball out and calls out a number or set of numbers. Players may shoot at all 4 goals.Progression: Must make a pass to a teammate, 2 passes, only shoot at 2 goals, must shoot with right or left foot, etc. | COACHING POINTS:Passing anglesSupporting open spacesChange of directionFind the open goals |
| Station Four | Juggling ContestsBe CREATIVE!Individual: Most feet, thigh, head, any body partPartners: volleys back and forth, heads back and forth, thighs back and forth, any body partsTeam: First team to 100 feet, thighs, heads, etc\*Adjust for your skill level and make it fun & competitive! | COACHING POINTS:Show proper techniques for juggling with foot, thigh, head, chest, etc |

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| Training Sessions U8-U11 WEEK FOURStation OneBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Last Man OutAll players stand outside the box with a group of balls in the middle. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. Remove one ball from the group and repeat until there is only one person with a ball. | DribblingEvery Play with a BALL!COACHING POINTS:Change of DirectionChange of SpeedShielding- Keeping ball away from players |
| Station TwoGrid35 x 25 YardsWith 2 Goals(Adjust as Needed Based on Numbers!) | Steal the BaconStart with two lines of players facing one another. Give each player a number and a "matching" player in the other line. Kick the ball between the two lines and call out a number. The two players with the corresponding number will play one on one while trying to kick the ball through the opposing line. This game teaches the players in the line not to chase after the ball since they have to defend their line in a limited area. | COACHING POINTS:Change of DirectionChange of SpeedMoves to get away from pressureTeamwork |
| Station ThreeBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | 4 Goal Game: 2 on Each Opposite CornersSet Up: Place 2 PUG Goals on each opposite corners side by side Teams: 2 Different Color TeamsNumber the players. Coac h plays the ball out and calls out a number or set of numbers. Players may shoot at all 4 goals.Progression: Must make a pass to a teammate, 2 passes, only shoot at 2 goals, must shoot with right or left foot, etc. | COACHING POINTS:Passing anglesSupporting open spacesChange of directionFind the open goals |
| Station FourGrid 15 x 10 per 4 Players\*Adjust as needed | 2 v 2 & Head Ball GameSet Up: Partners for teams, grid per 4 playersHave players play 2 v 2 to endlines. Dribble over endline, pass to teammate over endlineHead Ball Game: Throw ball to partner who heads it back partners hands (If you drop, other team gets ball). Work your way towards endline. Shoot with HEAD BALLProgression: Volley Shots, Juggling to score, etc | COACHING POINTS:2 v 2 strategy: passing, getting open (show drop passes available)Head Balls: show how to direct ball using proper technique |

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| Training Sessions U8-U11 WEEK FIVEStation OneBox Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Sharks and MinnowsStart with a defined area marked, adjusted for size depending on the age of the players. Half the players have balls and are Minnows. The rest do not have balls and are the Sharks. The Minnows start at one end of the area and must dribble across the area and across the opposite goal line without losing possession of their ball. The Sharks defend the area, trying to kick the Minnows' balls out of the defined area. Minnows who retain possession turn around and go back for round two. A Minnow who loses their ball join the Sharks for round two. The last successful Minnow is the Grand Champion. | DribblingEvery Play with a BALL!COACHING POINTS:Moves to get away from sharksChange of speed |
| Station TwoCircle Grid25 x 25 Yards(Adjust as Needed Based on Numbers!) | Circle Keep AwayThe two players in the middle will act as defenders while the rest of the players around the circle will play keep away from these defenders. Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball to the defender. In this case, the current defender would just drop their yellow penny and join the attackers. The new defender will grab the yellow penny and hold it in their hand.If the pass goes outside of the circle, the player that made the bad pass, or the player that did not properly trap the ball will take the place of the defender that has been in the middle the longest.If the attacking players are able to put together 10 passes make the defenders do a quick lap around the circle (Lap of shame as we call it) or some other form of quick and fun punishment.The attacking players can move about the circle. | COACHING POINTS:Passing LanesMoves to get away from pressureTeamwork |
| Station Three | 4 Goal Game: All 4 Goals Back to Back in the Middle of GridSet Up: Place 4 PUG Goals all in the middle of the grid backs togetherTeams: 2 Different Color TeamsNumber the players. Coac h plays the ball out and calls out a number or set of numbers. Players may shoot at all 4 goals. Progression: Must make a pass to a teammate, 2 passes, only shoot at 2 goals, must shoot with right or left foot, etc. | COACHING POINTS:Passing anglesSupporting open spacesChange of directionFind the open goals |
| Station Four | Juggling ContestsBe CREATIVE!Individual: Most feet, thigh, head, any body partPartners: volleys back and forth, heads back and forth, thighs back and forth, any body partsTeam: First team to 100 feet, thighs, heads, etc\*Adjust for your skill level and make it fun & competitive! | COACHING POINTS:Show proper techniques for juggling with foot, thigh, head, chest, etc |