



U8 (5v5) "Spread Out!"

Play 1 : 2v2 or 3v3

Set up parallel fields up to 20x14-yds with a small goal at each end. Play 2v2 (or 3v3). Play with kick-ins or dribble-ins if ball goes out of play. Ask questions in breaks.

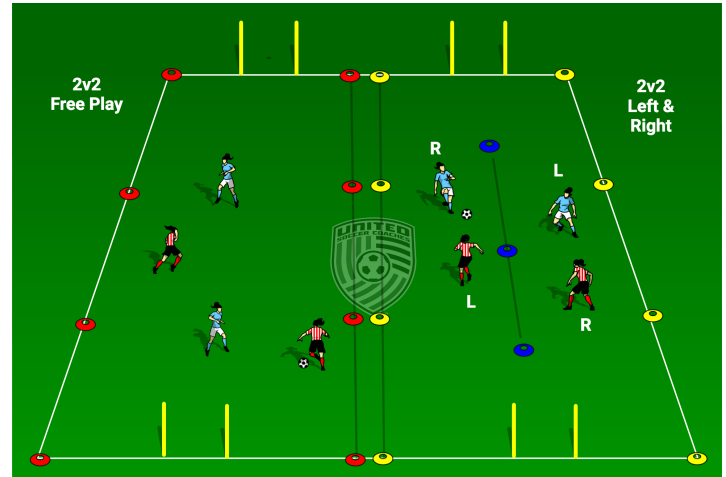
Guided questions:

- How can you help your teammate if they have the ball?
- Where can we help our teammate if they have the ball?

Answers:

- Spread out / give them space
- Support in front, to side, or behind

If players crowd each other, add a line of cones down the center of the field and designate each player as a Left or Right player who stays on their own side of the cones.



Practice : 5 v Rest of players

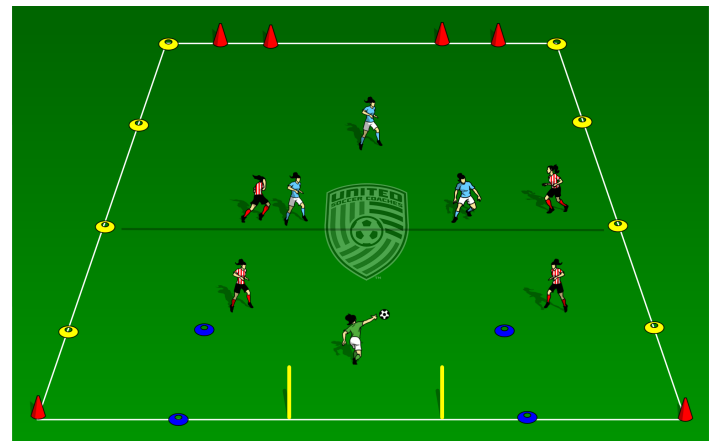
Set-up a field with a full-size goal (4-yds wide) at one end and two small goals at the other end. Practice game day shape with the team of 5 who attack the small goals. Opposite team attacks the big goal. Restart each attack from GK. (Frequently rotate players between teams.)

Guided questions:

- What positions do we have?
- What if I can't play forwards?

Answers:

- Goalkeeper, Backs & Forwards
- Pass to side or back



Play 2 : 4v4

Set-up a field with a full-size goal (4-yds) at each end. Divide group into two teams.

Freeze action if game becomes congested and ask players what position they are playing? Emphasize that the team moves together up the field together and gives each other space.

Play all restarts and encourage team in possession to keep moving to find space.

