# U8 | WEEK 1: BALL MASTERY & DRIBBLING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Technical Square — 15 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 2 - Throw Down — 15 min

| | |
|---|---|
| **SETUP** | Mark a 20x16-yard grid with a 3-yard zone in each corner and a cone line across the middle. One ball per player; divide players evenly between the two halves. |
| **SHOW IT** | Walk through one complete turn: dribble from the start, perform the named action at the cone line, accelerate to a corner and stop under control. Show the safe return route outside the grid. |
| **RUN IT** | Run 45-second rounds with everyone active. Change the required turn, foot or destination each round. If using teams, award a point only for controlled completion, never for being first at unsafe speed. |
| **COACH** | Control into the action; bend knees to turn; look up for traffic; accelerate only after the ball is secure. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

*New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.*

# U8 | WEEK 2: TURNING & SHIELDING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Turns Circuit — 15 min

| | |
|---|---|
| **SETUP** | Set four 12x8-yard rectangles. In each, a server stands at one end, receiver begins at a central cone and a target player or gate is at the opposite end. One ball per group. |
| **SHOW IT** | Receiver checks away, scans over the shoulder, returns side-on and receives with the back foot. Show the first touch traveling past the cone into the next action, then pass to the target. |
| **RUN IT** | Ball travels server-receiver-target; each player follows the pass. After two minutes reverse direction. Add a passive defender behind the receiver, then allow live pressure if success remains high. |
| **COACH** | Scan before the pass; open hips; cushion across the body; protect with the arm and play the next action quickly. |

## ACTIVITY 2 - Haunted House — 15 min

| | |
|---|---|
| **SETUP** | Mark a 20x16-yard grid with a 3-yard zone in each corner and a cone line across the middle. One ball per player; divide players evenly between the two halves. |
| **SHOW IT** | Walk through one complete turn: dribble from the start, perform the named action at the cone line, accelerate to a corner and stop under control. Show the safe return route outside the grid. |
| **RUN IT** | Run 45-second rounds with everyone active. Change the required turn, foot or destination each round. If using teams, award a point only for controlled completion, never for being first at unsafe speed. |
| **COACH** | Control into the action; bend knees to turn; look up for traffic; accelerate only after the ball is secure. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

*New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.*

# U8 | WEEK 3: PASSING & RECEIVING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Passing Through Gates — 15 min

| | |
|---|---|
| **SETUP** | Mark a 22x18-yard grid and scatter 8-10 gates, each 2 yards wide and at least 4 yards apart. Pair players with one ball; partners begin on opposite sides of the same gate. |
| **SHOW IT** | Show the passer looking at the partner, planting beside the ball and using the inside of the foot. The receiver checks away, returns, cushions the ball through the gate, then moves to a different gate. |
| **RUN IT** | Pairs score one point for a pass received through a gate. They may not use the same gate twice in a row. Play 60-90-second rounds; require the other foot in the next round. |
| **COACH** | Pass firmly along the ground; receive across the body; scan for the next open gate before the ball arrives. |

## ACTIVITY 2 - Receive & Turn — 15 min

| | |
|---|---|
| **SETUP** | Set four 12x8-yard rectangles. In each, a server stands at one end, receiver begins at a central cone and a target player or gate is at the opposite end. One ball per group. |
| **SHOW IT** | Receiver checks away, scans over the shoulder, returns side-on and receives with the back foot. Show the first touch traveling past the cone into the next action, then pass to the target. |
| **RUN IT** | Ball travels server-receiver-target; each player follows the pass. After two minutes reverse direction. Add a passive defender behind the receiver, then allow live pressure if success remains high. |
| **COACH** | Scan before the pass; open hips; cushion across the body; protect with the arm and play the next action quickly. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

*New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.*

# U8 | WEEK 4: 1V1 ATTACKING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Move + Acceleration — 15 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 2 - Get Out of Here — 15 min

| | |
|---|---|
| **SETUP** | Make two 15x10-yard fields, each with a 3-yard gate on both end lines. Attacker and defender start 2 yards apart at one end; balls with coach on the sideline. |
| **SHOW IT** | Show attacker's first touch toward one gate, a clear body feint, then acceleration. Show defender approaching quickly, slowing at arm's length and steering play toward a sideline. |
| **RUN IT** | Coach serves to attacker. A controlled dribble through the far gate scores; if defender wins it, they attack the opposite gate. Limit each duel to 25 seconds and rotate immediately. |
| **COACH** | Attacker: creativity and fearlessness, change speed after the move. Defender: delay, deny the direct route and dictate direction. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

# U8 | WEEK 5: FINISHING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Shooting Technique — 15 min

| | |
|---|---|
| **SETUP** | Set a 28x22-yard area with a 5-yard goal on one end and a shooting line 10-14 yards away. Create two angled starting cones; balls at both lines and a goalkeeper or cone targets in goal. |
| **SHOW IT** | Show the approach at a slight angle: plant foot beside ball, ankle locked, head steady. Demonstrate laces for power and inside of foot for placement, finishing toward a named corner. |
| **RUN IT** | Players alternate lines, shoot, retrieve outside the field and join the other line. Add a pass or passive defender after technique is clean. Count accurate shots, not only goals. |
| **COACH** | First touch sets the shot; select power or placement; follow through toward target; react for rebounds. |

## ACTIVITY 2 - Power & Finesse — 15 min

| | |
|---|---|
| **SETUP** | Set a 28x22-yard area with a 5-yard goal on one end and a shooting line 10-14 yards away. Create two angled starting cones; balls at both lines and a goalkeeper or cone targets in goal. |
| **SHOW IT** | Show the approach at a slight angle: plant foot beside ball, ankle locked, head steady. Demonstrate laces for power and inside of foot for placement, finishing toward a named corner. |
| **RUN IT** | Players alternate lines, shoot, retrieve outside the field and join the other line. Add a pass or passive defender after technique is clean. Count accurate shots, not only goals. |
| **COACH** | First touch sets the shot; select power or placement; follow through toward target; react for rebounds. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

# U8 | WEEK 6: DEFENDING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Footwork + Approach — 15 min

| | |
|---|---|
| **SETUP** | Mark a 16x12-yard channel with a 3-yard gate at each end. Pair players; attacker with ball starts on one end and defender begins 6 yards away, slightly goal-side. |
| **SHOW IT** | Demonstrate the defender sprinting halfway, then shortening steps into a low side-on stance. Show the three D's: delay the attack, deny the central route and dictate play toward the sideline. |
| **RUN IT** | Attacker tries to dribble through the far gate; defender wins and counters. Play 20-second rounds, switch roles, then rotate partners. Add a second pair only after spacing is understood. |
| **COACH** | Approach under control; stay an arm's length away; watch the ball; tackle when the touch escapes the attacker. |

## ACTIVITY 2 - 1v1 Delay Game — 15 min

| | |
|---|---|
| **SETUP** | Make two 15x10-yard fields, each with a 3-yard gate on both end lines. Attacker and defender start 2 yards apart at one end; balls with coach on the sideline. |
| **SHOW IT** | Show attacker's first touch toward one gate, a clear body feint, then acceleration. Show defender approaching quickly, slowing at arm's length and steering play toward a sideline. |
| **RUN IT** | Coach serves to attacker. A controlled dribble through the far gate scores; if defender wins it, they attack the opposite gate. Limit each duel to 25 seconds and rotate immediately. |
| **COACH** | Attacker: creativity and fearlessness, change speed after the move. Defender: delay, deny the direct route and dictate direction. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

*New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.*

# U8 | WEEK 7: SUPPORT & SPACING

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Spread Out — 15 min

| | |
|---|---|
| **SETUP** | Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway. |
| **SHOW IT** | Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside. |
| **RUN IT** | Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double. |
| **COACH** | Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession. |

## ACTIVITY 2 - 4 Goal Game — 15 min

| | |
|---|---|
| **SETUP** | Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway. |
| **SHOW IT** | Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside. |
| **RUN IT** | Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double. |
| **COACH** | Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession. |

## FINAL GAME - 4v4 Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |

*New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.*

# U8 | WEEK 8: REVIEW & PLAY

**60-MINUTE SESSION**

**AGE-GROUP PURPOSE**

Clean technique plus simple decisions: look up, control the first touch, support teammates and react when possession changes.

## PLAY / ARRIVAL - Ball-on-arrival mastery — 10 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 1 - Ball Mastery Circuit — 15 min

| | |
|---|---|
| **SETUP** | Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines. |
| **SHOW IT** | Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed. |
| **RUN IT** | Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active. |
| **COACH** | Many soft touches; head up between touches; both feet; after the move, take a larger escape touch. |

## ACTIVITY 2 - Skills Competition — 15 min

| | |
|---|---|
| **SETUP** | Create two 24x18-yard fields with 3-yard cone goals. Make teams of 3-4 and post a rotation: Field A winner stays for one game; Field B teams rotate to the next field after every round. Balls with each field coach. |
| **SHOW IT** | Demonstrate the complete rotation before play: score, retrieve the ball, shake hands, then move to the named sideline. Show kick-in/dribble-in restarts and a new ball served immediately when one travels far away. |
| **RUN IT** | Play 3-minute games. Award 3 points for a win, 1 for a draw; every team plays each opponent. Keep results simple and guarantee equal playing time regardless of score. |
| **COACH** | Compete with composure; quick restarts; apply the week's skill; recognize good decisions as well as goals. |

## FINAL GAME - 4v4 Free Game — 20 min

| | |
|---|---|
| **SETUP** | Build a 35x25-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 4; place spare balls beside both goals for immediate restarts. |
| **SHOW IT** | Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end. |
| **RUN IT** | Play 4v4. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture. |
| **COACH** | Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball. |