



U8 SSGs

Category: Small-Sided Games
Difficulty: Beginner

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Description

Small-Sided Games for U8 Players

Rapid Fire

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Fun Fast-Paced Game. Can be played as 1v1, 2v1, 2v2, 3v3, etc...

Organization:

- Separate group into 2 teams. Set up diagonally from each other on the endlines.
- All balls on one of the sidelines with the coach.

How to Play:

- Start with 1v1, progress to more numbers to encourage small group play.
- Ball is passed to attacking player / team.
- Two goals should be used to encourage transitional play.

Coaching Points:

- 1v1: Attacking / Offensive Player, go straight to goal. Defensive Player, close down / pressure the ball immediately. Force player to the outside of field.
- 2v1: Attacking Players have option to pass or dribble. Defender, force player with ball to make a decision. Apply pressure to force mistakes.
- 2v2 +: Offensive Players, support each other. Defenders, stay organized.



Team Gates

Team Gates

Game with multiple goals set up throughout the field. Forces all players to always be involved in the play, due to having many goals set up on different parts of field.

Organization:

- Separate group into two teams. One ball (progress to two balls)

How to Play:

- Can be played with any amount of players, should be even numbers on each team.
- 1v1, 3v3, 4v4. Goals are scored by dribbling or passing thru a gate.
- One goal for dribbling thru and Two goals for passing thru.

Coaching Points:

- Teamwork & 100% effort



Four Goal Game

Four Goal Game

A team game in which both teams are able to score on two or more goals.

Organization:

- Split group into two teams.

How to Play:

- Orange cones set up: Goals on opposite sides of endline encourage spatial awareness and keeping a better team shape, both offensively and defensively.
- Big goals set up: Goals on all four sides of the field. Both teams can score on any goal.

Coaching Notes:

- The different variations help achieve different results.
- Give coaching points during flow of game.
- The game is the greatest teacher: Let the kids play and learn on their own!

