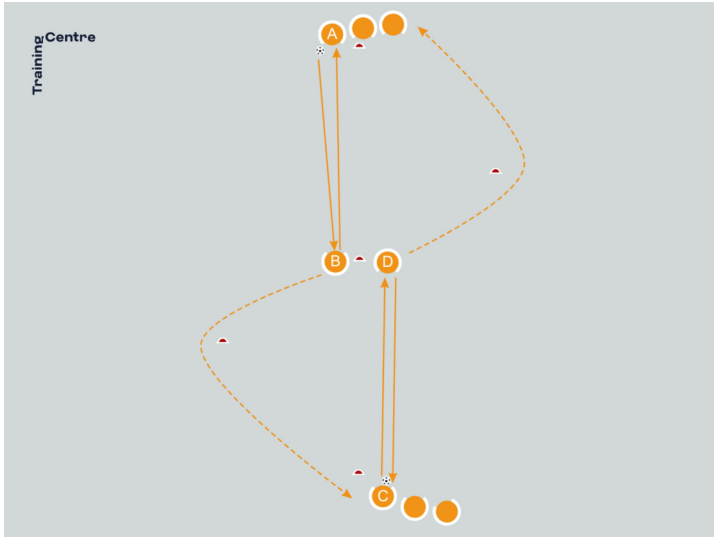
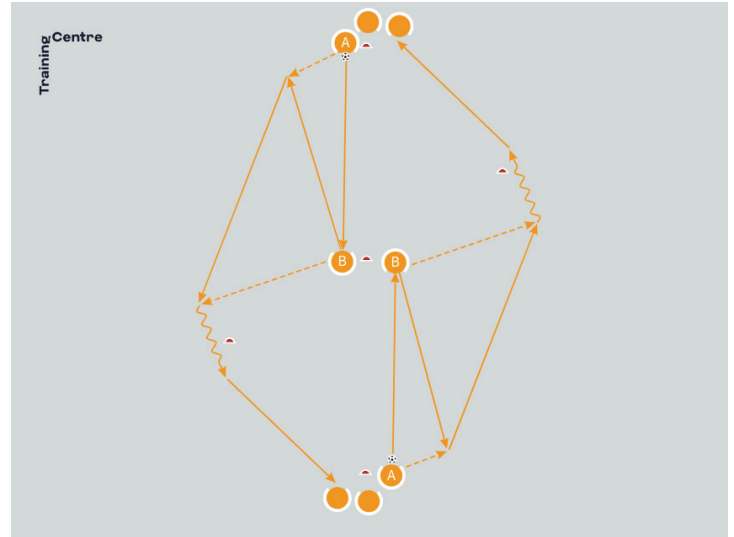


U8 KRC Gent Producing gems

PART 1: PASSING CIRCUIT



Basic sequence



Variation

Organisation

- Split the players into 2 groups, each with a ball, 20m apart.
- Place a cone in the middle as well as a player without a ball.
- Place 1 cone on each side, 5m (diagonally) away from the middle cone.

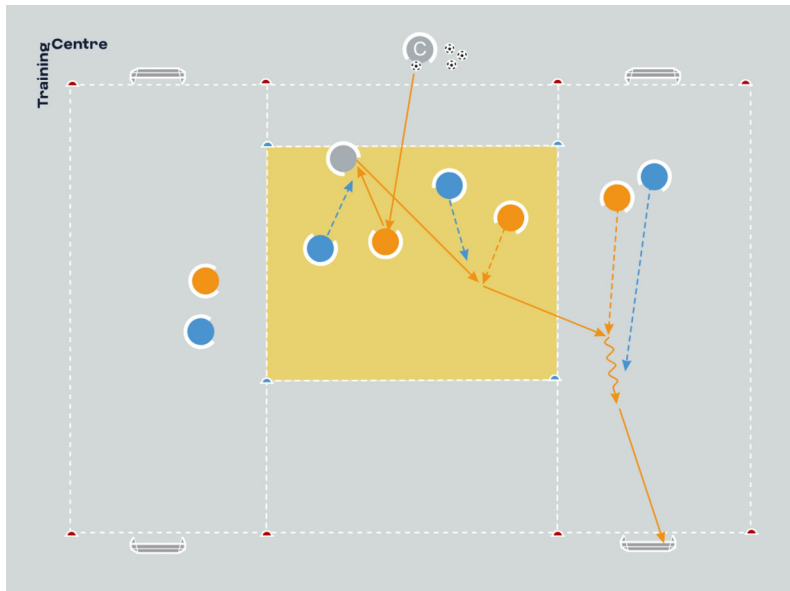
Explanation

- A starts with the ball and passes to B in the middle.
- A follows the pass and takes up a position alongside the middle cone.
- B passes to C and runs backwards towards the outside cone. Once there, B turns around and runs towards the other group.

Variation

- A passes to B. B passes it back and runs to the outside cone.
- A passes back to B, who from the outside cone dribbles towards the other group and passes to the next player.

PART 2: DUELS IN THE BOX



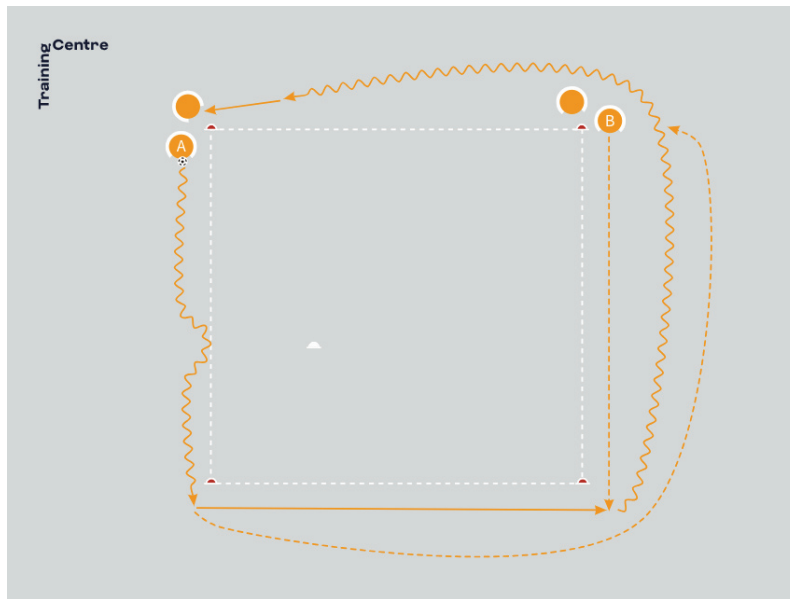
Organisation

- Mark out a 20m x 24m playing area with a 7m wide channel on either side.
- Mark out a 10m x 10m area in the middle of the playing area.
- Place 1 mini-goal at each end of the 2 wide channels (4 in total).
- Split the players into 2 groups of 4 with 1 neutral player.
- Place 2 players from each group plus the neutral player in the inner box, with 1v1 in the wide channels.

Explanation

- The coach starts the exercise by passing the ball to one of the players in the box.
- The in-possession team's objective in this 3v2 is to play the ball to a player in the wide channel and score.
- If they do not manage to build an attack, the coach puts a second ball into play in the wide channel so that there is a scoring opportunity in every sequence.

PART 3: DRIBBLING CIRCUIT



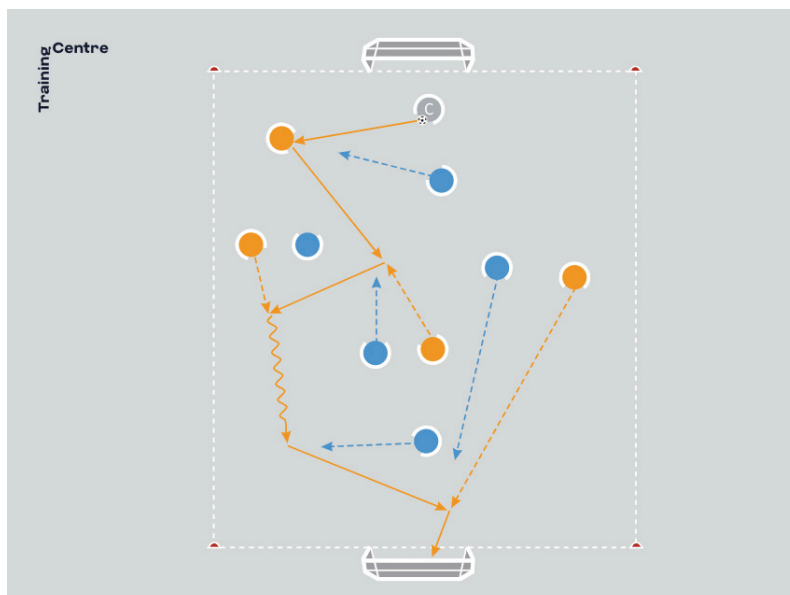
Organisation

- Mark out a 5m x 5m area and place white cones as shown in the graphic above.

Explanation

- Distribute the players as shown in the graphic above
- Player A starts dribbling and performs a step-over at the height of the white cone.
- Player A continues dribbling and then passes the ball to Player B, who moves up to the same side of the playing area

PART 4: FREE PLAY WITH AND AGAINST THE COACH



Organisation

- Mark a 35m x 20m playing area with a junior goal at either end of the playing area.
- The players are split into 2 teams.
- 5v4

Explanation

- The coach is the goalkeeper for the team with the numerical disadvantage. The team with the numerical advantage plays without a goalkeeper.

Variation

- The coach swaps with a team-mate to give them a go in goal and plays outfield in a “passive” role.