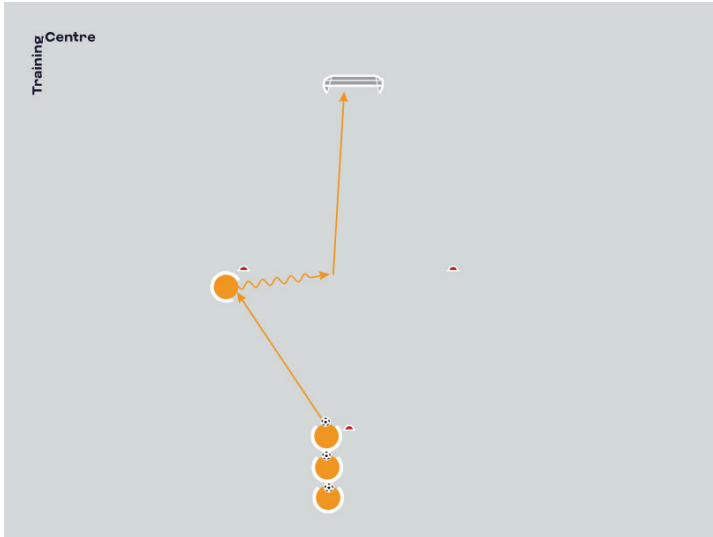
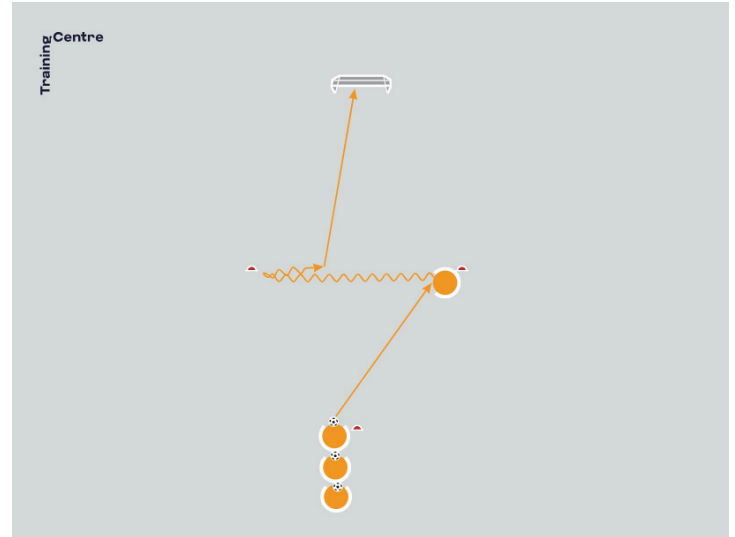


U8 Royal FC Mandel United

PART 1: FIND THE TARGET



Basic sequence



Variation

Organisation

- Place three cones and a mini-goal, as depicted above.
- A player stands next to one of the cones closer to the goal. The other players line up at the starting cone.

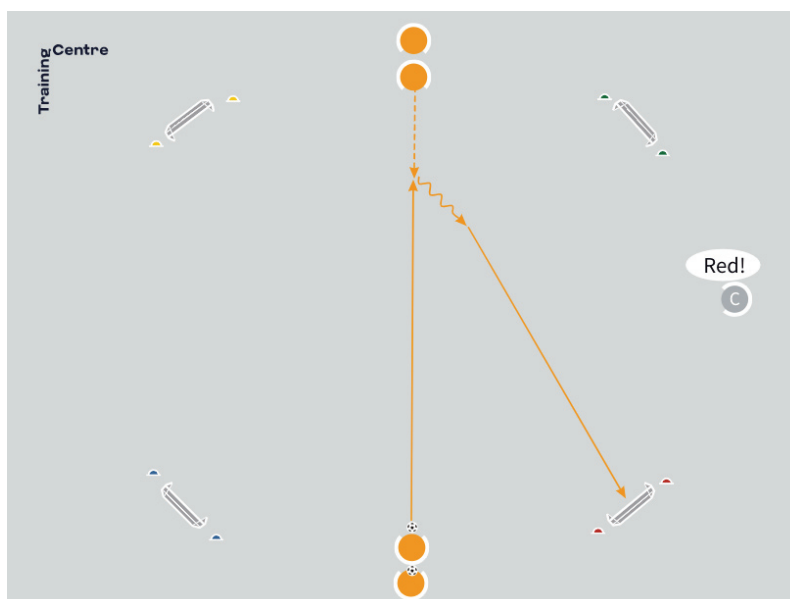
Explanation

- The player with the ball passes to the player at the cone closer to the goal, who receives the ball and tries to score in the mini-goal.

Variation

- Once the player receives the ball, they dribble towards the other cone, turn in front of the cone and shoot.

PART 2: CONTROL AND FINISH



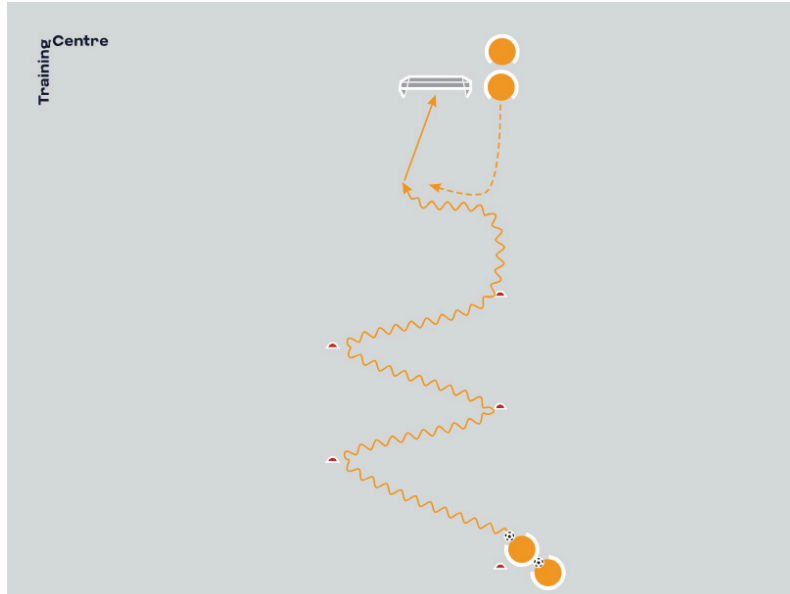
Organisation

- Mark out a circuit with mini-goals, as depicted above.
- Split the group into two and position each group at one of the two starting points.

Explanation

- The player with the ball dribbles around the circuit and then tries to get past the defender and score.

PART 3: 4V1



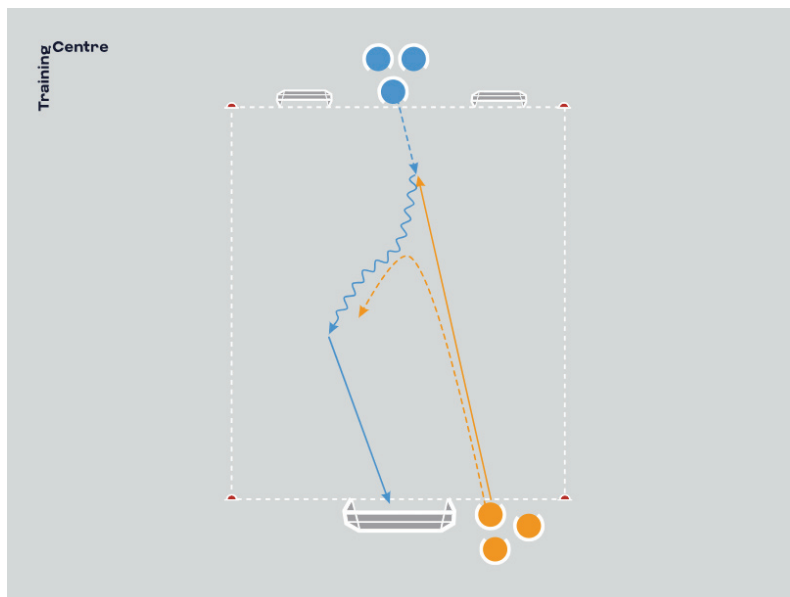
Organisation

- Mark out a circuit with mini-goals, as depicted above.
- Split the group into two and position each group at one of the two starting points.

Explanation

- The player with the ball dribbles around the circuit and then tries to get past the defender and score.

PART 4: 4V1



Organisation

- The playing area should be marked out as described above.
- Create two teams and position the players as depicted above.

Explanation

- The defender plays the ball to the attacker.
- In a duel, the attacker now attempts to get past the defender and score.
- If the defender wins the ball, they can try to score in either mini-goal.