

**U8 Academy  
Sample Circuit Training Session**

**Number of Players per group 8-10**

**Time allotted per station 8-10 minutes**

**Number of coaches needed 4-8 (each station could have two coaches)**

**Station 1  
Dribbling**

**“Fire-Water-Storm”**

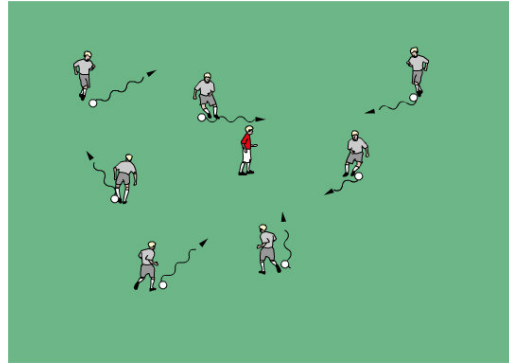
All players have a ball inside a playing area. As a coach, you call out either Fire, Water, or Storm.

**Fire:** Players stop and cover their ball with their bodies.

**Water:** Players stop, sit down and pick up the ball with their two feet lifting it off the ground.

**Storm:** Players dribble their balls to a corner of the field and crouch down.

**Variation: Players pair up and in follow the leader style dribble and the player in front decides fire, water, or storm.**

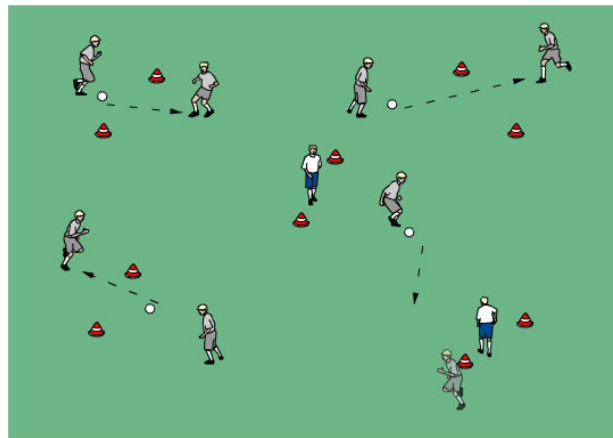


**Station 2**

**Passing**

**Gates**

Players pair up inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side. b) A coach can walk around and block certain gates making the players choose.

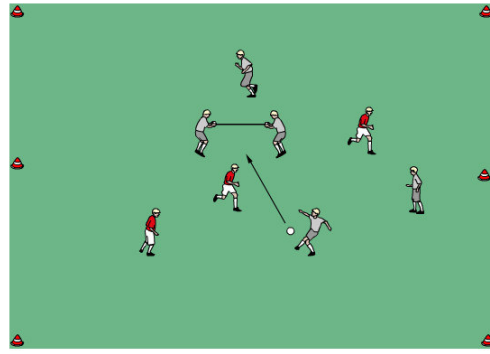


**Station 3**

**Finishing/Striking**

**Moving Goal**

Two teams play a normal game except the coach and a helper or holding a rope, vest, large pole, etc between them. This represents a goal. The goal moves around and the two teams play around the goal and try and shoot the ball under the goal, which is constantly moving around the area. Variation: Players work in pairs to see how many goals they can get.



**Station 4**

**4v4 Conditioned Game**

**4 Goal Game**

Two teams of 4, each team attacks two goals and defends two goals.

