



## Training Game U-8 Players

### Take-Overs

**Skill:** Dribbling and Take-overs

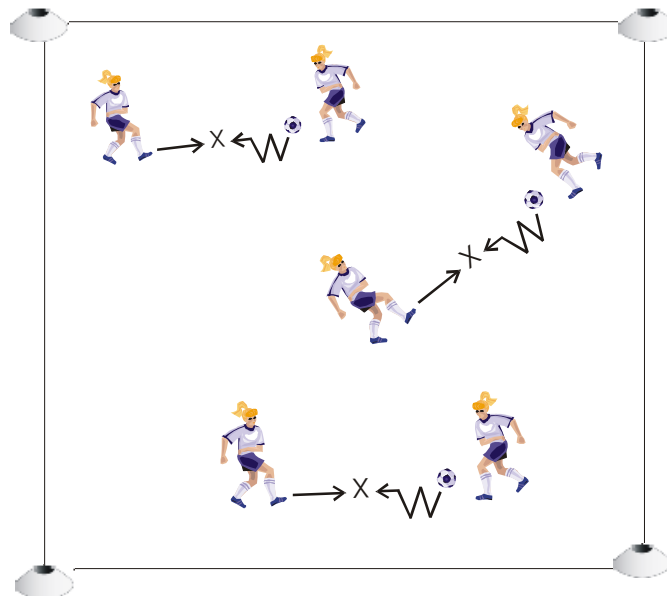
**Number Of Players Required:** Full U-8 Team

**Equipment:** 1 soccer ball per pair of players and 4 cones to mark the grid.

**Grid Requirement:** A 30 X 30 yard grid

**Organization:** Using cones layout a 30 X 30 yard grid. All players are within the grid, with one ball for each two players.

**How The Game Is Played:** All players begin to move in any direction throughout the grid. Half of the players will have a ball at their feet and all players will be moving at half-speed. When the coach shouts “takeover” the players with the ball will exchange possession of the ball with one of the players without a ball, using good takeover technique. Coach should shout “takeover” about every 10 or 15 seconds.



**Variations:** Add a pass just before the takeover.