

# U8 GUIDE



# QUICK KICKS

1. There will be one practice during the week in addition to one game on Saturday for a total time commitment of roughly two hours per week.
2. Stress fun and learning as well as the beginnings of structured play.
3. Coaches are responsible for paying referees \$15 for each game (league will supply money).
4. All coaches must have acquired clearances in order to instruct players on the field.
5. Games will be at a variety of [locations](#). This field setup can be changed from season to season based on the age group demographics of the club.
6. Inclement weather could move games to alternate turf fields.
7. Hats and sunglasses should not be worn at practices or games. Coaches should tell players to remove these accessories at the field. If there are any medical exemptions that require players to wear these items, parents may email the coach and NASC President for permission.



# OVERVIEW

U8 in-house introduces children to the game. The goals for this level are to build a foundation for skill development, instill a passion for the game, and have lots of fun. It is the first level within NASC in which teams practice one night per week in addition to game play on Saturdays. This is also the first age group where the girls' and boys' leagues are split. Your child will be with the same team of 10-12 players for the entire season.

# GETTING STARTED

As a head coach, it is extremely important to maintain an open line of communication throughout the season.

1. Once players have been assigned to your team, please send an introductory email to all of your players. Include a sentence or two (or more) explaining who you are, why you're coaching and what you hope to accomplish this season. Please include contact information, if you wish.
2. It's highly recommended to send an email reminder the day before every practice and game, which includes the date, time, location and game jersey color (for games only). In it, you can ask people to notify you if a player can't make it, so you have an idea of how many players you can expect and can plan accordingly for practices and games.
3. If a lack of players puts you at eight or less, please reach out to the opposing team to make plans - play 3-v-3 with one substitution or play 4-v-4 with no subs, but more water breaks, etc.
4. Devise a lineup for your two teams. Please print and bring to game, so you can assign players to one of your two split squads.
5. Substitute freely. All players are entitled to playing at least one full half (total) per game if they are able.
6. Substitutions may be made on the fly or at stoppages.



## FIELD

The field dimensions at U8 are 30 yards by 20 yards.

There is a small goal box. This is where goal kicks are taken. It serves as the “build-out” line for teams defending midfield kickoffs. Players must stay at this line until the opposing team kicks off and a second player touches it.

Kickoffs are taken at the start of each half and after scored goals. Kickoffs are taken at the center spot.

The midfield line is also used as a build out line when the opposing team takes a goal kick. Your team must remain behind the midfield line until the second player on the opposing team touches the ball after a goal kick

All field lining is done by the league prior to the week’s games.

Pop-up goals are used. All teams will be supplied two pop-up goals. Teams are required to set up their pop-up goals on their designated home field for use in each game.

Practice fields may be lined in a similar fashion. In the case that they are not, please use cones to indicate end lines and sidelines. Pop-up goals should be used for practice as well.

## LIGHTNING

If a parent or coach sees any lightning (bolt or flash) at any distance, play must be stopped immediately and all players must leave the field. Play may only resume after 30 consecutive minutes free from lightning. This applies to both practices and games.

## INCLEMENT WEATHER

NASC will notify all coaches if there are any postponements or field changes due to inclement weather. Please monitor your email on game days if the weather is poor. Any field changes will happen in advance.

For practices, NASC will monitor weather and field conditions and send out an email communication if it is deemed unsuitable for play. Coaches are asked to follow up with their teams to communicate it as well. Coaches may deem practice fields unfit for play as well once they arrive and, then, may cancel the session. Practices are not made up. NASC will work to reschedule any canceled games and has a built-in week at the end of the season for such instances.



# TEAM EQUIPMENT

Each head coach will be issued a bag containing a set of practice pinnies, cones, a soccer ball, a first aid kit and a set of pop-up goals. NASC will supply any coach with a coaching shirt.

# PLAYER EQUIPMENT

All players are required to supply some equipment each season. Please reference the [NASC Gear Guide](#).

Here is a breakdown:

## UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). *\*New jerseys must be purchased through Soccer Source. Any other uniform items or gear may be purchased elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

## GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).  
*\*Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.*
- **SOCCER BALL:** Size 3 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

### OPTIONAL GEAR:

- **SOCCER SPIKES (molded cleats):** Tennis shoes may be worn, but soccer spikes provide a better experience and offer better traction, especially on a wet surface. *\*Highly recommended*  
*\*Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.*
- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.
- **SOCCER FIELD PLAYER GLOVES:** Warms hands in adverse conditions.



# GAME PLAY

Games are always on Saturdays, usually scheduled in the morning and early afternoon. Games consist of four 12-minute quarters. Small-sided 4-v-4 games promote many touches on the ball for players. There are no goalkeepers in the small-sided games. These games provide the opportunity for the children to use the skills they learned during the training session earlier in the week. At U8, passing and team play are introduced. Referees are used as part of the game. The coaches remain on the sideline giving players instructions.

On Saturday game days, each team is split into two squads and plays another team's split squads on adjacent fields.

Throw-ins are introduced at this level. A player must keep both feet in contact with the ground while throwing the ball overhead with two hands on the ball.

Goal kicks and kickoffs are used according to the procedures outlined under the above Field section. Corner kicks are utilized as is typical. Defending players must be at least 5 yards away from the ball on a corner kick.

Players should **not** be placed into positions or formations. Instead, players should be encouraged to execute proper principles of play and build a foundation for soccer later in life with larger numbers. In the attack, players should be encouraged to have depth, width, and support (diamond and triangle shapes on the field). In defense, players should be encouraged to have one teammate immediately pressure the ball (the player closest to the ball). While immediate pressure is applied, other teammates should be encouraged to get behind the ball and help the group become compact. All defenders should be encouraged to channel opponents away from the goal.

# PRACTICES

Practice sessions will incorporate skill development activities and small-sided games. Each session will be one hour long. The field location and time schedule changes from season to season. However, practices are held one weeknight per week with a start time between 5:30 and 6:30. The night of the week and start time is selected by the head coach after rosters are created. The day of the week will not be determined until a week or two before the start of the season.

Sample practice plans are included at the end of this guide. The first eight lesson plans come from Eastern Pennsylvania Youth Soccer, while the final two lesson plans are from Soccer Drive.



# COACHING CLEARANCES

All NASC coaches are volunteers from the community. Coaches are expected to maintain a positive, encouraging and inclusive atmosphere, while stressing fundamentals in a learning environment.

NASC is ALWAYS looking for more coaches. Background clearances must be submitted to the league in order to serve as a coach.

Information on becoming a coach may be found [HERE](#).

# NASC CODE OF CONDUCT

Youth sports offer children the opportunity to grow physically, mentally, and emotionally. Children can only seize upon this opportunity if the adults involved in youth sports develop an environment in which these opportunities can flourish.

All adults participating in North Allegheny Soccer Club in any capacity, including that of a spectator, are required to adhere to the following expectations during any event in which NASC participates. All adults participating in NASC should adhere to these expectations when interacting with NASC members or with the members of other organizations.

Prioritize safety. The physical and mental well-being of the children should never be jeopardized.

Respect the game. Practice good sportsmanship.

Use appropriate language. Profanity has no place at a youth sports event.

Avoid verbal and physical intimidation. There is zero tolerance for verbal abuse or physical aggression directed toward coaches, referees, spectators, and/or players.

Display positive behavior. Negativity has no place at a youth sports event.

Let players play, coaches coach, referees referee, and spectators spectate. Players, coaches, and referees are human and make mistakes on the field. Adults are to act as role models for children and should always display an ability to tolerate mistakes. Spectators should be supportive of those on the field by cheering in a positive manner. Spectators should not demean coaches, referees, or players by shouting coaching instructions or putting down referees or children on the field.

Should an adult not behave in the manner outlined above while attending an NASC event, the Board of Directors reserves the right to appropriately address such behavior. Consequences include, but are not limited to, temporary or permanent removal from the club and loss of registration fees in whole or part.

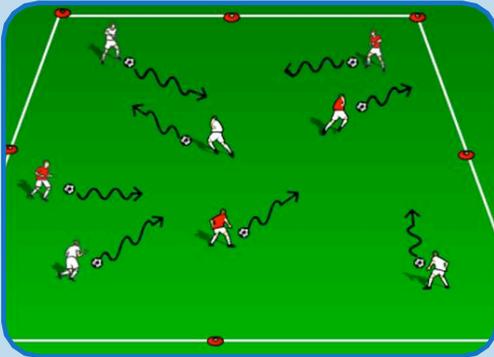
NASC thanks you in advance for your part in establishing an environment that supports fun and the healthy development of children.





## TECHNICAL WARM-UP

### All the Surfaces - Ball Manipulation



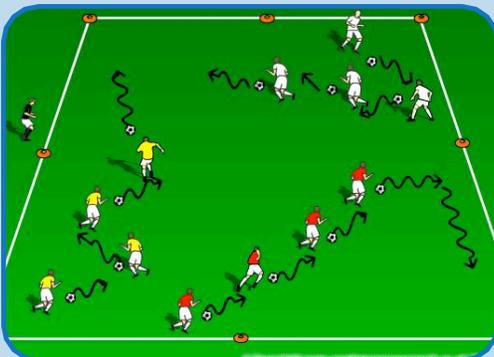
**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then touch that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Technique of Dribbling: -Head up, eyes looking forward, light on your toes - Quick feet to avoid defenders and change direction with the ball

Tactics of Dribbling: -Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go fast

## SMALL-SIDED ACTIVITY

### Follow the Leader



**TRAINING AREA** = 20W x 30L. Divide the players into groups evenly. Each player should have a ball. Designate (1) players the group's leader. The leader should dribble throughout the space, changing speed & direction. The rest of the group should keep and not allow large gaps between each other. After 30-45 sec rotate leaders.

Technique of Dribbling: -Head up, eyes looking forward, light on your toes - Quick feet to avoid defenders and change direction with the ball

Tactics of Dribbling: -Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go fast

## SMALL-SIDED ACTIVITY

### Pacman



**TRAINING AREA** = 20W x 30L. Place the ball in a group, and position cones around them. Coach starts out as pacman. Dribble around and pass the ball into players legs (BELOW THE KNEE). If they get hit, then go and retrieve a ball, and join as pacman. Play until (1) player remains. They get to start as Pacman the next game

Technique of Dribbling: -Small touches to change direction (inside & outside foot) -Large touches to go faster (outside foot) -Bottom of foot (sole) to stop moving and change direction

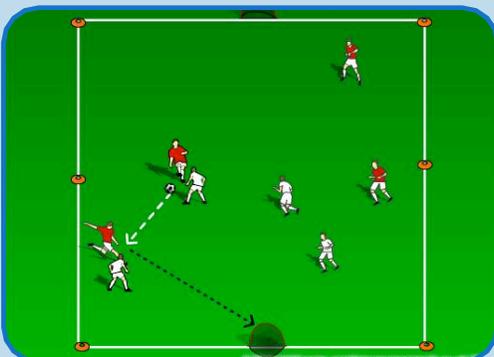
Tactics of Dribbling & Passing: -Anticipate where the player will run -Pass & dribble into space the player is moving

## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





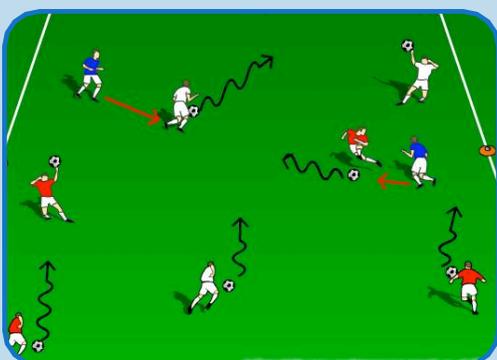
## Penny Tag

## TECHNICAL WARM-UP

**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet. They must keep possession of the ball at all times. Give 1/3 of the players a penny to hold in their hand. Players need to dribble after one another and 'tag' them with the penny (NO THROWING). If you get tug, then you take the penny to take someone else. NO TAG BACKS. Play for time, don't end up with the penny!

**Technique of Dribbling** -Use the outside of the foot to go faster into space -Use the inside of the foot to change direction more quickly -Head up, and eyes forward when dribbling

**Tactics of Dribbling** -Find the open space -Change speed & direction often to get away from defenders and tagger



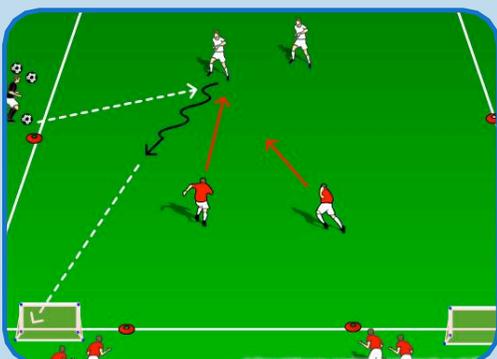
## Freeze Tag

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. 1/4 (25%) of the players do not have balls, and 3/4 (75%) of the players have balls at their feet. Players must dribble the ball, and keep possession at all times. Try to avoid being tug. If you get tug, stop the ball and hold it above your head. Wait for a teammate to tag you to reenter the game. The game is over when everyone has been tug

**Technique of Dribbling** -Use the outside of the foot to go faster into space -Use the inside of the foot to change direction more quickly -Head up, and eyes forward when dribbling

**Tactics of Dribbling** -Head up, always looking for open space -Change directions as often as possible to avoid being tug, and to find new space



## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (2) cones 3 yards apart on each endline in the corner to make (4) total goals throughout the space. Position (2) cones between the goals for players to rest. Coach starts with the ball and plays to one team. (2) players from each team run onto the field and play until there is a goal or the ball goes out of bounds. Goals are scored by passing through the cones. Run back to your line and switch.

**Passing & Dribbling Decisions:**

What part of the foot should I use to dribble quickly or slowly?; Why should I keep my head up and looking at the whole field? -How can I change direction if 1 goal has defenders near it?

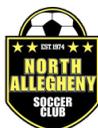


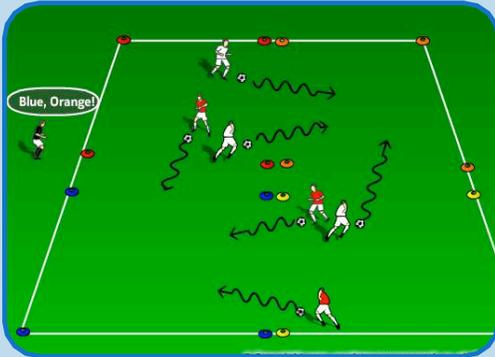
## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





### 4 Colors, 4 Zones

## TECHNICAL WARM-UP

**TRAINING AREA** = 20W x 30L. Place (4) cones in each Quarter of the space 5W x 12L using (4) different colors. There should be (4) different colored spaces in the grid. Players should each have a ball at their feet. Players dribble around in the space until the coach calls out (1-2) colors. All player rush towards the colored box. **DONT BE LAST!!!** Variations: -Use only R Foot - Use only L Foot -Dribble only with inside of foot -Dribble only with outside of foot

Technique of Dribbling: -Head up, eyes looking forward to open space -Toe down (laces), heel up while dribbling the ball

Technique of Changing Direction: -Identify space without defenders -Position the ball aware from body - check shoulder for open space - reach for ball to turn -Get low on turn to move fast after change of direction



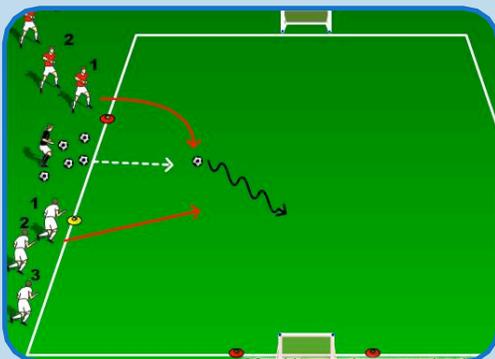
### Base Tag

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (4) bases made up of 3 cones (4x4x4) throughout the space. Designate a groups of player who are "it" to begin the game. The players who are it, are without a ball. Those who are not it have a ball. Only (1) player can be in a base at a time. If you are in a base, and someone new comes into the base you get "bumped" out. If you get tug outside the base, run over to coach to perform ball skills to enter the game again (juggles or toe taps #). After 2-3minutes, there is no re-entry once tug. Players rest outside space. Coach need to the bases 1 by 1 to ensure there are fewer bases than players remaining

Technique of Dribbling: -Small touches to move quickly into the base; Large touches to move through open space without being tug

Tactics of Dribbling: -Head up, and eyes forward. -Look for open space, or base to enter with dribble



### Slot Machine Match-ups

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Dribbling Decisions:

-What part of the foot can I use to: stop the ball, go faster, slow down? -Where should I make my 1st touch? -How do I know when to change direction? - What can I do if I am not able to dribble?



## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





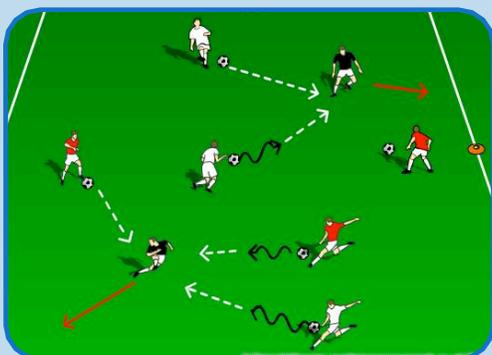
## Clean your room

## TECHNICAL WARM-UP

**TRAINING AREA** = 20W x 30L. Make (3) Channels 20W x 10L. The middle channel is called the HALLWAY and is FOR COACHES ONLY. Divide the players evenly, and place them in the outside channels. Players should try to kick the ball into the other team's room. The goal is to have as few balls as possible at the end of time. Players are restricted to their zones, and coaches can send balls from the hallway back into their rooms. After a set period of time end the game and check to see who has the most balls - messiest room - to determine a winner. Clean Room = fewest balls Dirty Room = most balls

### Technique of Passing:

- Strike the middle of the ball
- Position your non-kicking foot alongside the ball, pointed at your target
- Lock your angle, toe up, heel down
- Follow through the ball



## Kick the Coach

## SMALL-SIDED ACTIVITY

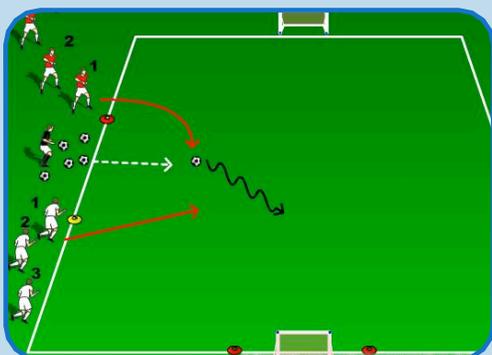
**TRAINING AREA** = 20W x 30L. Each player should have a ball at their feet. Players are to dribble around and try to "kick the coach" = pass the ball into the coach (below the knee). Points are scored for hitting the coach. Play for time - record scores.

### Technique of Passing:

- Distance of the ball away from body will allow for more speed & weight on the ball
- Last touch before striking the ball should be in front of player and towards target
- Follow through the ball to keep control and place ball below knee

### Tactics of Passing:

- Pass ball into space where coach is moving
- Head up and look forward to see available spaces to move & pass



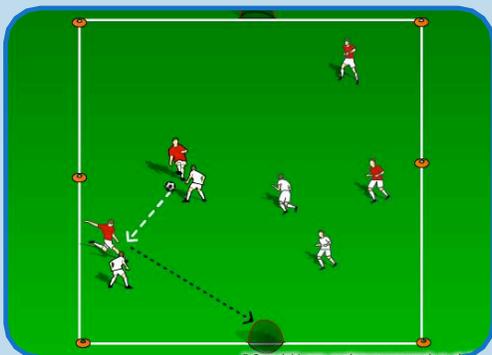
## Slot Machine Match-ups

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

### Passing & Dribbling Decisions:

- What part of the foot can I use to: stop the ball, go faster, slow down?
- Where should I make my 1st touch?
- What should I do if I cant dribble?
- Who I should I look to if I cant score?

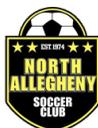


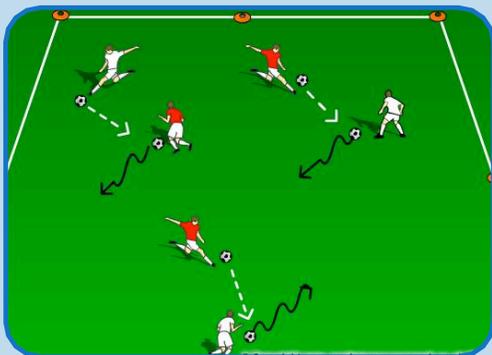
## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





## Ball Tag

## TECHNICAL WARM-UP

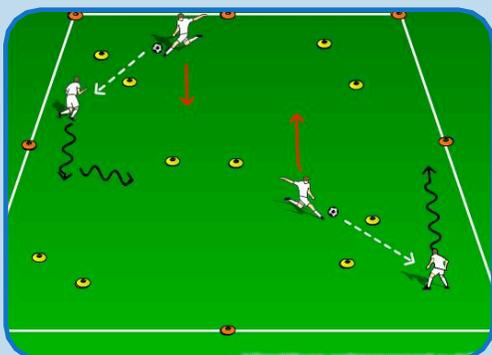
**TRAINING AREA** = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and try to tag someone else's ball by passing their ball into the other ball. After they have tagged someone's ball, then should try to tag someone else. Players can tag the same player twice until they have tagged everyone

### Technique of Passing:

-Distance of the ball away from body will allow for more speed & weight on the ball  
-Last touch before striking the ball should be in front of player and towards target

### Tactics of Passing:

-Pass ball into space where ball is moving  
-Head up and look forward to see available spaces to move & pass



## Gates Passing

## SMALL-SIDED ACTIVITY

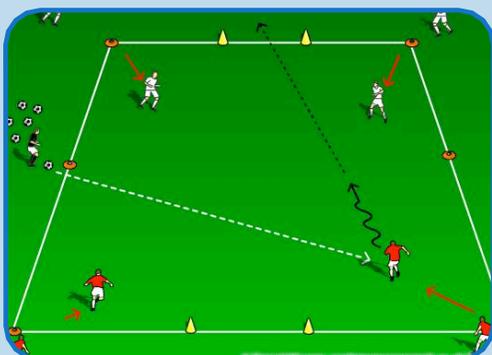
**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Count the number gates passed through during specific time period. Players have to go through each gate once before they can go through the same gate again.

### Technique of Passing:

-Use the inside of the foot to strike the middle of the ball  
-Put your non-kicking foot next to the ball, and point it to your teammate  
-Follow through with your kick/pass

### Tactics of Passing:

-Pass to your teammate, or where they will be



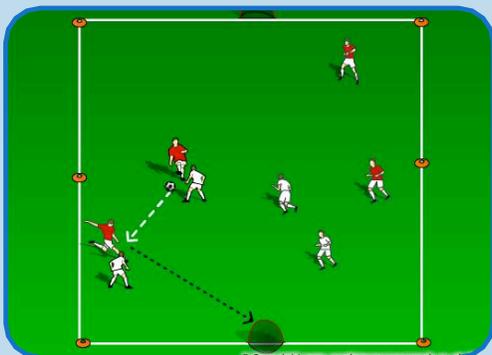
## 2v2 Continuous

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (2) tall cones 5 yds wide on each endline, making a goal. Position players in each corner of the space. The game begins when the coach plays the ball to one team. The game is played until there is a goal, or the ball goes out of bounds. Players run off, and the next group steps on. Play for time or number (#) of goals scored

### Passing & Dribbling decisions:

-Do I need to take small touches or big touches when dribbling?  
-Where should I look first when I receive the ball?  
-Who can I look to if I have a defender near me?  
-What can I do to help me teammate if they have the ball?



## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





## TECHNICAL WARM-UP



### Gates Dribble

**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Each player should have a ball at their feet. Count the number of gates dribbled through in a specific amount of time. Players have to go through each gate before they can go through the same gate again. Variations - -R foot only -L foot only -Inside foot dribble -Laces dribble

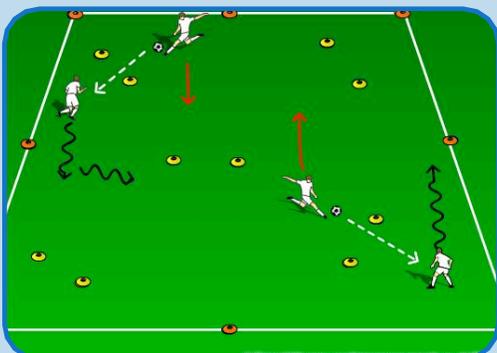
#### Technique of Dribbling:

-Head up, eyes looking forward to open space -Direct touches towards space that you want to enter

#### Tactics of Dribbling:

-Smaller touches to get through gate -Larger touches in space to a new gate

## SMALL-SIDED ACTIVITY



### Gates Passing

**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Count the number of gates passed through during a specific amount of time. Players have to go through each gate once before they can go through the same gate again.

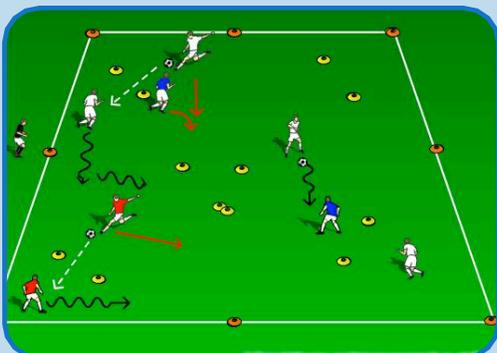
#### Technique of Passing:

-Use the inside of the foot to strike the middle of the ball -Put your non-kicking foot next to the ball, and point it to your teammate -Follow through with your kick/pass

#### Tactics of Passing:

-Pass to your teammate, or where they will be

## SMALL-SIDED ACTIVITY



### Gates Passing with Defenders

**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Pass for time to collect the highest number of gates. Players have to go through each gate before they can go through the same gate again. Defenders can steal the ball and dribble around to keep the ball away from the pairs. Pairs should steal ball back from defender and keep counting their gates.

#### Passing & Dribbling Decisions:

-What should I do pass or dribble? -Who am I looking for to know if I should pass or dribble? -Where should we go to keep possession of the ball?

## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





## TECHNICAL WARM-UP

### Cone Destruction - Builders & Breakers



**TRAINING AREA** = 20W x 30L. Place 8-10 tall cones throughout the space. Give 3/4 (75%) of the players balls (breakers). The other 1/4 (25%) of players are without balls (builders). BREAKERS = The players with the ball should try to dribble/pass into the cones and "knock them over." BUILDERS = Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time.

\*\*Coach should select builders & breakers

Technique of Dribbling:

-Head up, eyes looking forward to open space -Toe down, heel up (laces) -Inside foot

Tactics of Dribbling:

Identify space without defenders -Small touches to change direction -Large touches to move quicker in open space

## SMALL-SIDED ACTIVITY

### Cone Destruction - Builders & Breakers + Partners



**TRAINING AREA** = 20W x 30L. Place 8-10 tall cones throughout the space. 3/4 (75%) of the players should be in pairs with one ball between them (breakers). The other 1/4 (25%) of players are without balls (builders). The players with the ball should try to dribble/pass into the cones and "knock them over." Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time.

\*\*Coach should select builders & breakers

Technique of Passing:

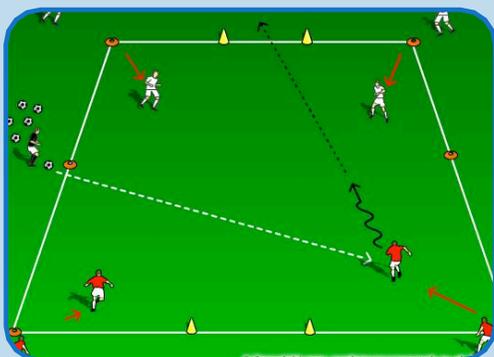
-Watch your eyes make contact with the ball -Strike the center of the ball

Tactics of Passing:

-If you don't have the ball, move so your teammate can "see" you with the ball & their eyes -If you can't dribble, then look for your teammate to share the ball and move the defender

## SMALL-SIDED ACTIVITY

### 2v2 Continuous



**TRAINING AREA** = 20W x 30L. Place (2) tall cones 5 yds wide on each endline, making a goal. Position players in each corner of the space. The game begins when the coach plays the ball to one team. The game is played until there is a goal, or the ball goes out of bounds. Players run off, and the next group steps on. Play for time or number (#) of goals scored

Passing & Dribbling decisions:

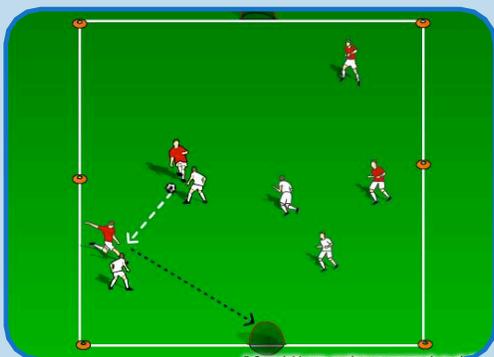
-Do I need to take small touches or big touches while dribbling -How can I get into open space? -Where should I look first when I receive the ball? -Who can I look to if I have a defender near me? -What can I do to help my teammate if they have the ball?

## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





## TECHNICAL WARM-UP



### All the Surfaces - Ball Manipulation

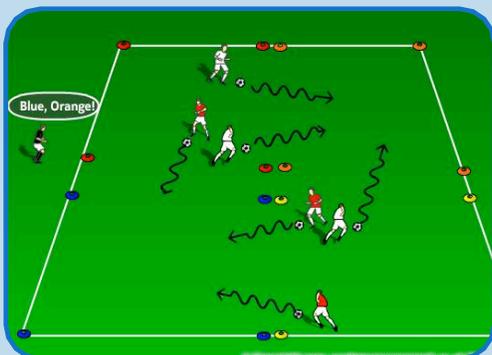
**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then dribble with that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

#### Technique of Dribbling:

-Head up, eyes looking forward, light on your toes -Quick feet to avoid defenders and change direction with the ball

#### Tactics of Dribbling:

-Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go faster



### 4 Colors, 4 Zones

## SMALL-SIDED ACTIVITY

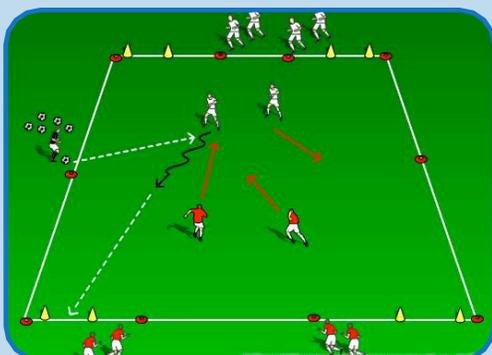
**TRAINING AREA** = 20W x 30L. Place (4) cones in each Quarter of the space 5W x 12L using (4) different colors. There should be (4) different colored spaces in the grid. Players should each have a ball at their feet. Players dribble around in the space until the coach calls out (1-2) colors. All player rush towards the colored box. **DONT BE LAST!!!** Variations: -Use only R Foot - Use only L Foot -Dribble only with inside of foot -Dribble only with outside of foot

#### Technique of Dribbling:

-Head up, eyes looking forward to open space -Toe down, heel up (laces) - Inside foot

#### Technique of Changing Direction:

-Identify space without defenders -Position the ball aware from body - check shoulder for open space - reach for ball to turn -Get low on turn to move fast after change of direction



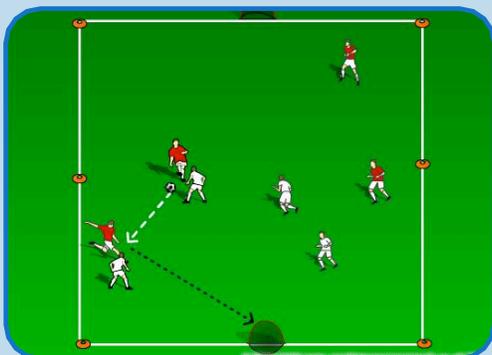
### 2v2 with (4) Goals.

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (2) cones 3 yards apart on each end-line in the corner to make (4) total goals throughout the space. Position (2) cones between the goals for players to rest. Coach starts with the ball and plays to one team. (2) players from each team run onto the field and play until there is a goal or the ball goes out of bounds. Goals are scored by passing through the cones. Run back to your line and switch.

#### Passing & Dribbling Decisions:

-What part of the foot should I use to dribble quickly or slowly? -Why should I keep my head up and looking at the whole field? -How can I change direction if 1 goal has defenders near it? -Who can I look to if I can not dribble?

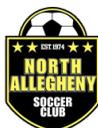


## GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



# PRACTICE PLAN - WEEK 9

## PRACTICE PLAN

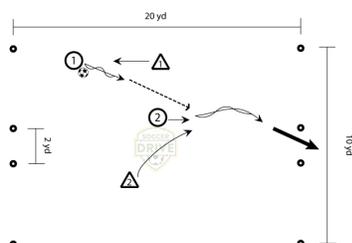


### Finishing and Shooting

AGE LEVEL: U8 TIME: 60 MINUTES

#### 20 X 10 2 VS 2

TIME 10 minutes



##### SETUP:

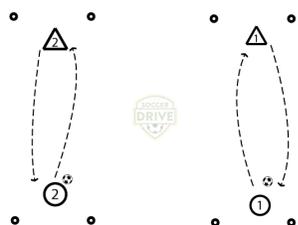
- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

##### COACHING POINTS:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

#### GOAL TO GOAL

TIME 15 minutes



##### SETUP:

- » Players are in pairs with one ball per group
- » Each player has a goal (3yds wide). The goals are 10yds apart (make further or closer depending on ability). Make further away/closer depending on ability. Have extra balls close by.
- » The object is to score a goal on the opponent, but you can only strike the ball when it is between your own goal posts. Ball must be below waist height to count as a goal. Defender is a GK
- » If ball goes in, they get a point. Opponent then starts with ball on their line and tries to score on opponent.

##### COACHING POINTS:

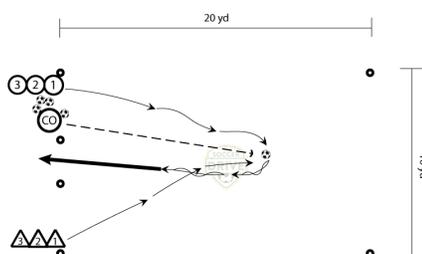
- » Players need to lock ankle down to use instep. Toe down, heel up. Strike ball in center with the knuckle of your big toe.
- » Play ball on ground as low as you can. Placement is more important than power.

##### PROGRESSION

- » Ball has to be moving before striking it. Ball starts behind goal and player gets one touch to get ball moving. Must still take shot before ball crosses over own goal line while still moving in order to count.

#### 1 VS 1 TURN AND SHOOT

TIME 15 minutes



##### SETUP:

- » This game is played with one goal. Make a line on either side of the goal with the coach behind the goal with all the balls.
- » Coach throws a ball into the field and the first person from each line runs out to compete and get the ball in the only goal.
- » After a goal is scored, or the ball goes out of bounds, both players return to their own line and a new ball is thrown out for the next two.
- » Encourage players to cheer for their teammates, and get into the game. Ask teams to keep score!

##### COACHING POINTS:

- » Encourage players to deceive their opponent by using body parts to "duke" them out.
- » Once you get some space from the defender, look to score!
- » What part should you use to score with? Should you use the inside of your foot and be more accurate? Or the laces to kick harder? Every situation has a different answer!



# PRACTICE PLAN - WEEK 10

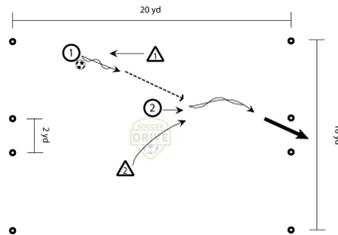
## PRACTICE PLAN



### PRESSURING DEFENDER

AGE LEVEL: U8 TIME: 60 MINUTES

#### 20 X 10 2VS. 2



TIME 10 minutes

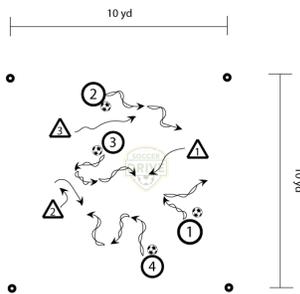
##### SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

##### COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

#### GET YOUR OWN BALL



TIME 15 minutes

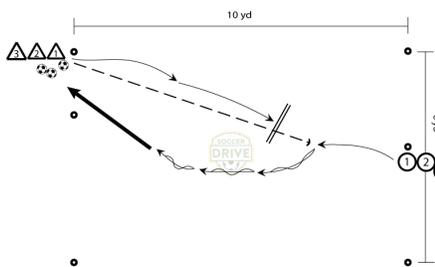
##### SETUP

- » Every player needs to have a ball, except for three players.
- » The players without a ball are trying to steal a ball from someone who has one. If a player loses their ball, they have to steal someone else's.
- » If someone is trying to steal a ball, but kicks it out. The person they were trying to take it from still keeps the ball. (Meaning, if you kick it out the other person gets it!)
- » Play for 45 seconds and stop. The three players who don't have a ball at the end lose. Play again!
- » Have a goofy activity for the losing players to do. Examples: donkey kicks, star jumps, etc

##### COACHING POINTS

- » Patience as defender. Diving into a challenge allows an attacker to use your momentum against you to get around you. Try and stay with an attacker, and wait for them to take a poor touch before attempting a tackle.
- » Technique of tackling. Don't stab at ball, but step in between attacker and the ball to win possession.

#### 1 VS. 1 TO SINGLE GOAL



TIME 15 minutes

##### SETUP

- » Set up game as shown with all the balls with the line behind the goal.
- » Game starts with a pass from the first person in line to the first person in the attacking line.
- » Attacker tries to score on the little goal. If defender gets the ball, they try to dribble over attacker's endline for a point.
- » If ball goes out of bounds, or a goal is scored, game is over and next two start. The players that just went switch lines.
- » As soon as ball goes out, next two have to be ready to play. Get game moving fast!

##### COACHING POINTS

- » The defender (called the pressuring defender) needs to approach with speed, but slow down as they get closer so attacker isn't able to run by them. Slow down by taking short, choppy steps.
- » Try to make play predictable by angling body to force defender one way or the other.
- » Don't dive in! An attacker will eventually make a mistake, so just keep in between them and the goal. Wait for the right moment to tackle when attacker takes a bad touch.

