

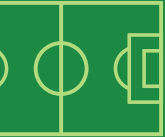
U8 TAKING YOUR GAME TO THE NEXT LEVEL



★ KEEP IT FUN! ★

SMALL-SIDED GAMES

Great for DEVELOPING these SKILLS in a real game situation.



POSITIVE REINFORCEMENT

CELEBRATE good passes, shots on goal, and even LISTENING well!



TACTICS

Encourage CALLING for the ball, SPREADING OUT to use the field.

FOCUS ON IMPROVEMENT
Did they make a better pass this time than last time? That's a WIN!



BREAK DOWN SKILLS

Teach a dribbling move SLOWLY, THEN put it into a game-like drill.

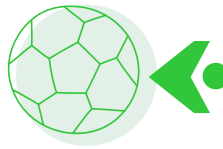


SKILLS TO TEACH



SHOOTING

Shooting at smaller targets, aiming for corners of the goal.



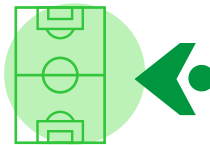
PASSING & RECEIVING

Passing to a moving teammate, receiving a pass on the run.



DRIBBLING

Dribbling around cones, introducing basic moves to beat a defender (changing direction).



DEFENDING (INTRO)

Staying between your opponent and the goal, idea of 'winning' the ball back.

COMPETENCIES

Playing Positions:

Basic understanding of what forwards, midfielders, and defenders do.

Supporting Play:

If they don't have the ball, where should they move to help?

Game Flow:

Starting to see how passing leads to goal-scoring chances.

1. DRIBBLE TAG

Enhances dribbling skills while incorporating an element of competition.

2. RELAY RACES

Incorporate passing and shooting into traditional relay races. Teamwork focused!

3. KNOCK OUT

Kids dribble in a grid. If their ball is kicked out, they're out. Last one remaining wins. Dribbling in tight spaces, protecting the ball.

4. GATES

Set up cones as 'gates'. Kids dribble through some gates, pass through others - coach calls out which is which. Encourages dribbling AND passing decisions.

5. NUMBERS UP

Coach yells a number, kids must get into groups of that size quickly, with a ball between them. Develops quick thinking and off-ball movement.

DRILLS + GAMES

PRACTICE STRUCTURE

WARM UP 5-10 MINUTES

Knock Out

SKILL ACTIVITY #1 15 MINUTES

Gates drill with dribbling and passing decisions.

SKILL ACTIVITY #2 15 MINUTES

Relay Races with soccer elements.

GAME 15 MINUTES

3v3 or 4v4 small sided game with focus on spreading out/passing.

COOL DOWN 5 MINUTES

Stretches, ask them what skill they got better at today.

PASSING WITH PURPOSE, SMART SHOOTING, FINDING SPACE

IMPORTANT NOTES!

FLEXIBILITY IS KEY:

ADAPT BASED ON KIDS' ENERGY LEVELS, NUMBER OF KIDS WHO SHOW UP, ETC.

WATER BREAKS:

FREQUENT BREAKS ARE ESSENTIAL, ESPECIALLY FOR YOUNGER KIDS.

ENTHUSIASM:

IF THE COACH HAS FUN, THE KIDS WILL TOO!

ADJUST GAME LENGTH:

SCRIMMAGES CAN BE LONGER OR SHORTER DEPENDING ON HOW THE PRACTICE IS GOING



SoccerCoach Weekly.net

Offers practice plans, new training ideas, and a focus on fun drills for younger kids.



BeastMode Soccer.com

Focuses on individual skill development with drills and training programs for players.

WEBSITES WITH DRILLS, GAMES, AND SKILL DEVELOPMENT



SoccerXpert.com

Detailed drills with diagrams and articles on player development, coaching strategies, and soccer psychology.



SoccerHelp.com

Extensive collection of drills, practice plans, coaching tactics, and tips. Filter by age and skill level.



TheCoaching Manual.com

A massive resource of drills, session plans, tactical analysis, and other insights specifically for soccer coaching.

