

U8 PRACTICE #1

Appendix B

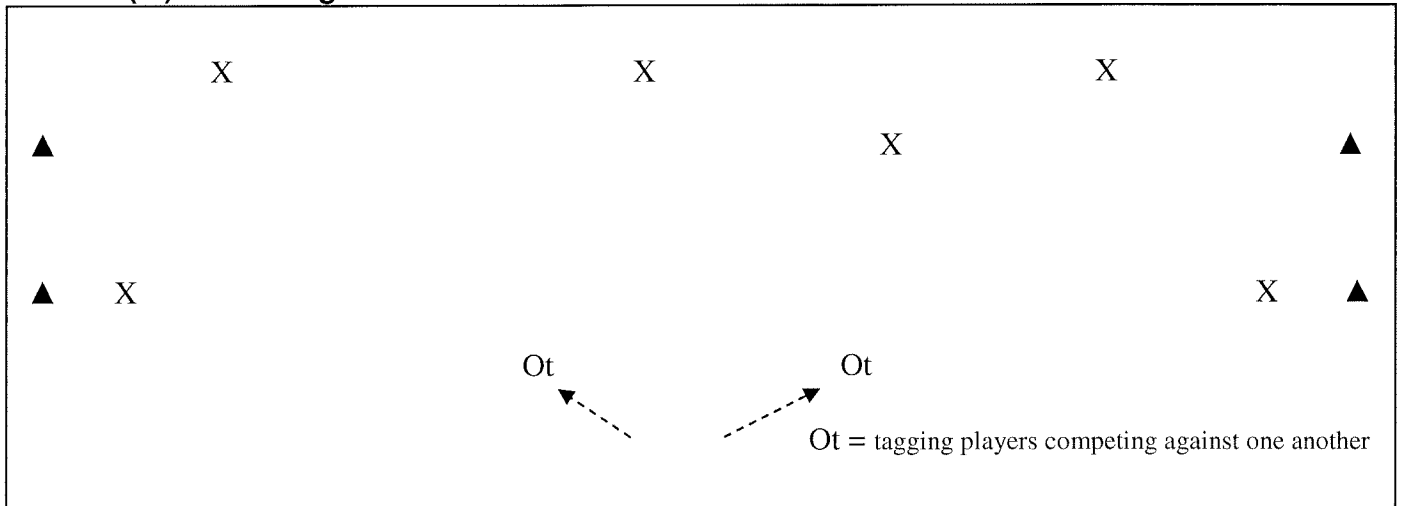
U8 SOCCER PRACTICE SCHEDULE

Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6/U8 clinic.

<u>Practice #1</u> <ul style="list-style-type: none"> • Bulldog Soccer + SK drills(12 mins) • Mini-Soccer game.....(10 mins) • Mack II(10 mins) • Mini-Soccer game + Chain-Link Soccer (10 mins) 	<u>Practice #2</u> <ul style="list-style-type: none"> • Square Dance + Anatomy + Space Invaders • Change Soccer game • Mack I • Mini-Soccer game
<u>Practice #3</u> <ul style="list-style-type: none"> • Chain Tag + SK drills • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #4</u> <ul style="list-style-type: none"> • Square Dance +Anatomy +Musical Soccer Balls • Numbers game • Circle Passing • Change Soccer game
<u>Practice #5</u> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack II • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #6</u> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Survivor • Change Soccer game • Mack I • Mini-Soccer game (kids vs. parents?)
<u>Practice #7</u> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack I • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #8</u> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Nutmeg • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Tag game
<u>Practice #9</u> <ul style="list-style-type: none"> • Touch and Go Dribbling + SK drills • Numbers game • Circle Passing Mini-Soccer game + Chain-Link Soccer 	<u>Practice #10</u> <ul style="list-style-type: none"> • Touch and Go Dribbling • Change Soccer game • Corner Shot • Mini-Soccer game (kids vs. parents?)

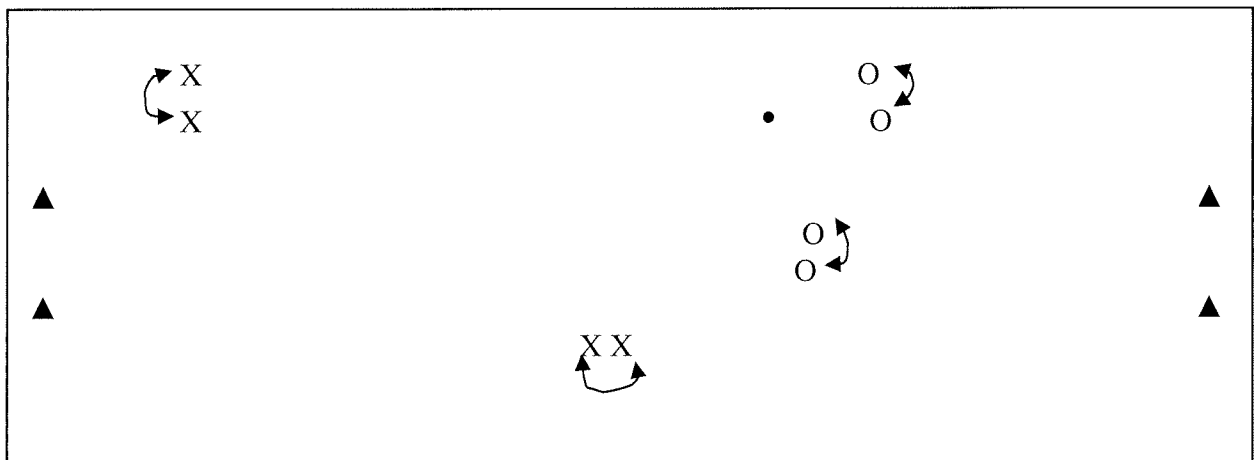
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(ix) Chain Tag Soccer



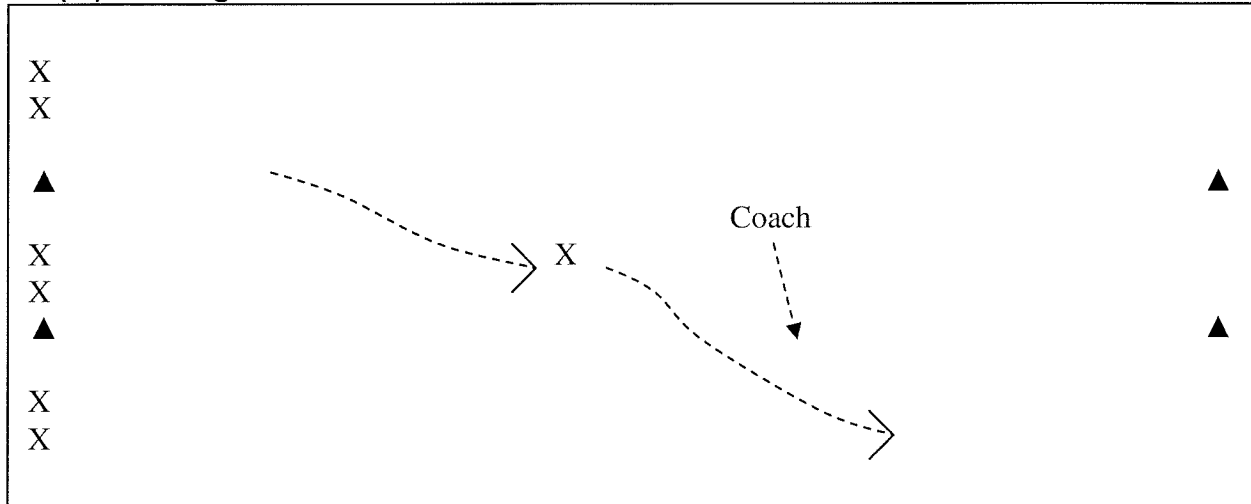
- Game is played in the whole field
- All players are in the field except for two who are the tagging players
- The tagging players run into the field and attempt to tag a player
- Once a player is tagged, the players join hands to form a chain and attempt to tag another player
- **Competition** – the longest chain at the end of 30 seconds wins the game
- **Variation** – X's have soccer balls; O's can only tag by winning the ball in a tackle or hitting the ball out of the grid

(x) Chain Link Soccer



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(xi) Bulldog Soccer



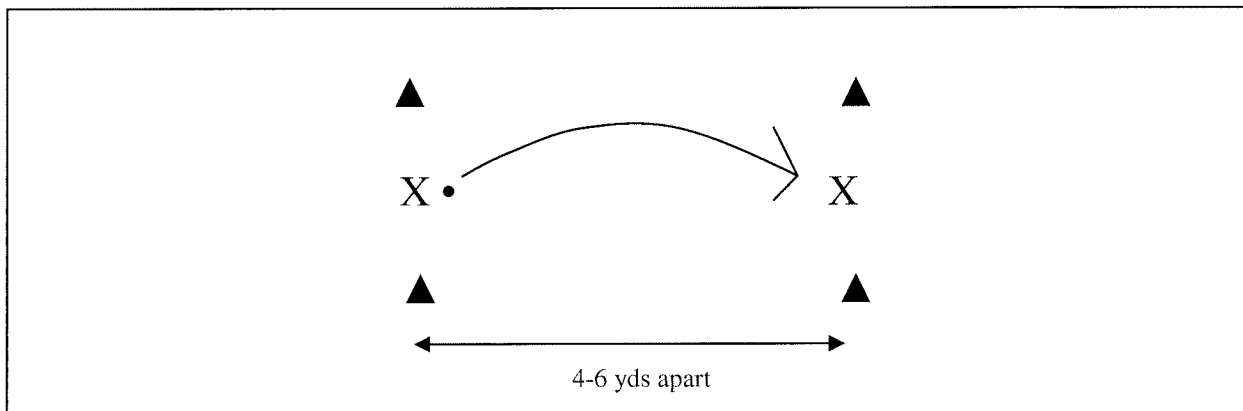
- This game is played in the whole field
- **Simple Tag**
 - All players line up on a goal line
 - The coach (O) nominates one player (X)
 - This player has to get to the other side without being tagged by the coach
 - When X is tagged or escapes, then all the other Xs are released to run to the other side; O still tries to tag them
 - When about half of the players have been tagged, then there is no need to nominate someone; when coach says 'bulldog', this releases all the players to reach the other goal line
- **Ball Tag**
 - As for 'Simple Tag' except that the taggers must hold a ball between the palms of the hands, and they may tag only by touching a player with the ball (while held between the hands)
- **Tackle Ball Tag**
 - *As for 'Simple Tag' except that the players have a soccer ball at the feet, and they attempt to dribble their balls to the other side. The taggers can only tag by winning the ball or by hitting it out of bounds*
- **Pass Ball Tag**
 - As for 'Simple Tag' except that the taggers have a ball at the feet, and may tag only by passing the ball and hitting a player
- **Dribble Ball Tag**
 - As for 'Simple Tag' except that all players must dribble a ball under control

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(iii) SOCCER SKILL DRILLS

(i) Sweeper-Keeper Drills

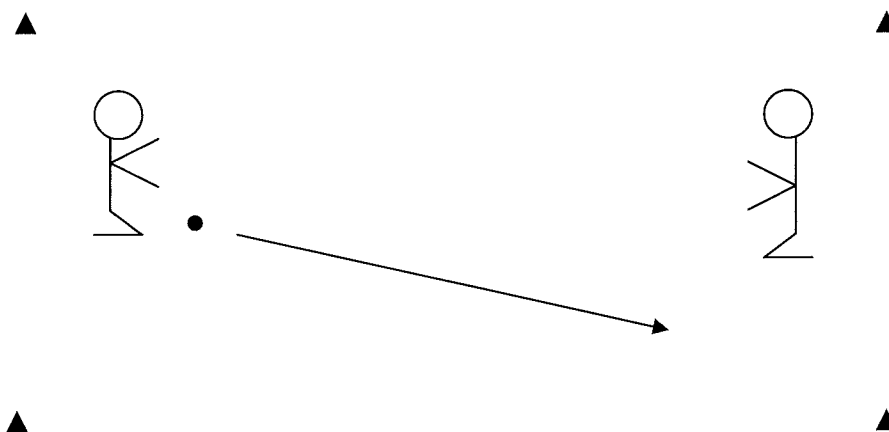
(i) Goalie I



Tony Waiters 'Coaching 6-8 year olds' – p.22

- Players are 4-6yds apart and in pairs
- Players throw the ball to each other; underarm first and then eventually throw-in style
- Coaching Points
 - Player reaches forward to catch the ball
 - Player brings the ball to the body to protect it
 - The hands form a W shape for chest high balls

(ii) Goalie II – The Pendulum Roll

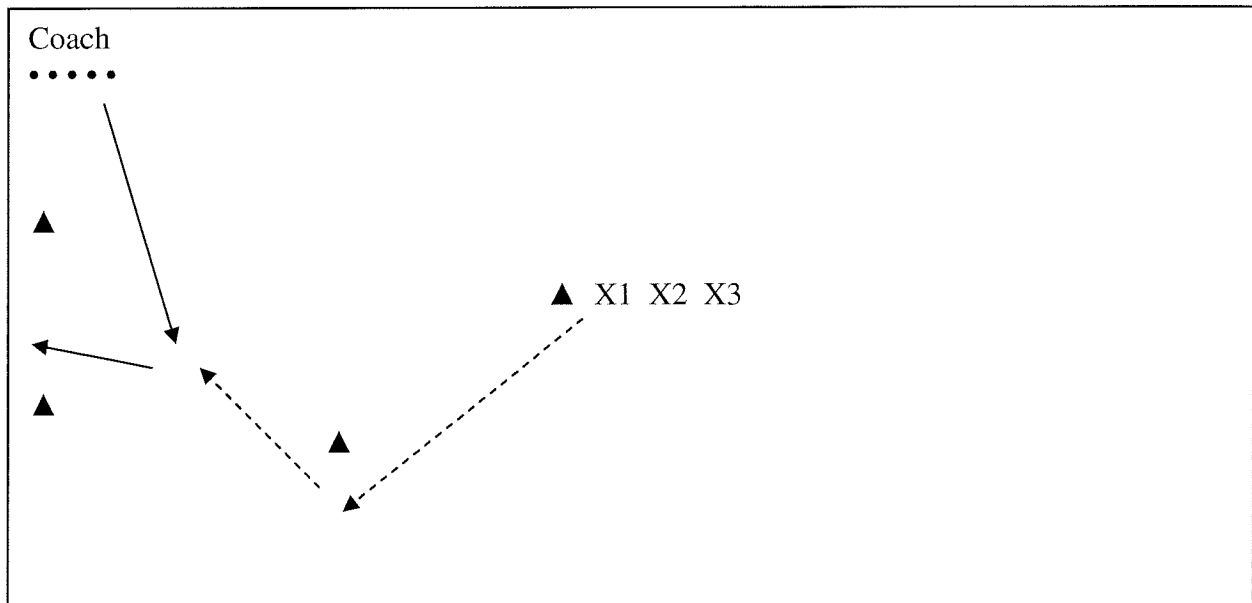


Coaching Points

- Player falls on his side, not on his front or on his elbow
- Player collects and protects the ball
- Player rolls back up using the top leg
- 5-10 rolls per player

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(iii) Corner Shot



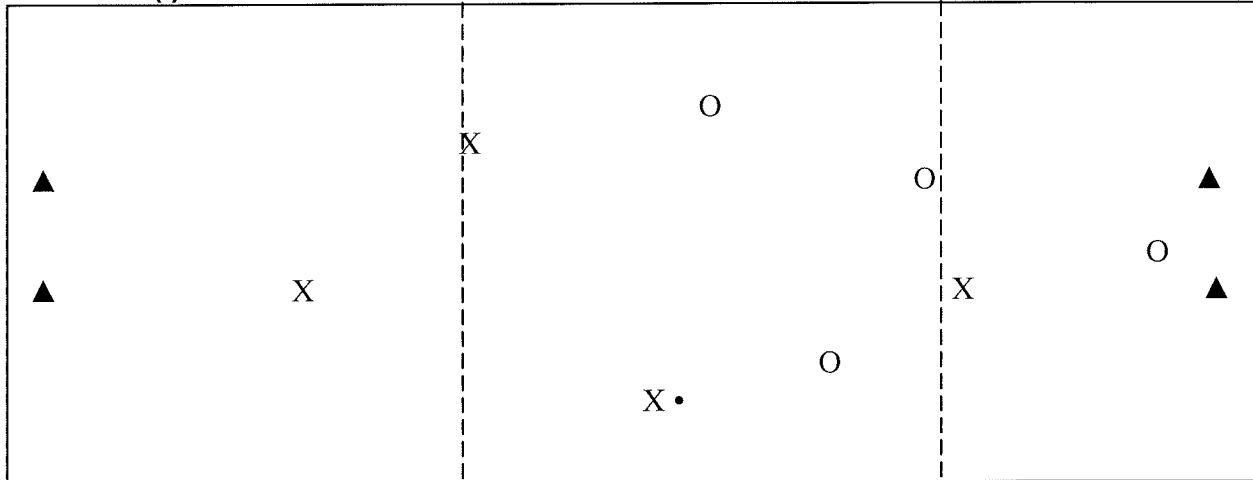
Tony Waiters 'Coaching 6-8 year olds' – p.19

- Do from both sides so players use both left and right feet
- As players get better, move further away to serve the ball
- Accuracy before power, so narrow the goal and no keepers in goal
- Players have to retrieve their own balls – (so they learn to go for accuracy before power)
- Player use the inside of the feet
- Competition – half of the players shoot to one goal and the other half shoot to the other goal; record the number of goals in 20 shots and compare with other team
- No goal if ball touches a goal post
- **Parents** – serve as goal posts, retrievers (maybe) and keep count of the number of goals

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(iv) Small-Sided Soccer Games

(i) Mini-Soccer



Tony Waiters 'Coaching 6-8 year olds' – p.10-13

- Game of 4v4 for U8

Restarts

- Goal kick may be taken from anywhere within the 6yd goal area
- Kick-off is taken from the center spot and the players of the opposing team must be in their 6yd goal area
- Corner kick – the opposing players must be 5yds away
- Free kick is given for handling, pushing, shoving, tripping, etc. The opposing players must be 5yds away. A goal may not be scored directly from a free kick. The ball must be passed to another player first.
- No penalties – a free kick for an infringement in the 6yd goal area results in the ball being placed on the 6yd line closest to where the incident took place
- Kick-in if the ball goes out over the sideline
 - Stop & correct a player if the player does something wrong
 - Substitutions – every 2-3 minutes a time-out is called and substitutions made
 - Sweeper-keeper can use hands in goal area only
 - Rotate the sweeper-keeper position amongst all the players equally
 - Let the kids play – “let the game be the teacher”

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- **Coaching Points**

- ii. Sweeper-Keeper

- When the game is first introduced to the players, do not play with the sweeper-keeper for the first few weeks.
 - Then for a few more weeks, just tell one player on each team that he/she can pick the ball up in the goal area with the hands.
 - Finally, nominate one player to be the sweeper-keeper on the team. It is important to emphasize to the player that he/she is both a shot-stopper and a sweeper. He provides the rear support for his team when it is attacking. He drops into goal and becomes the shot-stopper when the other team attacks.
 - The sweeper-keeper distributes the ball on the ground with either the hands or the feet. It is not drop kicked towards the other team's sweeper-keeper.
 - When the sweeper-keeper has the ball, the other players go wide and/or high up the field.

- iii. Forward and Rear Support

- Soccer Triangle – the player on the ball has two options for passing the ball

- iv. Running with the Ball

- It is most important that players at this age be encouraged to run and dribble with the ball. It is important that these players learn how to run and dribble the ball at these age groups before entering the U10 age group where team possession starts to come into play with the 7v7 format.

- v. Kick and Run

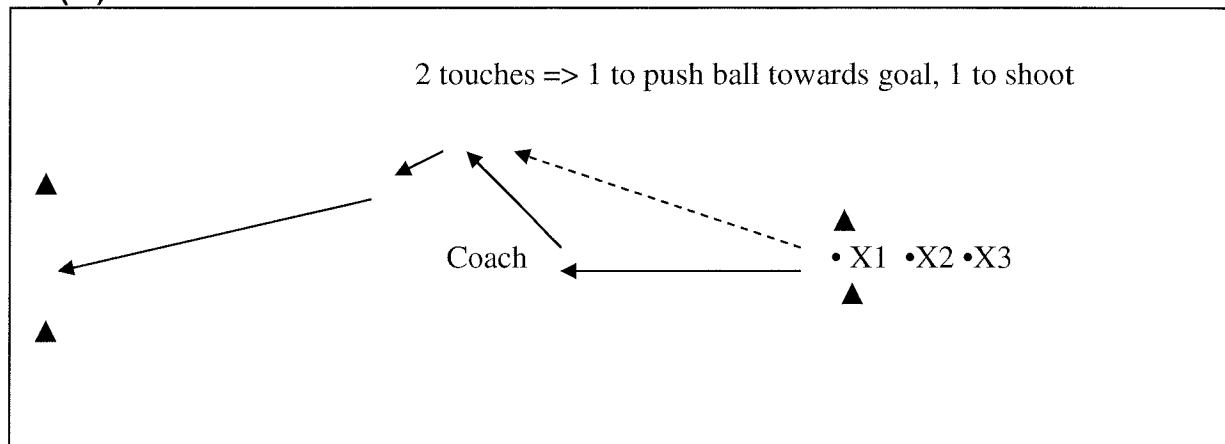
- Discourage players from simply kicking the ball and running after it. This is detrimental to player development. Encourage them to control the ball and then run or dribble with it.

- vi. Keep Ball on the Ground

- At this age group, it is important to have the players learn to play with the ball on the ground. These players do not have the physical coordination to control the ball on their bodies. Encourage the ball to be played on the ground for both player success and player development.

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(iv) Mack II



Tony Waiters 'Coaching 6-8 year olds' – p.21

- Divide the players into two groups; one group shoots to one goal and the other group shoots to the other goal
- Player passes the ball to the coach; coach redirects the pass to the side; the player comes forward and takes one touch to control the ball towards the goal and the second touch to shoot
- Accuracy before power; so no keeper and player must retrieve his own ball
- For weaker players, roll the ball closer to goal
- Roll the ball to the left for 20 attempts, then roll the ball to the right for 20 attempts; encourage players to use both right and left feet
- Competition – half of the players shoot to one goal and the other half shoot to the other goal; record the number of goals in 20 shots and compare with other team
- Progression: roll the ball towards the goal; roll the ball parallel to the goal line; roll the ball back towards the player
- Progression: ground balls, bouncing balls, air-balls.
- **Parents** – serve as goal posts, retrievers (maybe) and keep count of the number of goals