

U8 PRACTICE #1

Appendix B

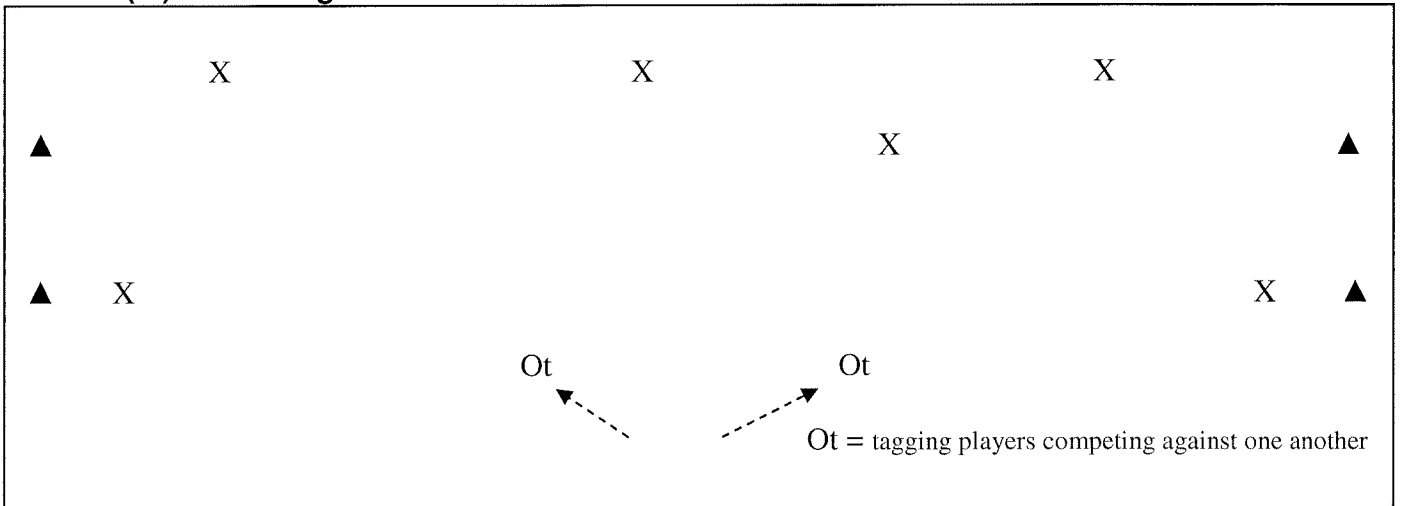
U8 SOCCER PRACTICE SCHEDULE

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.

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

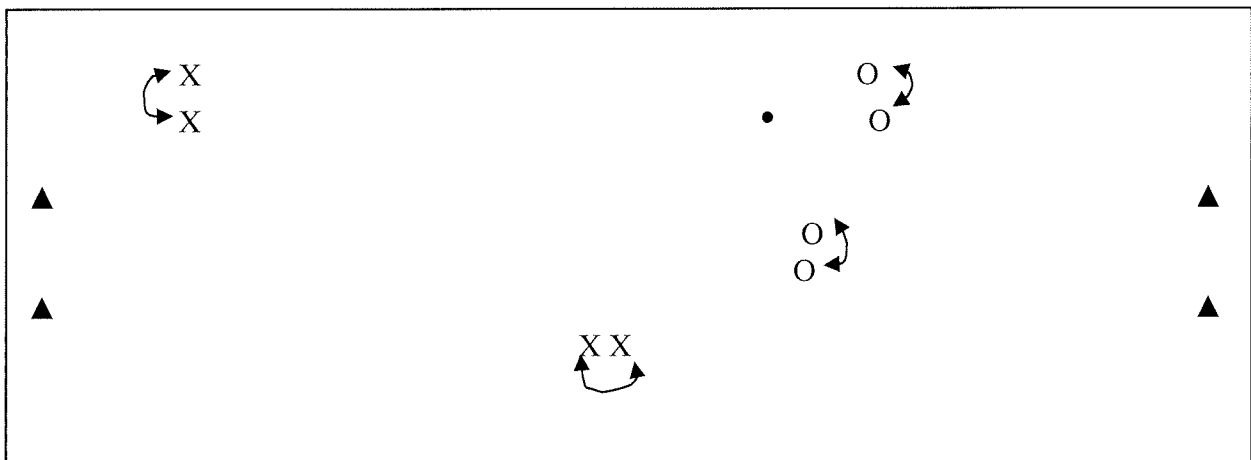
U8 PRACTICE #1

(ix) Chain Tag Soccer



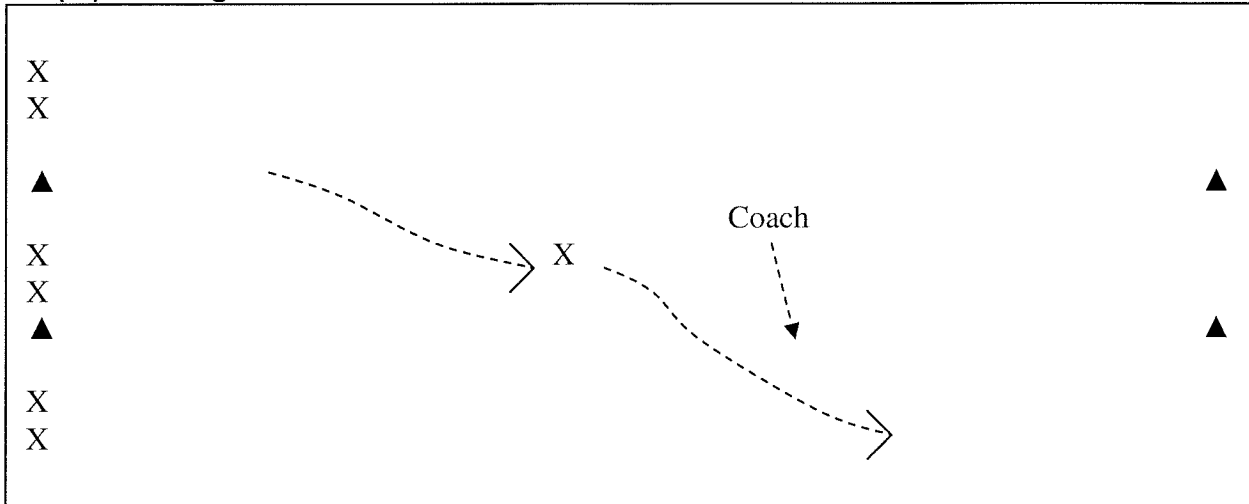
- Game is played in the whole field
- All players are in the field except for two who are the tagging players
- The tagging players run into the field and attempt to tag a player
- Once a player is tagged, the players join hands to form a chain and attempt to tag another player
- **Competition** – the 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



U8 PRACTICE #1

(xi) Bulldog Soccer



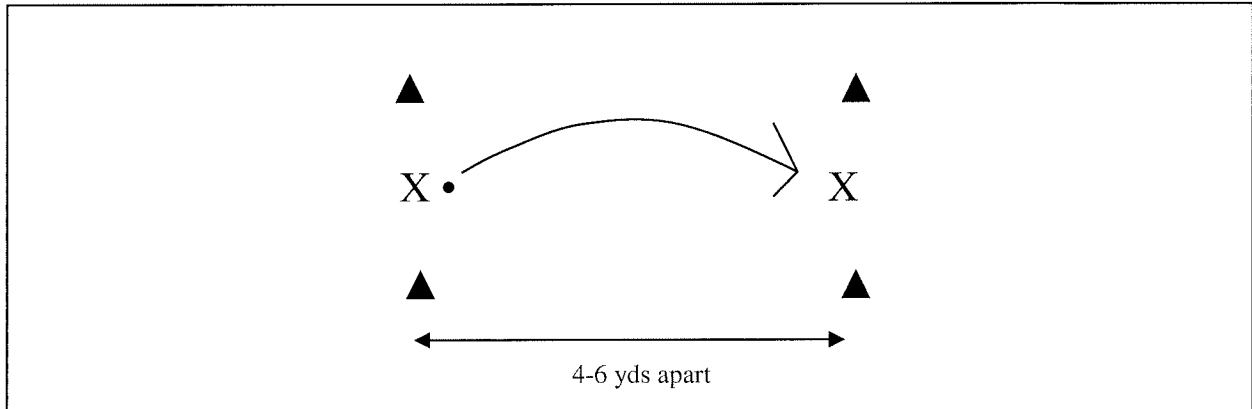
- This game is played in the whole field
- **Simple Tag**
 - All players line up on a goal line
 - The coach (O) nominates one player (X)
 - This player has to get to the other side without being tagged by the coach
 - When X is tagged or escapes, then all the other Xs are released to run to the other 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

U8 PRACTICE #1

(iii) SOCCER SKILL DRILLS

(i) Sweeper-Keeper Drills

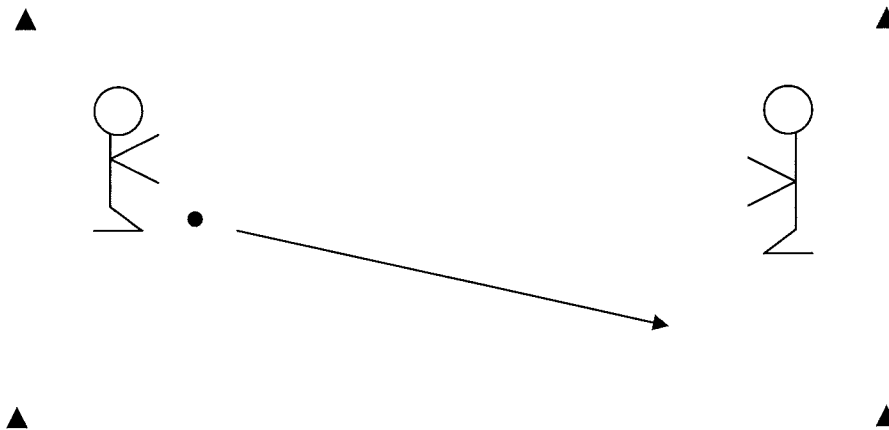
(i) Goalie I



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

