

## U8 PRACTICE #2

### **Appendix B**

### **U8 SOCCER PRACTICE SCHEDULE**

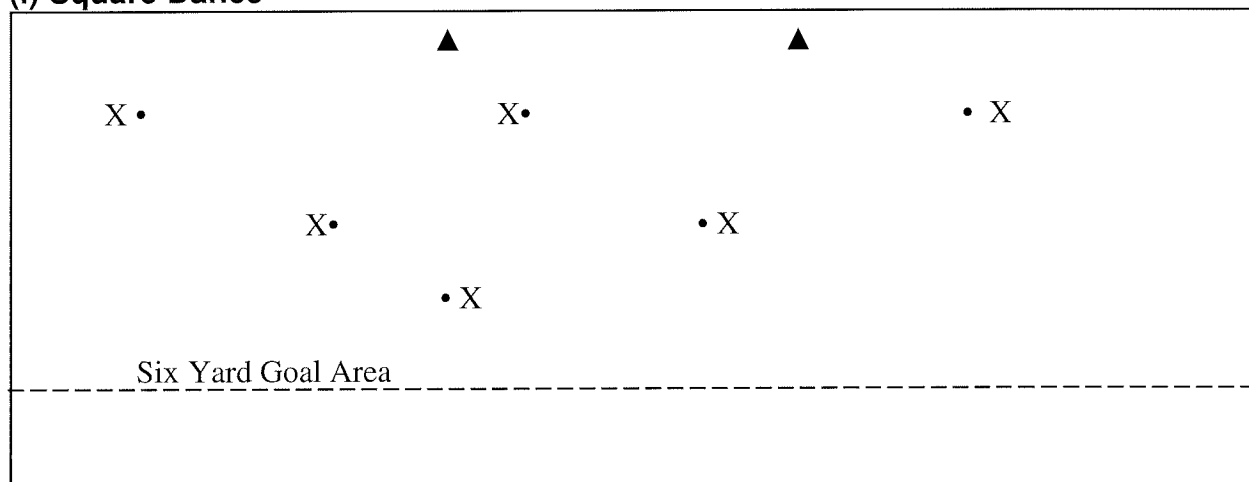
**Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6/U8 clinic.**

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

## U8 PRACTICE #2

### (ii) FUN GAMES & INTRODUCTORY ACTIVITIES

#### (i) Square Dance



Tony Waiters 'Coaching 6-8 year olds' – p.18

- This is played in the 6yd goal area
- Each player has a ball (if possible)
- The players move the ball around the goal area with their feet
- Coaching Points
- Keep ball close (touch, touch, etc)
- Use both feet (left foot only, right foot only, bottom of the foot only)
- Stop the ball with the bottom of the foot
- Stop and turn using the bottom of the foot

#### (ii) Space Invaders

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- A few parents are space invaders; they try to kick the balls of the players out of the grid
  - No ball can be kicked out if a player stops the ball with the bottom of the foot as a space invader approaches
  - No ball can be kicked out if a player stops the ball and turns as a space invader approaches

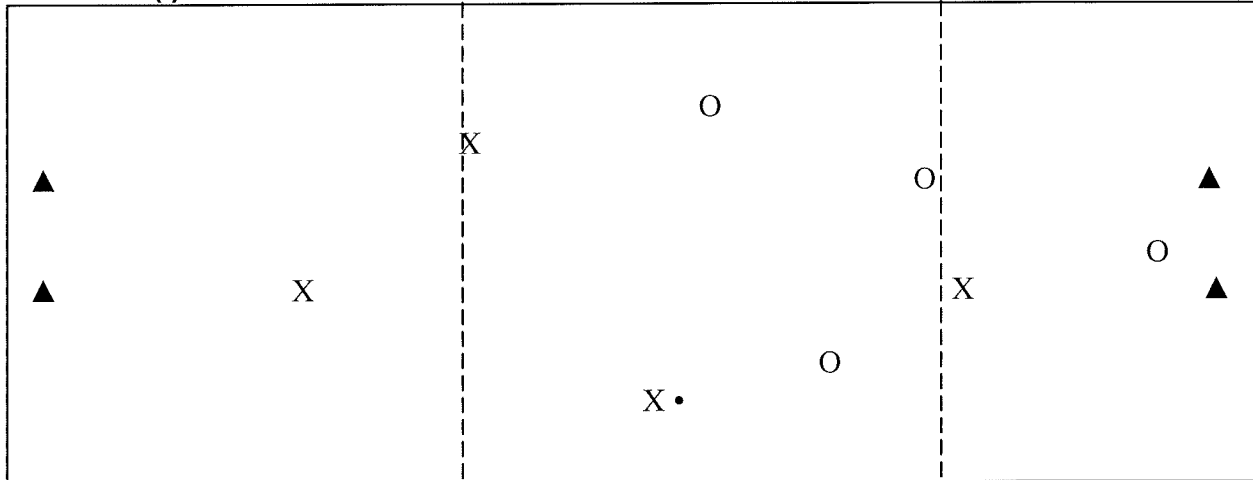
#### (iii) Anatomy

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- When the coach calls out a body part, each player stops the ball with the sole of the foot and touches that body part on the top of the soccer ball
- *Combination examples: right knee & left elbow; left knee and chin; hide ball*

## U8 PRACTICE #2

### (iv) Small-Sided Soccer Games

#### (i) Mini-Soccer



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

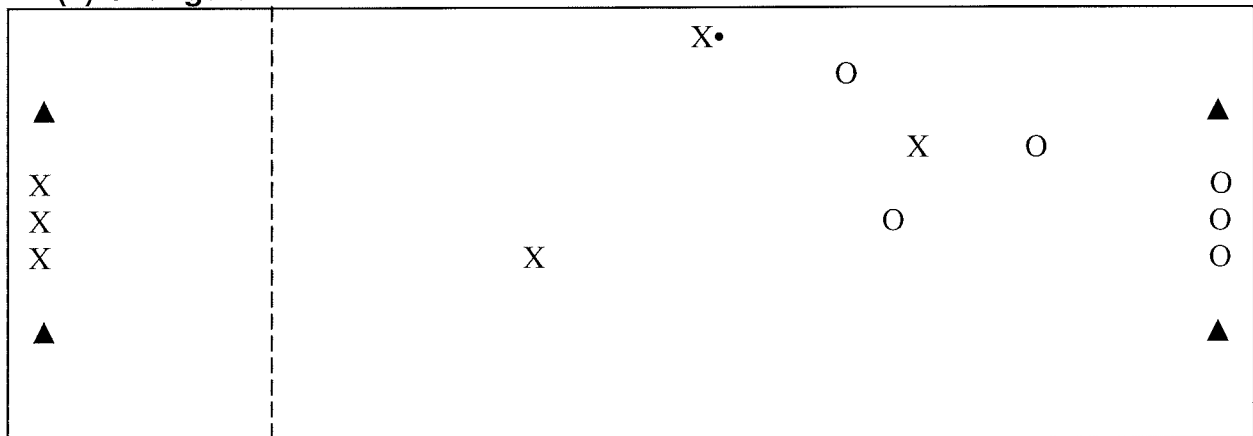
- Game of 4v4 for U8

#### 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”

## U8 PRACTICE #2

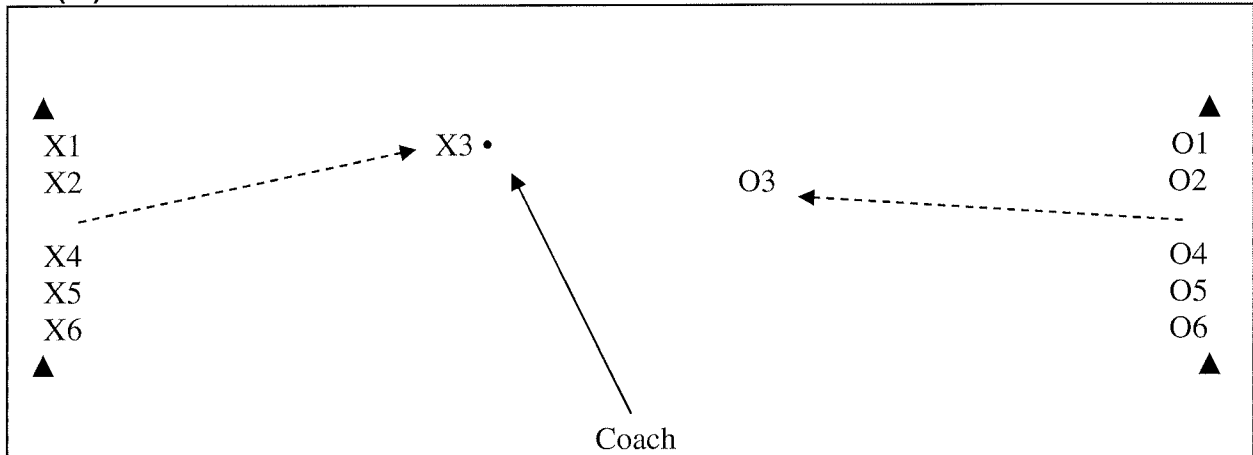
### (ii) Change Soccer



Tony Waiters 'Coaching 6-8 year olds' – p.27

- Widen the goals
- Goal may only be scored below knee height
- Parents spread themselves around the perimeter of the field to act as ball retrievers and suppliers
- A couple of parents make sure that the players on the goal-line do not leave until all teammates are back

### (iii) Numbers Game

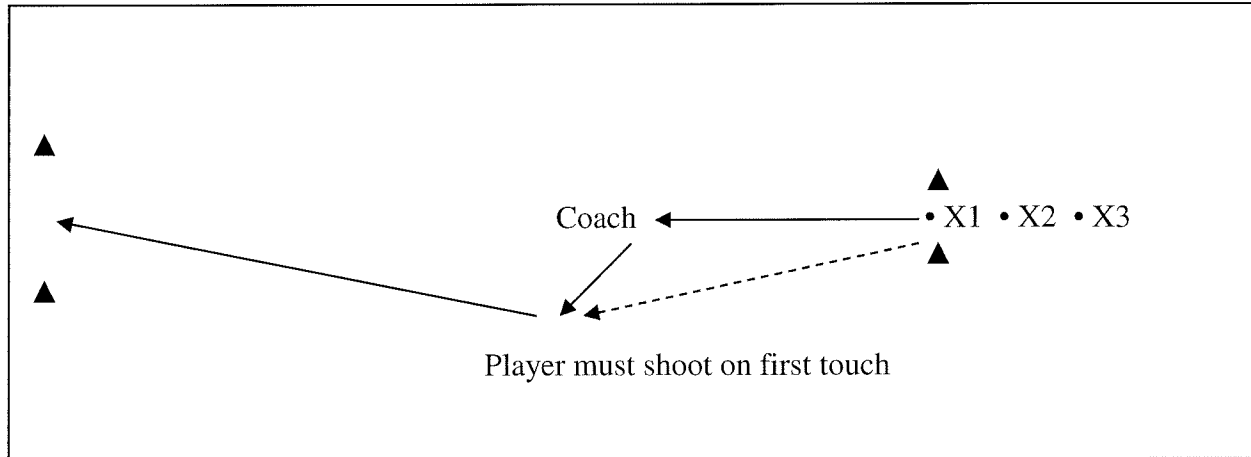


Tony Waiters 'Coaching 6-8 year olds' – p.25

- Give each player on a team a number
- Call out one number to begin with, and then later on call out two numbers
- Attackers go for goal; Defenders stay on their feet
- 15/20 second shifts
- Widen the goals to give shooters some success
- Goal may only be scored if the ball goes into the goal below knee height
- Parents position themselves around the perimeter of the field as ball retrievers
- A couple of parents are behind the goal and remind the players of their numbers; at the end of the season have the children play against parents.

## U8 PRACTICE #2

### (v) Mack I



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

- Same as Mack II except that the player has to shoot first time, i.e. without a first touch to control the ball

### (vi) Accuracy Passing

- Players are in pairs and are about 4-10yds apart
- There are 2 cones placed about 3-5ft apart in the middle between the pair of players
- Each player has to pass the ball through the cones to his partner to score a goal
- Competition – count how many goals a pair scores in 30-60 seconds
- **Coaching Points**
  - Use of the inside of the foot; motion of the leg is like a hockey stick
  - As players get success, narrow the goal or increase distance of players from the goal
- **Progression**
  - 3 touch passing – stop the ball, push it forward a foot, and then pass it to the partner
  - 2 touch passing – stop the ball and then pass it
  - 1 touch passing – pass the ball with the first touch
- **Parents** – use as goalposts and counters of the number of goals