

U8 PRACTICE #3

Appendix B

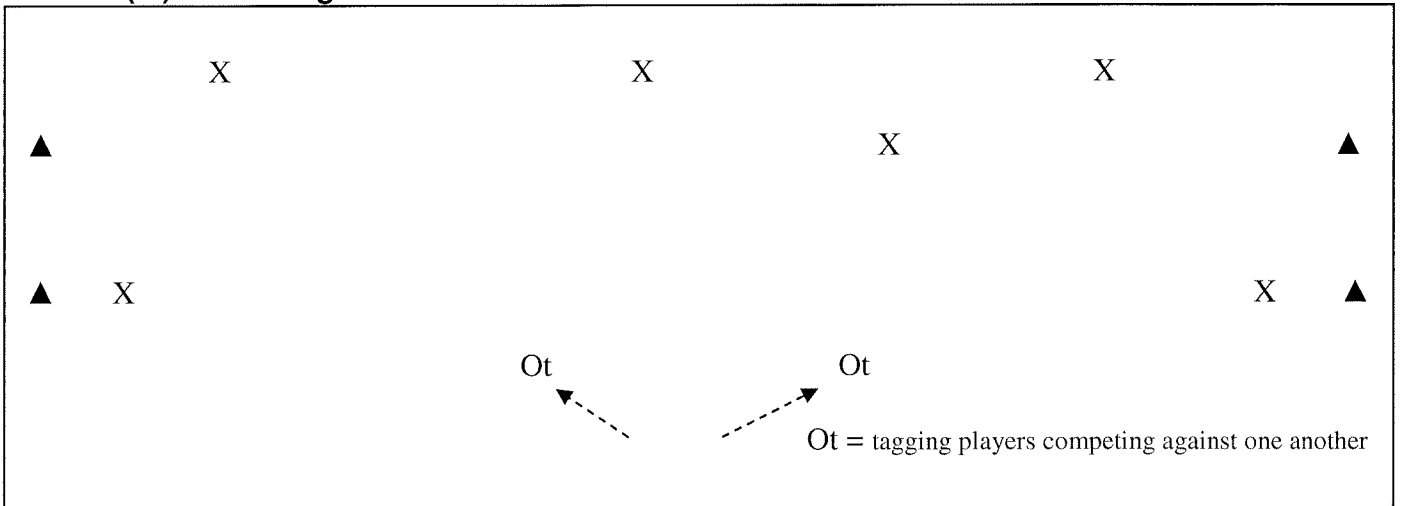
U8 SOCCER PRACTICE SCHEDULE

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?)

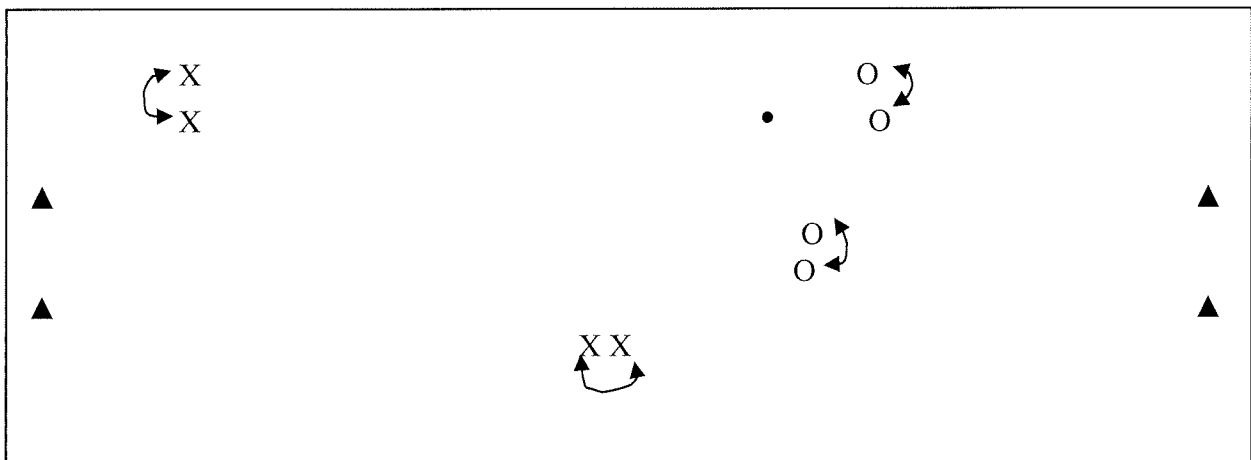
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(ix) Chain Tag Soccer



- 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

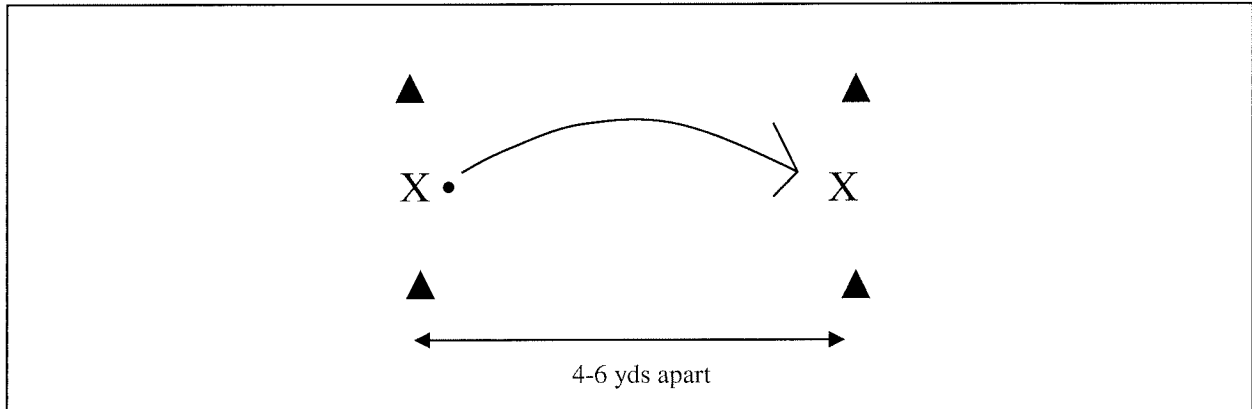


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(iii) SOCCER SKILL DRILLS

(i) Sweeper-Keeper Drills

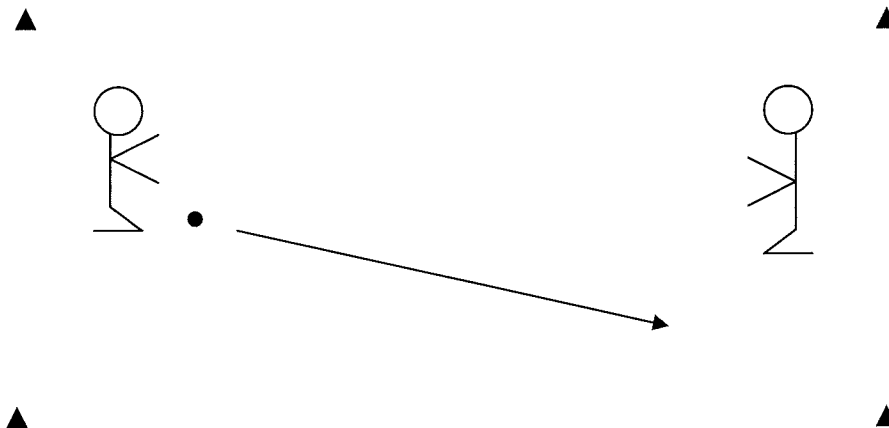
(i) Goalie I



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

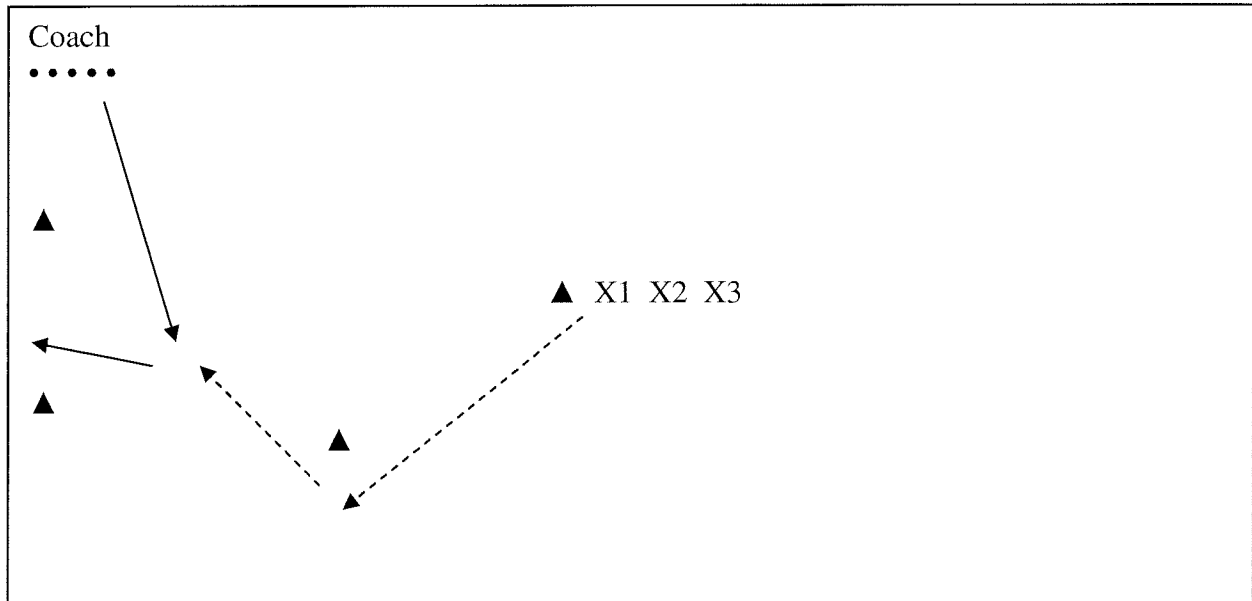


Coaching Points

- 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

U8 PRACTICE #3

(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

