

U8 PRACTICE #5

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 #5

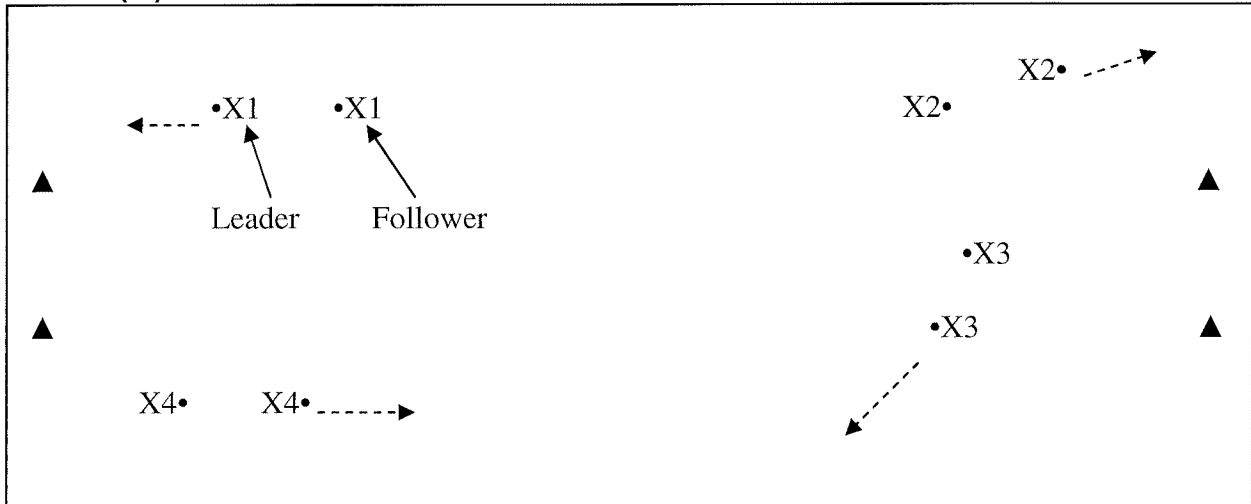
(iv) Musical Soccer Balls

- The game is played in the 6yd goal area (can be played to music)
- All players have soccer balls and dribble around the grid
- When the coach shouts “change”, a player must leave their ball and find another to dribble
- After a while, a couple of parents pick up a ball each when the coach calls out “change”
- Players without a ball must leave the grid
- Play the game until there are just two or four players in the grid

(v) Survivor / Pirates

- This game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- Players try to kick each others balls out of the grid
- Once a player has their ball kicked out of the grid, the player can retrieve the ball and re-join the others in the 6yd goal area

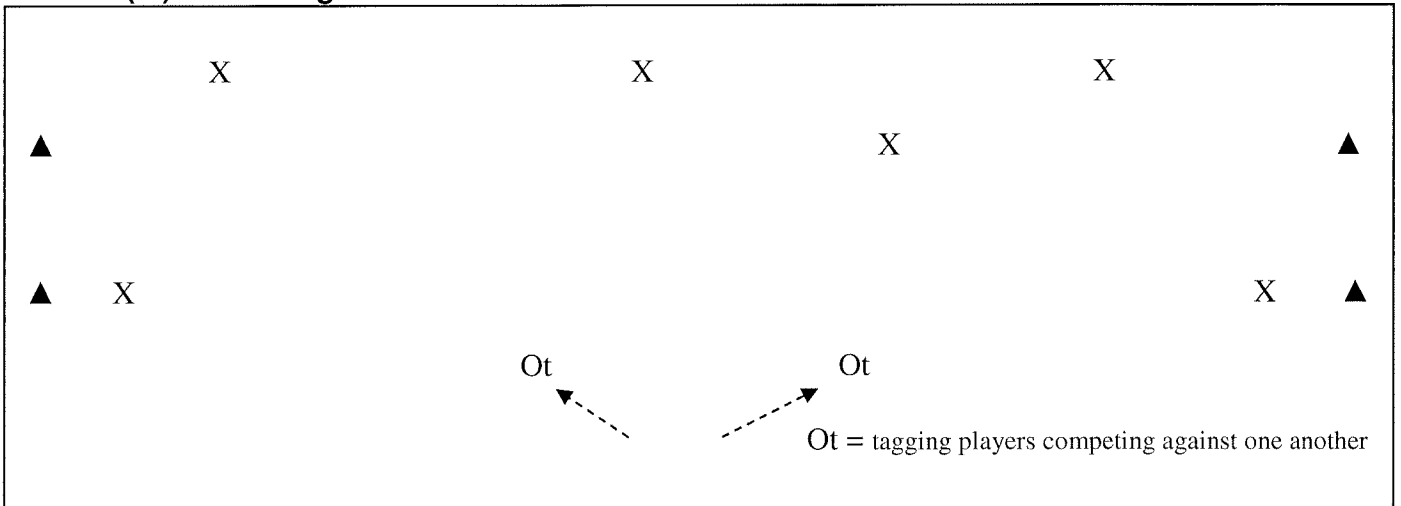
(vi) Shadow Soccer



- This game is played in the whole mini-soccer field
- All the players have a ball
- Partner each player with another player
- One of the players is the leader and the partner is the follower
- The leader runs around the grid, the follower attempts to follow while dribbling with the ball
- Turn – when the coach calls out ‘turn’, both the leader and the follower turn 180 degrees, and reverse roles
- Dribbling – right foot only, left foot only, insides of feet only, outsides of feet only

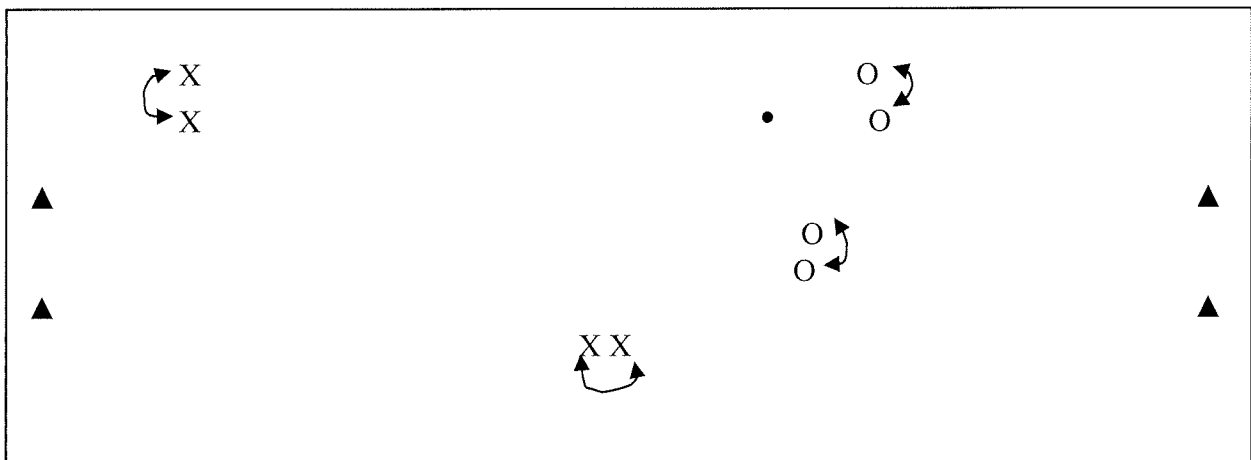
U8 PRACTICE #5

(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

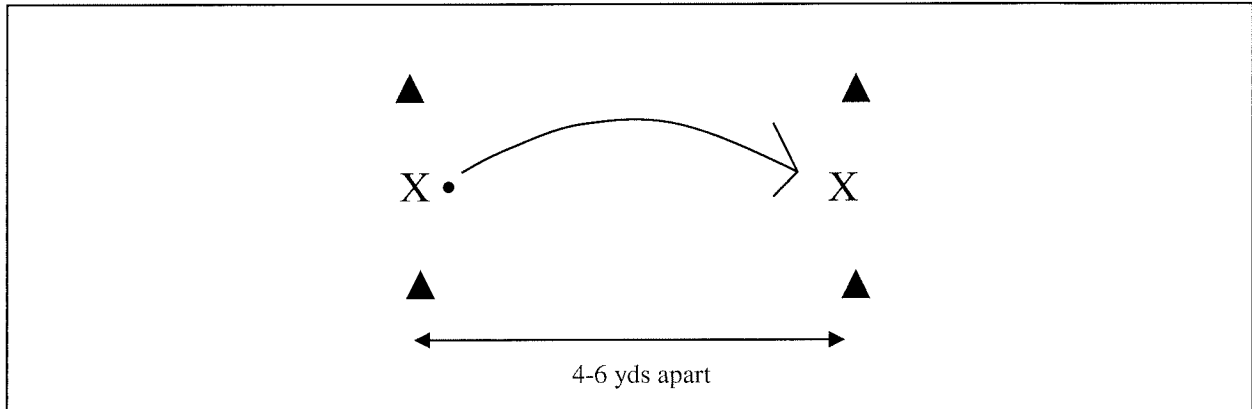


U8 PRACTICE #5

(iii) SOCCER SKILL DRILLS

(i) Sweeper-Keeper Drills

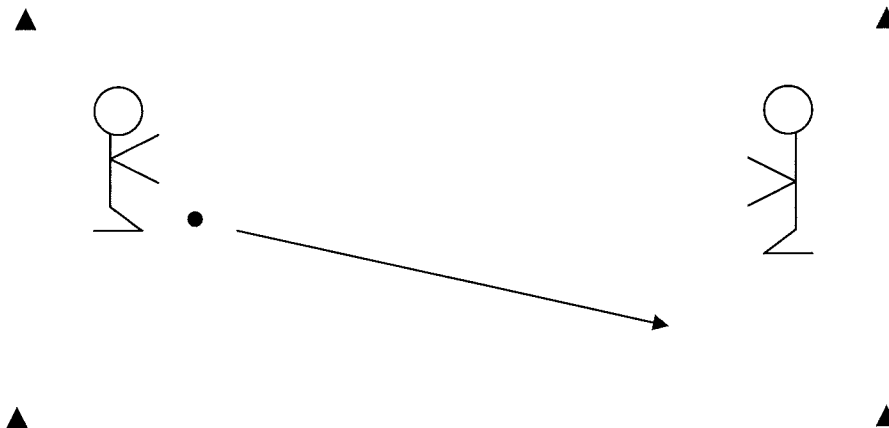
(i) Goalie I



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

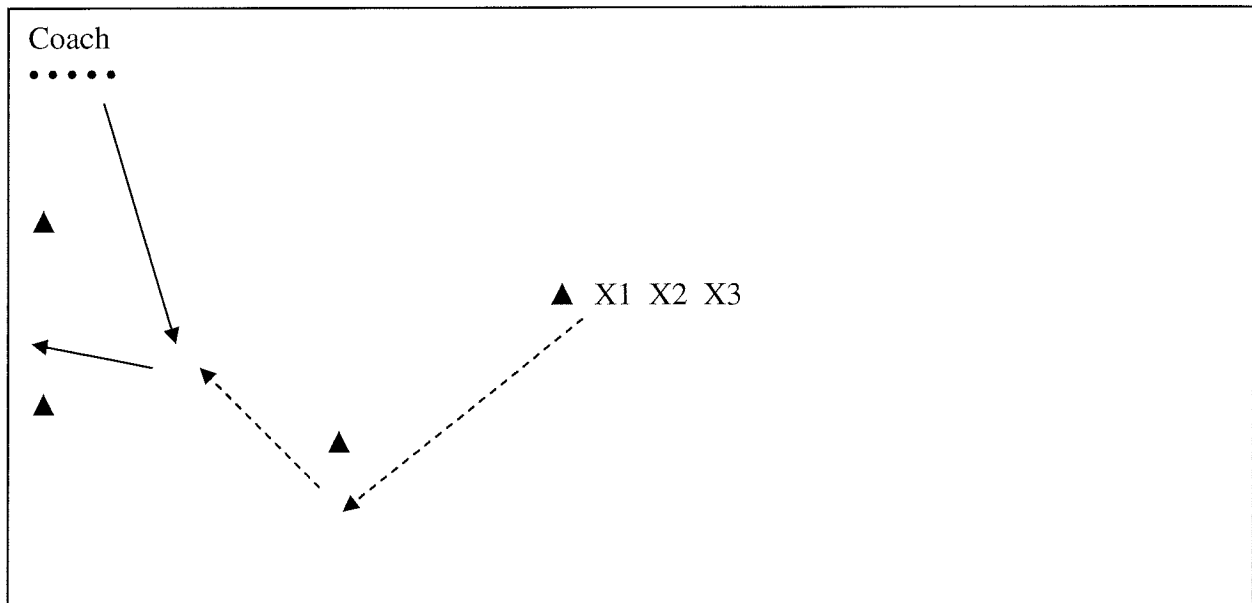


Coaching Points

- 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 #5

(iii) Corner Shot

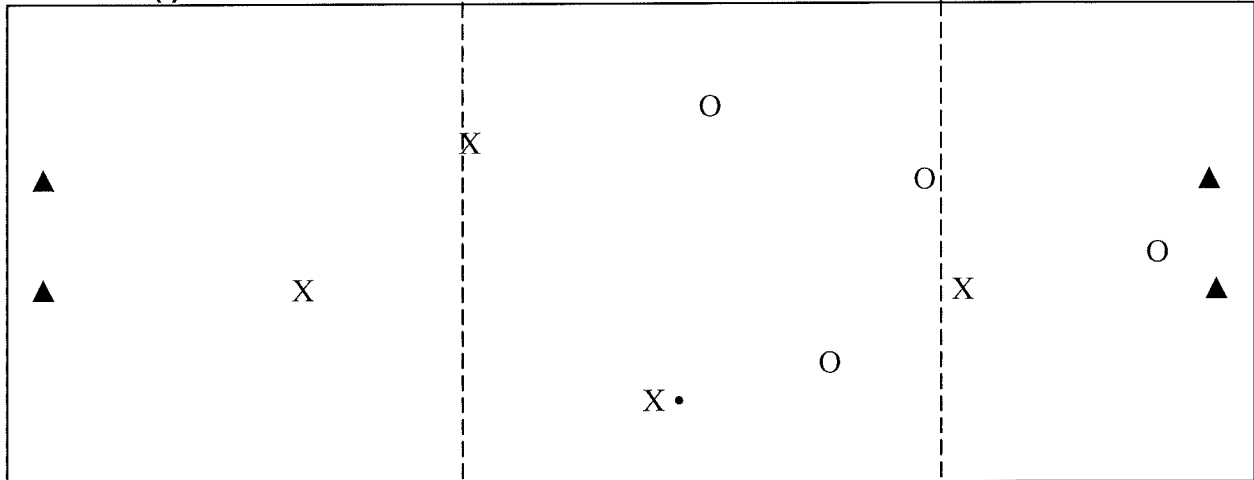


Tony Waiters 'Coaching 6-8 year olds' – p.19

- 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

U8 PRACTICE #5

(iv) Small-Sided Soccer Games (i) Mini-Soccer



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

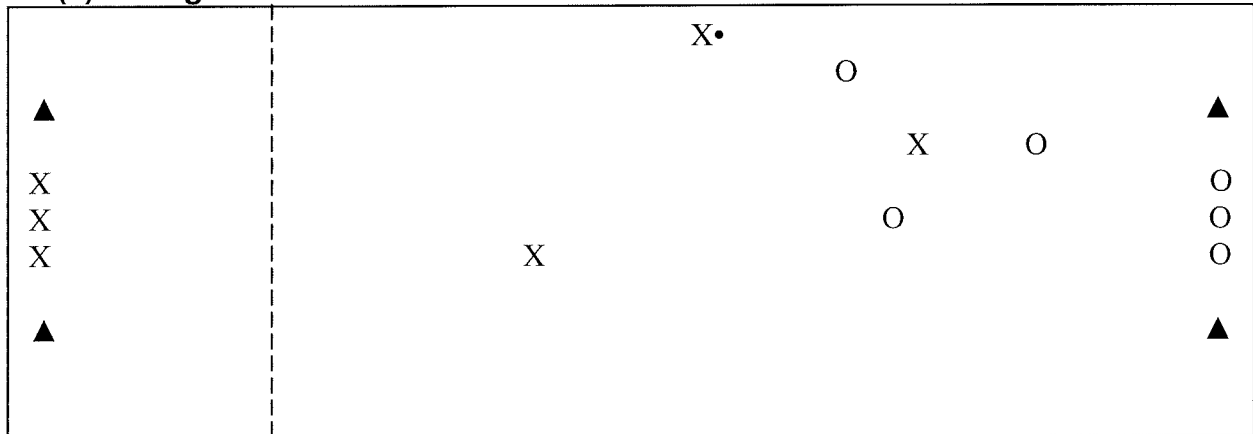
- Game of 4v4 for U8

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 #5

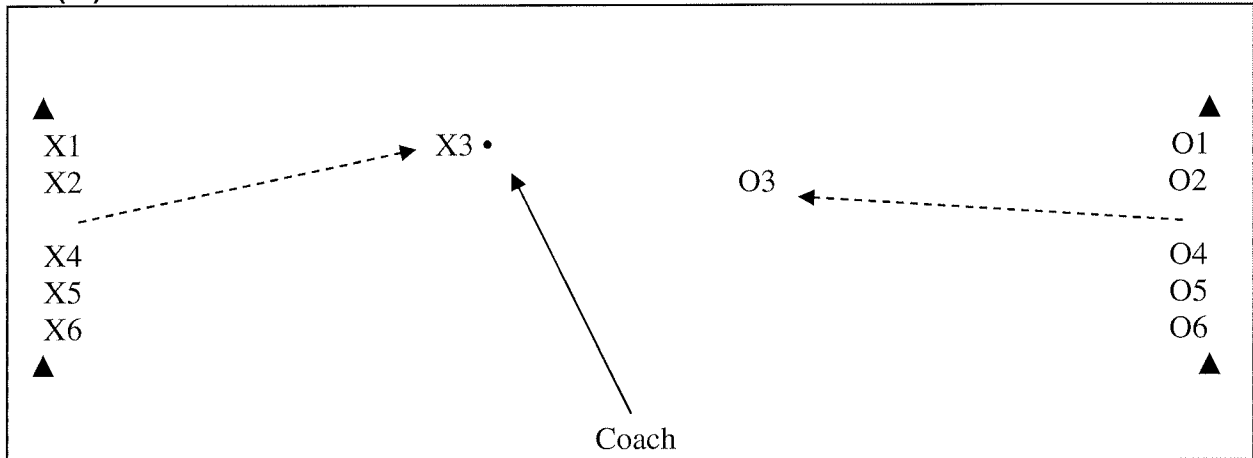
(ii) Change Soccer



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

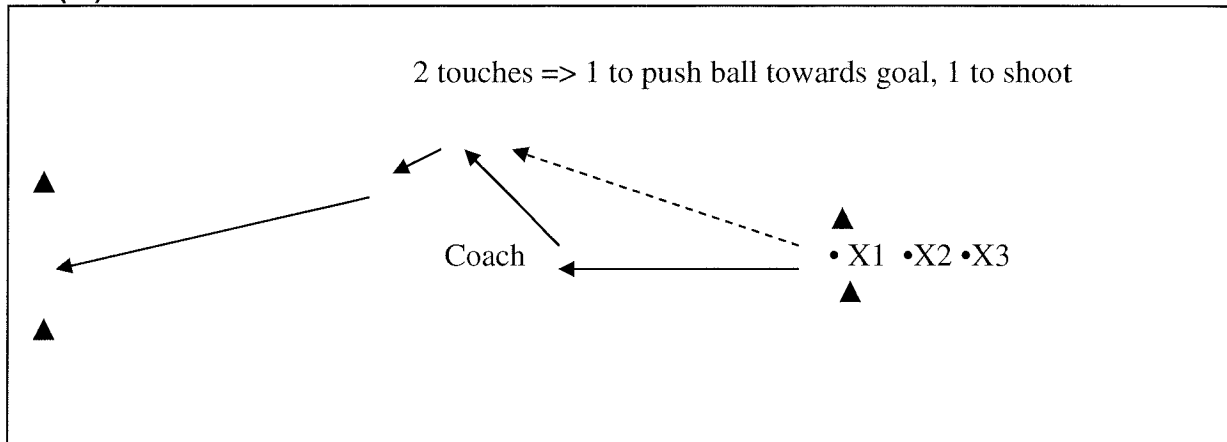


Tony Waiters 'Coaching 6-8 year olds' – p.25

- 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 #5

(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