

**U8 PRACTICE #7**

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

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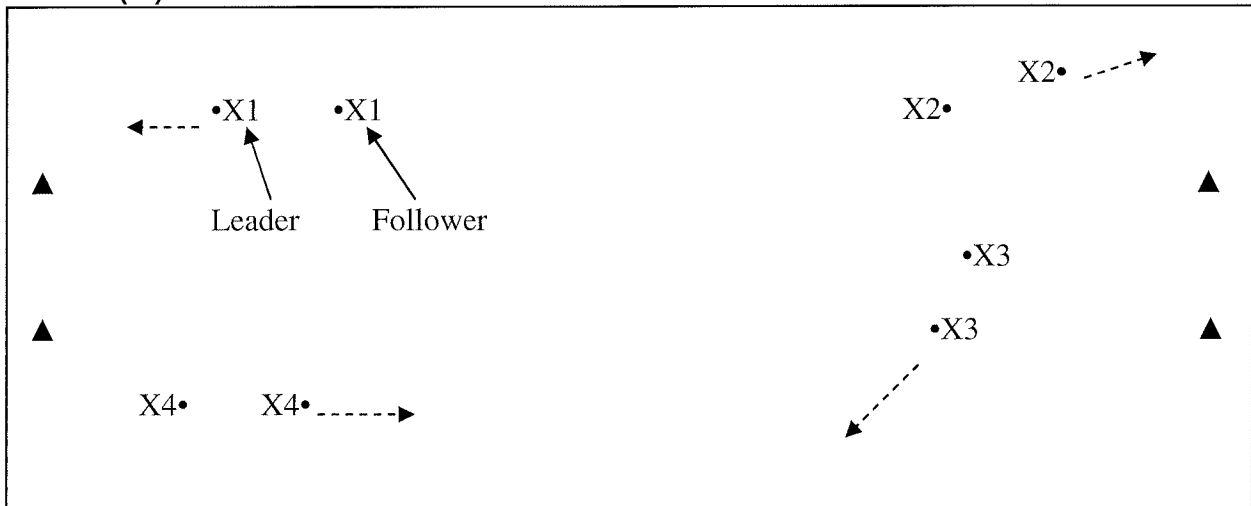
### (iv) Musical Soccer Balls

- 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

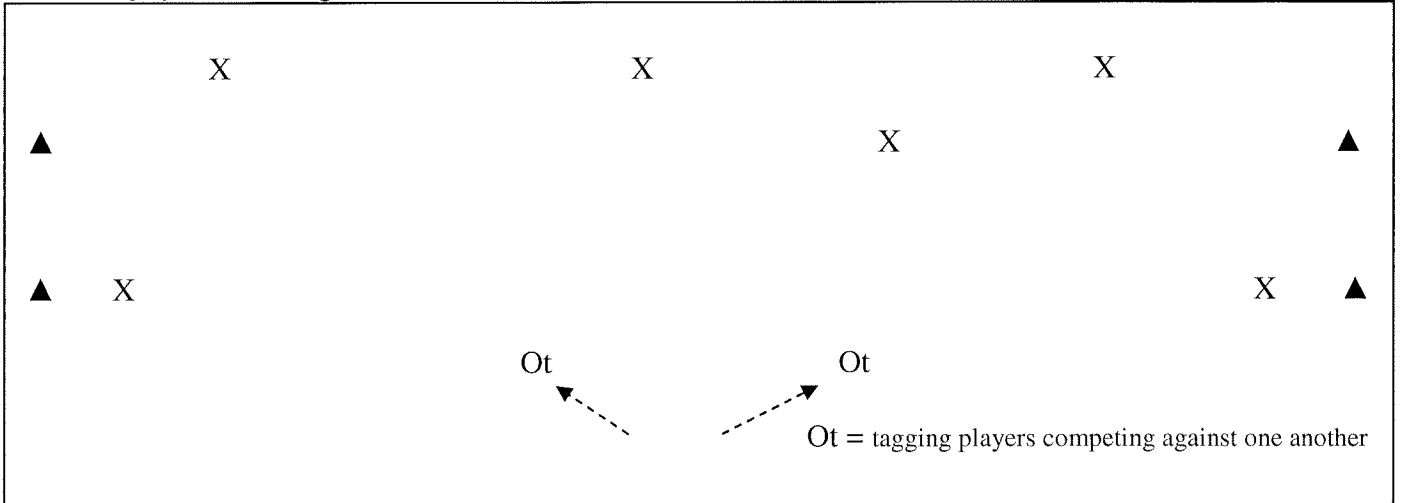
### (vi) Shadow Soccer



- 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

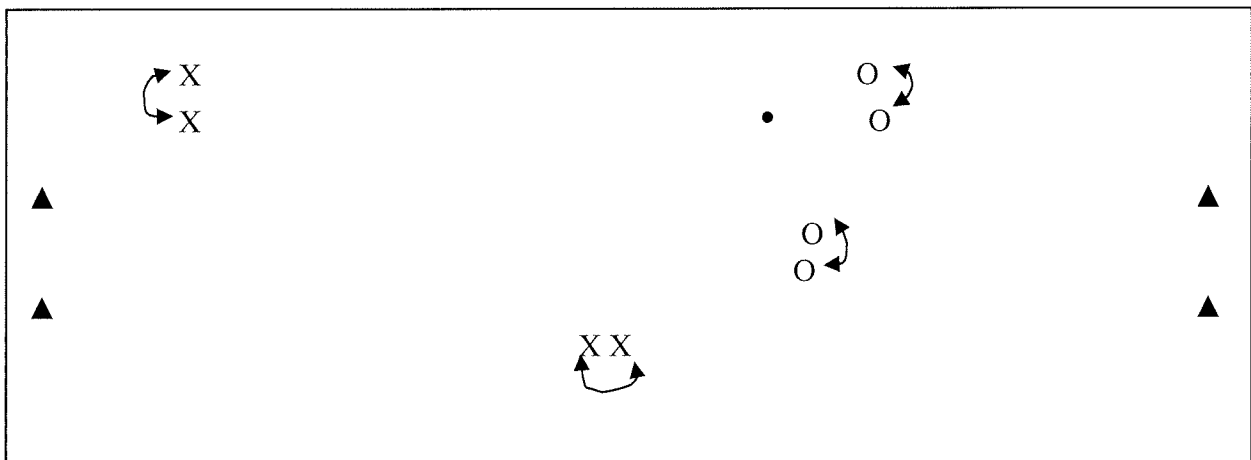
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### (ix) Chain Tag Soccer



- 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

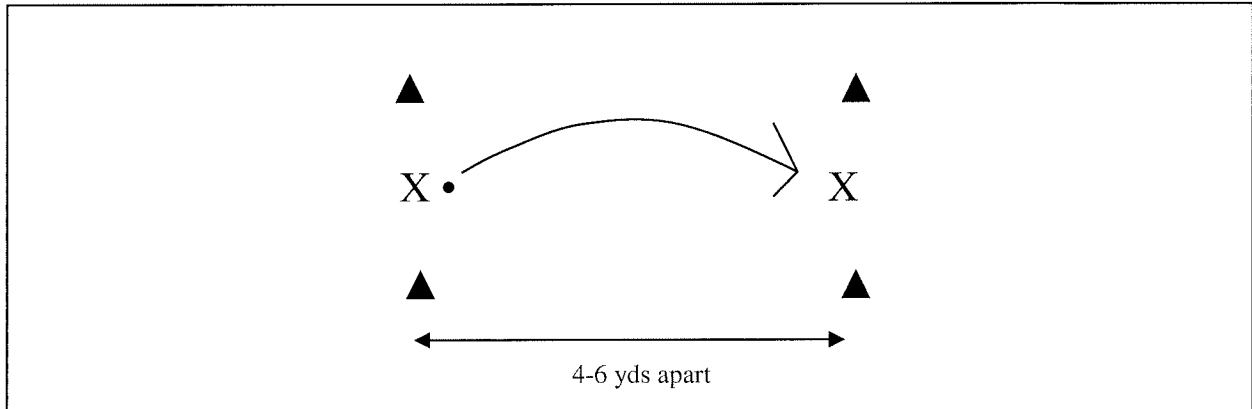


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### (iii) SOCCER SKILL DRILLS

#### (i) Sweeper-Keeper Drills

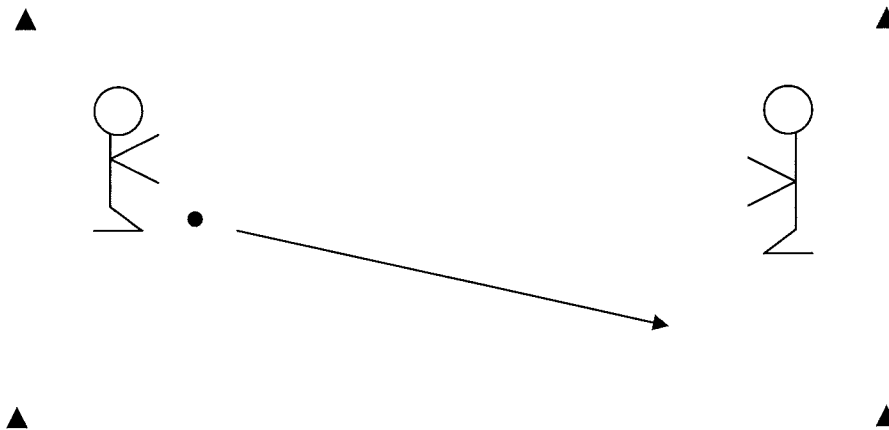
##### (i) Goalie I



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

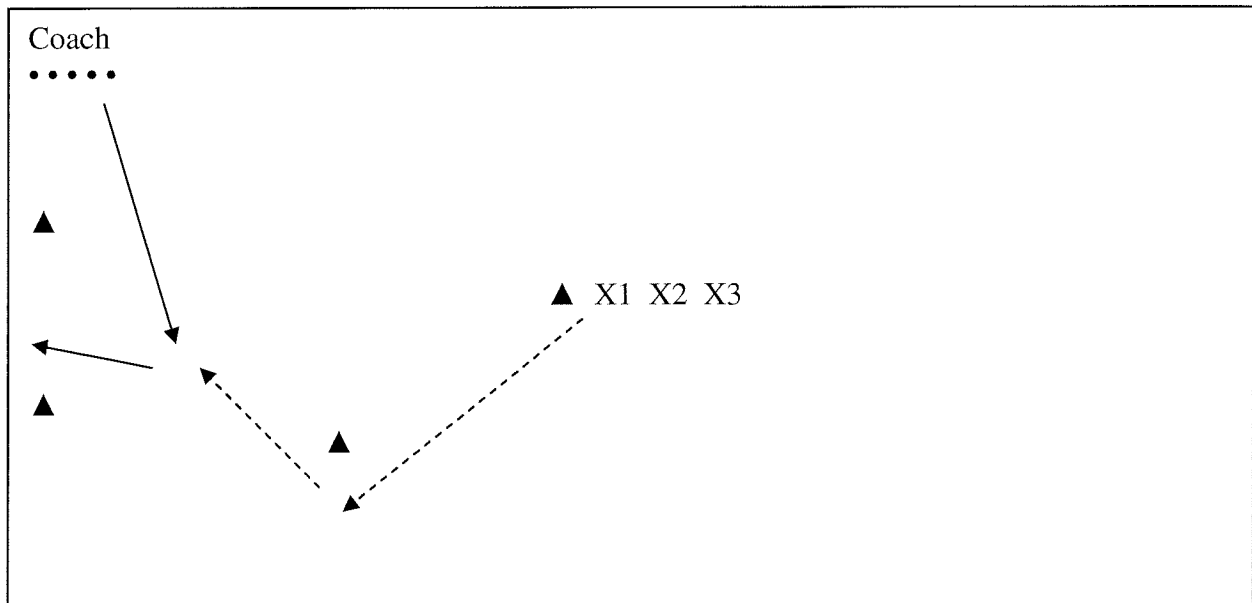


Coaching Points

- 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

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### (iii) Corner Shot

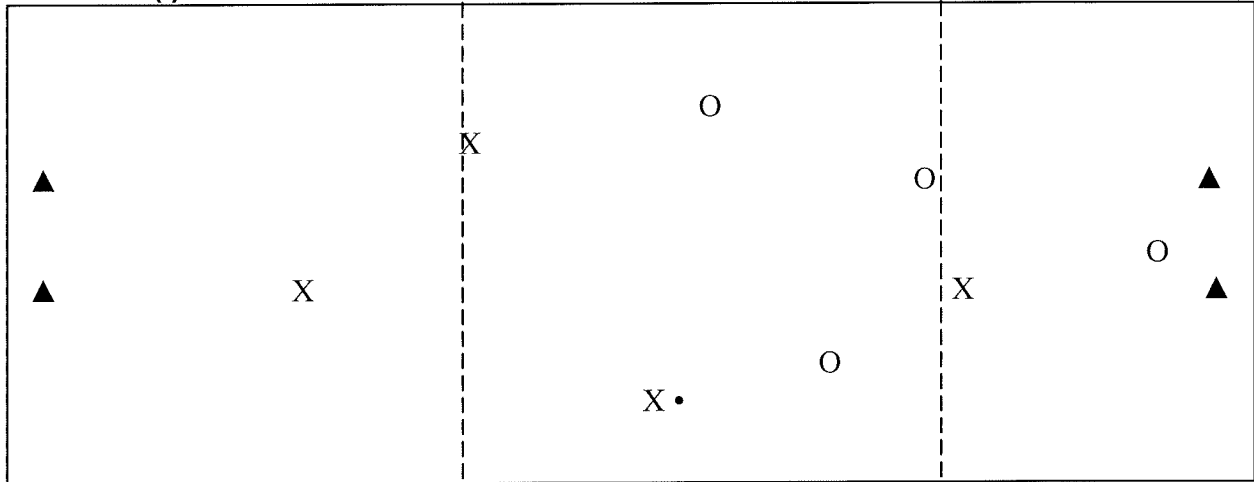


Tony Waiters 'Coaching 6-8 year olds' – p.19

- 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

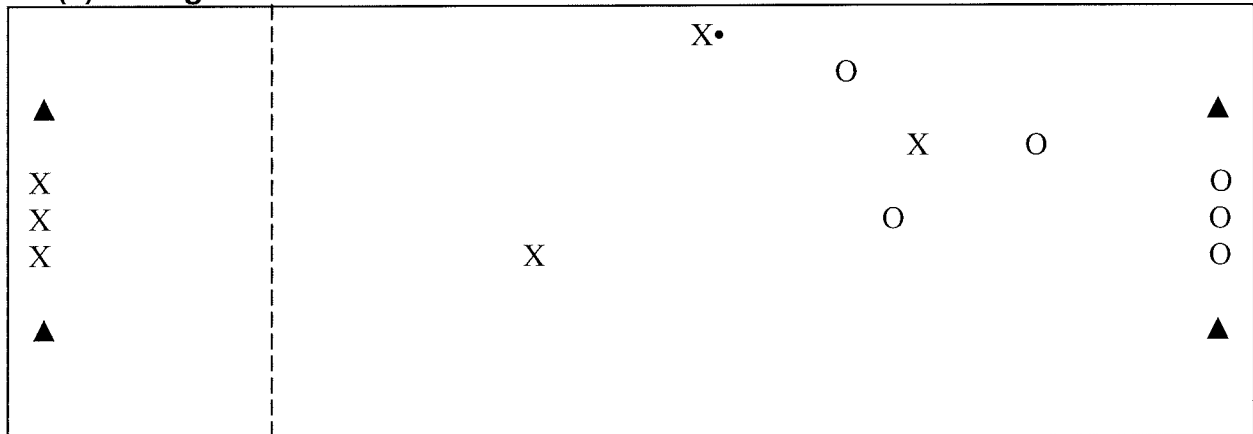
- Game of 4v4 for U8

#### 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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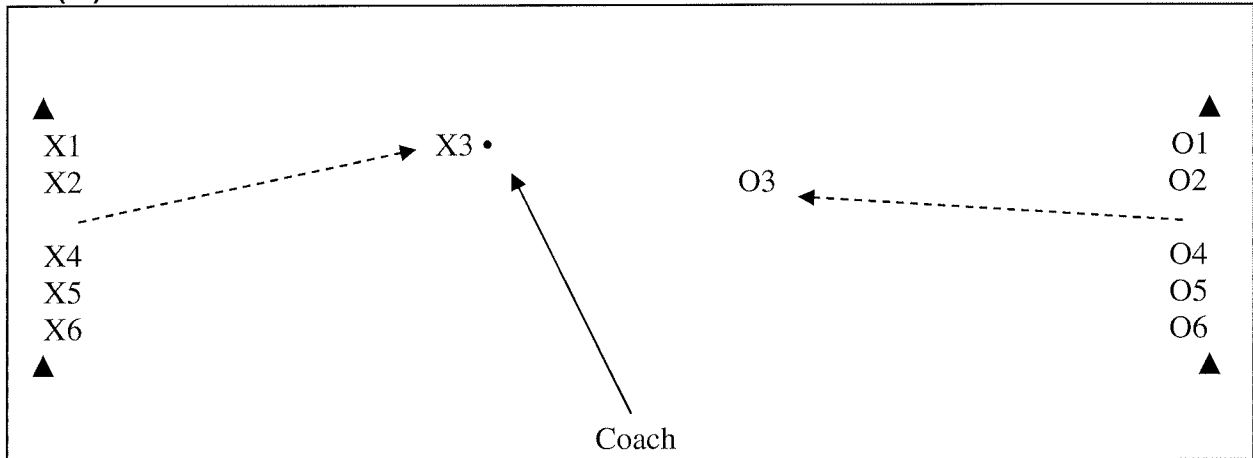
### (ii) Change Soccer



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

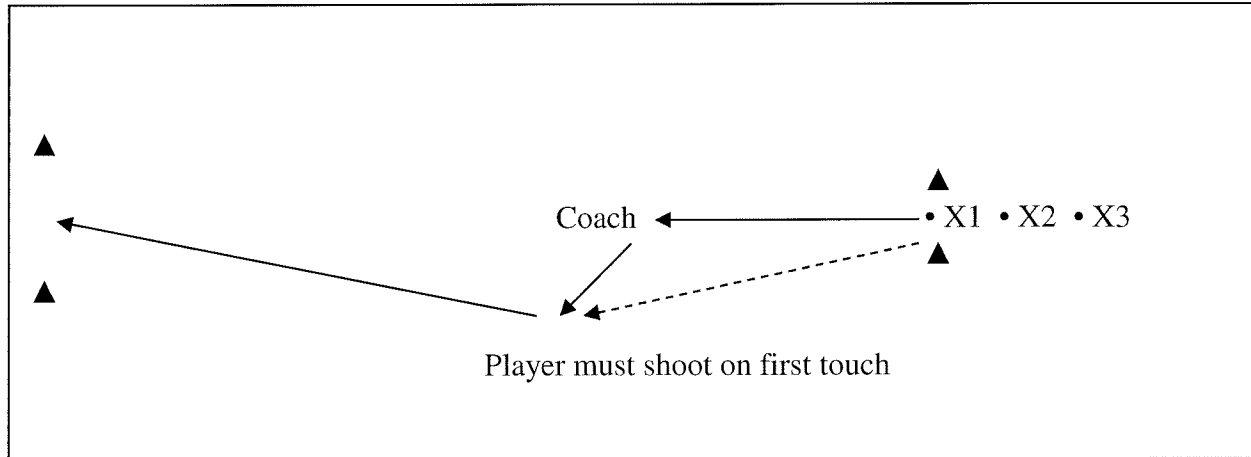


Tony Waiters 'Coaching 6-8 year olds' – p.25

- 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.

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### (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