

U8 PRACTICE #9

Appendix B

U8 SOCCER PRACTICE SCHEDULE

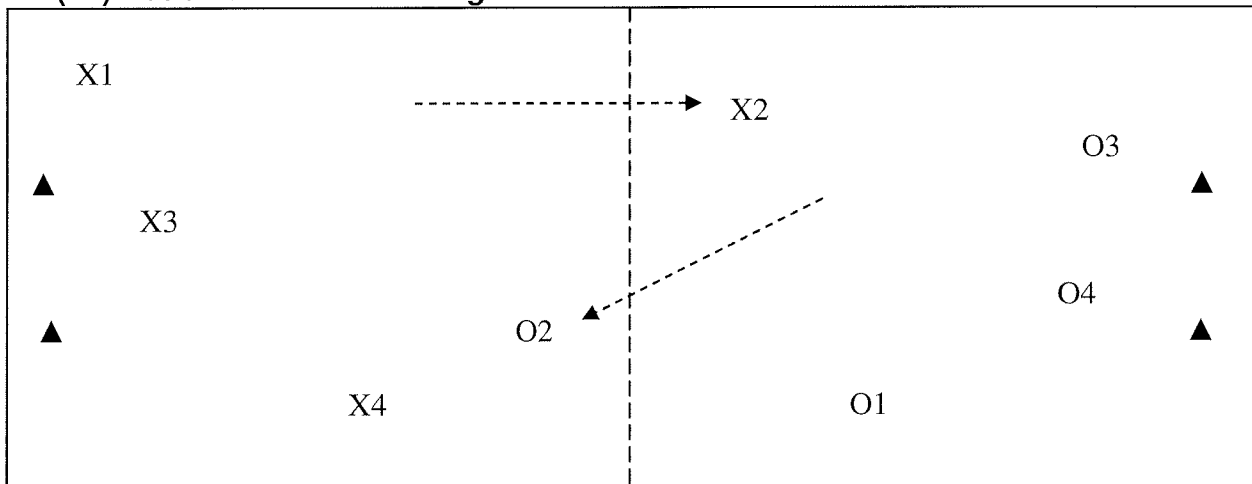
Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6/U8 clinic.

<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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- Create groups of 3, 4 or more
 - Each group has one leader; and the others follow in line, one behind the other
 - Change – when the coach calls out ‘change’, every player stops their ball and takes the ball of the player in front; the leader takes the ball at the back; and the leader changes.
 - Stop and Dribble – every player stops their ball; the player at the end of the line dribbles through everyone in the line and becomes the leader

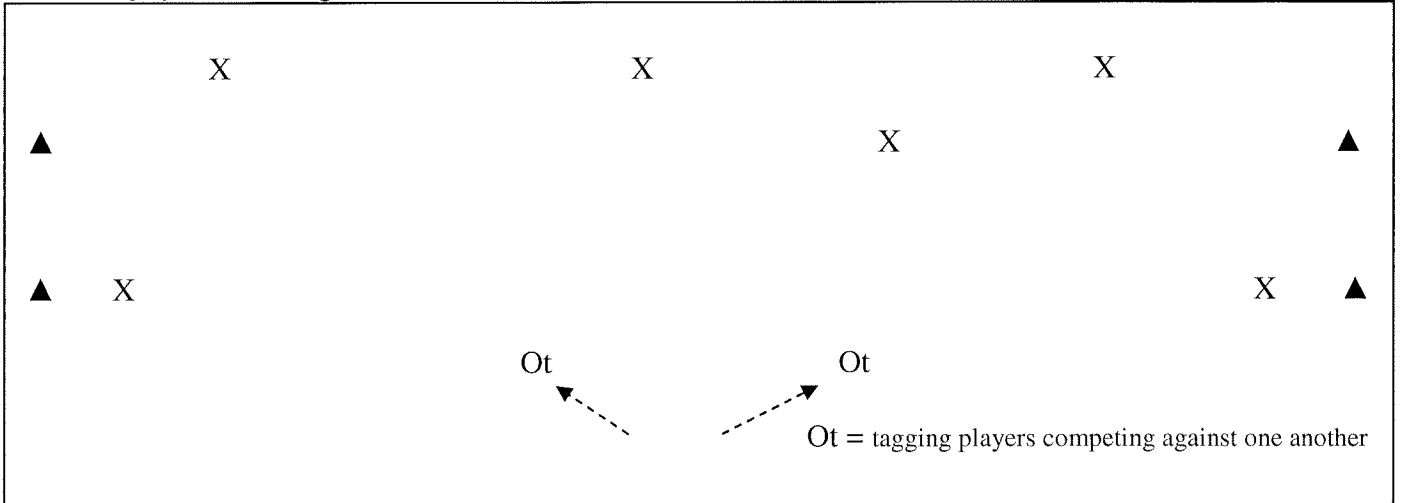
(vii) Touch and Go Dribbling



- This game is played in the whole mini-soccer field
- Divide the players into two teams
- Each team is positioned in their own half of the field
- Players on both teams are numbered from 1 to n – (try to match players with equal abilities)
- At call of a number (or numbers), that player from each team goes to the other half of the field and attempts to tag the remaining players of the other team
- First player to tag all players, or the player to tag most players in 30 seconds wins a goal for his team (it is important to make this a competition especially for the U8s)
- **Progression**
 - i. No balls involved – tag a player simply by touching them
 - ii. One ball involved – the tagging player has to carry a ball between the palms of his hands, and tag by touching players with the ball
 - iii. Every player has a ball – all players must dribble a ball under control at all times; tagging is accomplished by touching a player with a hand

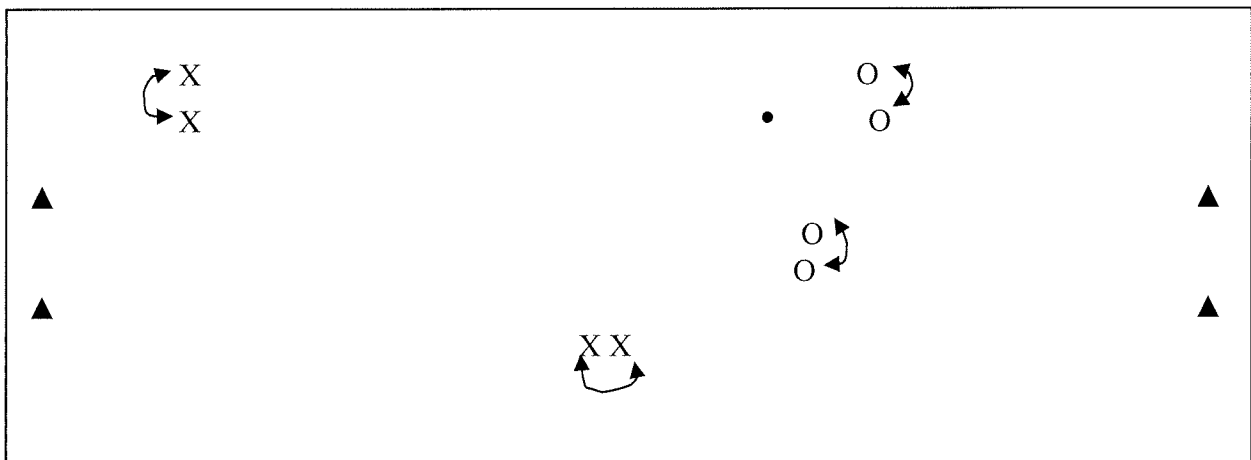
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(ix) Chain Tag Soccer



- 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

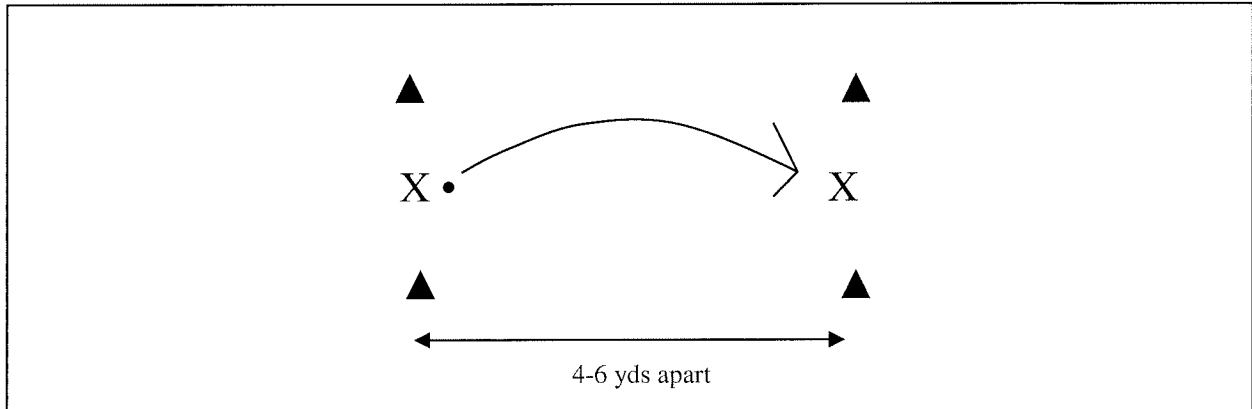


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(iii) SOCCER SKILL DRILLS

(i) Sweeper-Keeper Drills

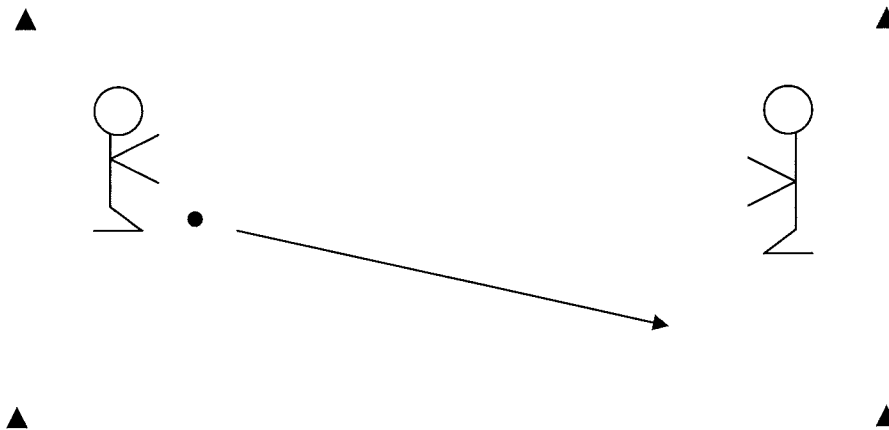
(i) Goalie I



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

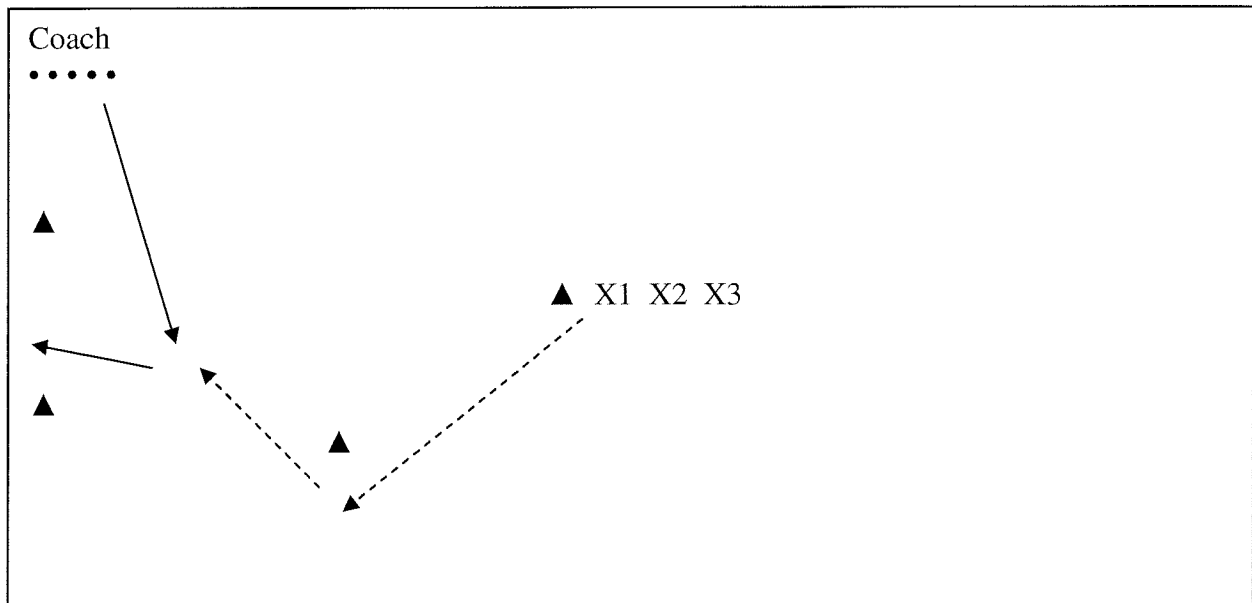


Coaching Points

- 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

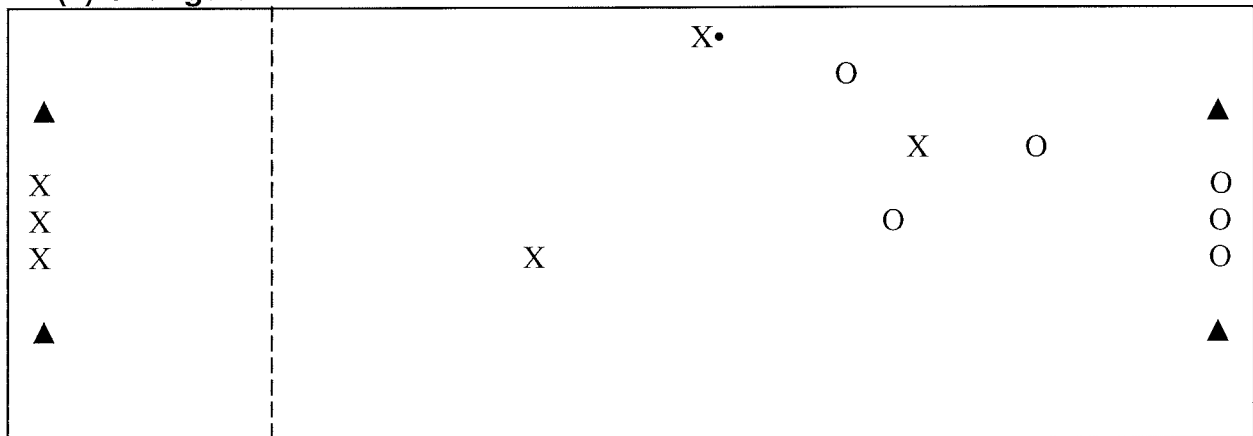


Tony Waiters 'Coaching 6-8 year olds' – p.19

- 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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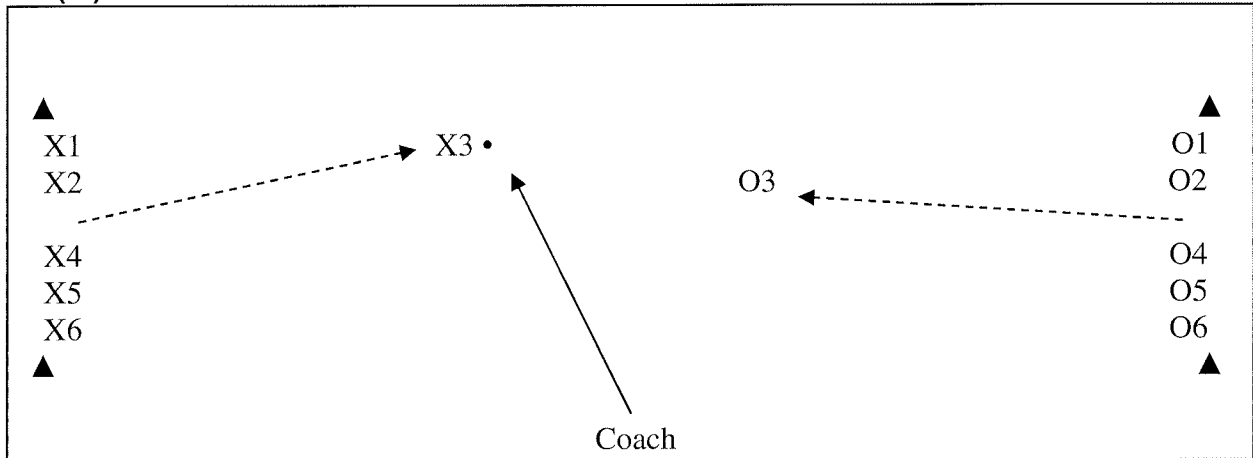
(ii) Change Soccer



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

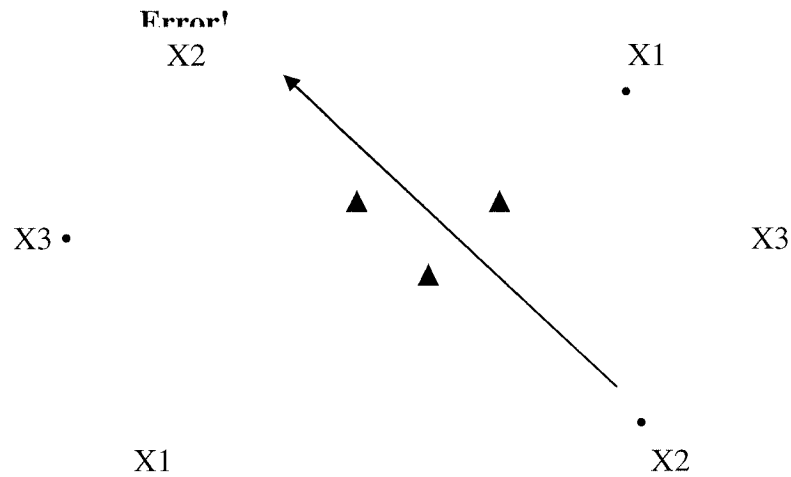


Tony Waiters 'Coaching 6-8 year olds' – p.25

- 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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(vii) Circle Passing



Tony Waiters 'Coaching 6-8 year olds' – p.48

- The players make a circle, radius 5-10yds
- Set up about 3 or 4 marker cones in the middle of the circle, OR even better, have four parents stand (on one leg)
- Players are in pairs, and are on opposite sides of the circle and outside the circle
- One ball per pair
- Players pass the ball with the inside of the foot and attempt to knock down the cones or hit the parents' legs in order to score a goal
- **Competition** – winners are the first pair to score 5 goals
- **Variation**
 - Form two circles of 6 players each (i.e. 3 pairs)
 - First circle to knock down all cones 5 times wins
- **Parents** – keep count of the number of goals for each team