

# U8 LESSON PLAN

## 1 “Principles of Youth Coaching”

The game of soccer provides them with the opportunity to think creatively and solve problems while moving and combining with other players.

1. Training activities must be inclusive and developmentally appropriate.
2. Information must be clear, concise and correct.
3. Activities must be presented from simple to complex.
4. Players must train in a safe and appropriate environment.
5. There must be decision making for players in all activities.
6. All activities must have implications for the game.
7. It must be a FUN environment.

U8 players go all-out (100 miles an hour) for a little while and then collapse from exhaustion. After a short rest, they’re ready to go again. Their play consists of imagination and pretend activities. They are “egocentric”...they see the world only from their perspective, although they are making the transition to cooperation at this age. Predominately the U8 player can only attend to one task at a time. They are just beginning to sequence two actions together – receive and then dribble for example.

As you consider these training activities, keep in mind that you can adjust the activities, the size of the playing areas, the rules and the numbers to make them developmentally appropriate in order to benefit the players.

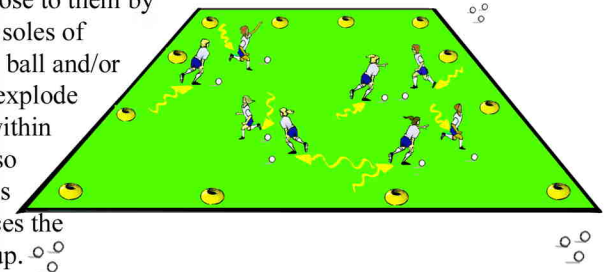


## 2 Stop and Go

In a 15 yd x 20 yd grid, each player has a ball.

Players dribble freely in various directions. On the coach’s command (whistle, “NOW”, etc.), the players “stop and go” quickly, continuing to dribble the ball. When the coach says “change”, the players change direction while dribbling.

Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.

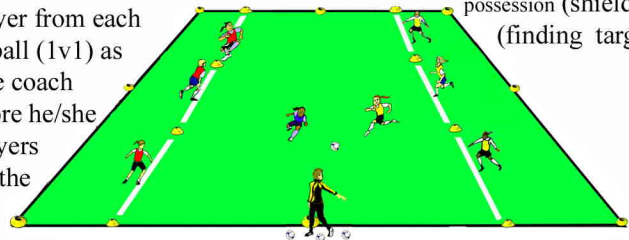


## 3 Combat

Open area (no boundaries). Players divided into 2 teams. Each team lines up single file on opposite sides of the coach facing the open area. There should be no more than 5 players in a line. If there are more than 10 players on the team, simply have another coach or parent work with half of the players. 1-2 balls.

If the coach says, “ONE” before he/she kicks the ball, one player from each team chases after the ball (1v1) as explained above. If the coach calls out, “TWO” before he/she kicks the ball, two players from each team chase the ball and play 2v2.

Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.

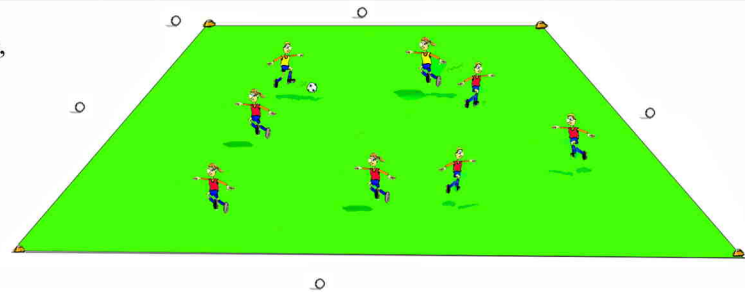


## 4 The Glob

All players are in a 20 yd x 25 yd grid. 2 players (the Globbs) start with a ball at their feet. All of the other players do not have soccer balls. Many soccer balls are placed outside around the grid.

Allow a maximum of 3-4 balls in the game. Now the Globbs will have to pass to each other sometimes (teamwork/cooperation) in order to hit a player without a soccer ball.

Agility, balance, vision, dribbling, passing.



## 5 Cool Down Activity...Juggling

Open area. Each player has a soccer ball.

Coach can call out “thigh, foot, catch” or “foot, foot, catch”. For more advanced players, try “thigh, thigh, foot, catch” or “thigh, thigh, foot, foot, catch”. It’s a challenge, every player can participate at his or her own level and it’s great fun!

Eye on ball; preparing surface (thigh) horizontally; hand-eye coordination.

