

***8U Pella Soccer Club***  
***Curriculum & Practice Plan***



## **8U Age Group Characteristics**

*Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games. Players must spend the maximum time possible in contact with the ball and experiment by themselves. Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control. Goalkeepers are not used at this age level.*

### **Technical Focus Points for this Age Group**

*Dribbling*

*Turning*

*Ball Control*

*Passing and Receiving*

*1v1 Attacking*

*Shooting*

### **Tactical Focus Points for this Age Group**

*Understand Basic Field Positioning when Attacking and Defending*

### **Physical Focus Point for this Age Group**

*Basic Motor Skills*

*Agility*

*Coordination and Balance*

*Reaction*

*Acceleration*

### **Psychosocial Focus Points for this Age Group**

*Motivation*

*Self-Confidence*

*Cooperation*

*Respect and Discipline*

## **Breakdown of Skill Area and Other Things to Consider**

### **Training Habits:**

*Focuses on improvement rather than outcome of scrimmages*

*Has respect for teammates and coaching staff*

*Gives best effort in an attempt to improve*

*Develops understanding of basic principles of play*

*Understands concepts/roles of certain positions*

*Demonstrates drill/skill and move on since attention level is short*

*Listens to coach and ready to train at assigned time*

*Has proper equipment*

*Keep it simple!*

### **Ball Skills:**

*Use of different turns*

*Ball-shielding*

*Keeps possession*

*Encourage play with both feet at an early age*

### **Dribbling/Attacking:**

*Uses different surfaces of foot when dribbling (inside, outside)*

*Develops change of pace and direction with the ball*

*Attempts to develop basic attacking moves/principles*

*Keeps ball close to body between touches*

***Passing/Receiving:***

*Uses the inside of the foot when passing*

*Attempts to pass with proper pace, accuracy and timing*

*Moves toward ball when receiving*

*Attempts to receive and trap the ball correctly*

***Heading:***

*Should **NOT** be practiced at this age level.*

***Shooting:***

*Uses laces to shoot or firm instep shot when close to goal*

*Able to strike a moving ball*

*Can shoot while running with the ball, focusing on technique*

*Hits the target area with relative consistency*

*Non-kicking foot is correctly placed in relation to the ball*

***Defending:***

*Pressures the ball after loss of possession*

*Uses proper defensive stance*

*Has the ability to attack the ball*

*Understands the team shape (diamond)*



# **Pella Soccer Club 8U Season Plan**



***Trainings Per Week - 2 (60 - 75 Minutes)***

## ***Training Session Structure***

- Warm-up (10)*
- Technique (10-15)*
- Small Sided Activity (20-30)*
- Scrimmage 4v4 or 5v5 (15)*
- Debrief (5)*

## ***Objectives for this Age Group***

- Physical: Develop speed, coordination and basic motor skills with and without the ball*
- Technical: Individual and collective basic soccer techniques*
- Psychosocial: Interact with teammates during the training session*
- Scrimmage: Balance in spacing to the ball and teammates during the game*

## ***By the End of the Season a player should be capable of:***

- 1. Stopping and running with the ball at speed*
- 2. Moving forward when attacking and retreating when defending*
- 3. Basic quick movements with and without the ball*

## **Reference List**

***This Curriculum was adapted from the following resources.***

- 1- US Soccer Age Group Organization and Curriculum Resources*
- 2-Mike Kobylinski -Central College Women's Head Coach*
- 3-Garry Laidlaw-Central College Men's Head Coach*
- 4-Russ Goodman-Central College Goalkeeping Coach*
- 5-Scott Treft-Pella Soccer Club Technical Director*