

## U8 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U8	Micro	USA
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Juggling U8: (see pg. 23; doc 310 96) Feet 3 Times, Thighs 3 Times, Head 3 Times, Punt High Catch, 2 Thighs – 2 Feet, Foot Thigh Foot, Bounce Kick 5 Times, 10 Feet Catches, 10 Head Catches, 10 Thigh Catches. This should be performed in an open space. Each player has a ball. <i>Time: 15 min.</i>		Laces/Foot, toe out ankle locked. Thigh, make platform with thigh. Head, head ball below hairline (hardest part of the head). Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Footwork 9, 10, 11, 12: (see pg. 21; doc 310 95) Top Touches 4, Rolling, 360 Inside, 360 Outside. These moves should be performed in a 30x15 yard grid. Each player has a ball. <i>Time: 15 min.</i>		Top Touches 4, same as top touches but first use the left only for a while then the right for a while. Rolling, rolling the ball sideways in a sweeping motion using first the bottom of the right then the left foot. 360 Inside, dribble the ball in a full circle using the inside of your right foot then your left foot. 360 Outside, same as 360 inside but use the outside of the foot.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Sharks and Minnows: The team lines up between the cones each player with a ball. One player is the shark positioned in the middle. The shark attempts to kick the ball out of the area. A player having his/her ball kicked away joins the shark in the middle. Each player has a ball; the size of the grid should be 15x30 yards. <i>Time: 10 min.</i>		Keep the ball under control (touch ball every step). Use all surfaces of the feet. Keep head up. Find space. Change direction and speed. Laugh and have fun with the players.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v3 Line Soccer: Players play 3v3, set up two fields to accommodate entire team; to score a player must set ball on the line for a point. Grid is 25x35 yards. <i>Time: 35 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Become a fan of the players (good job, well done, etc.).		

**Exercise #1**

**Exercise #2**

**Exercise #3**

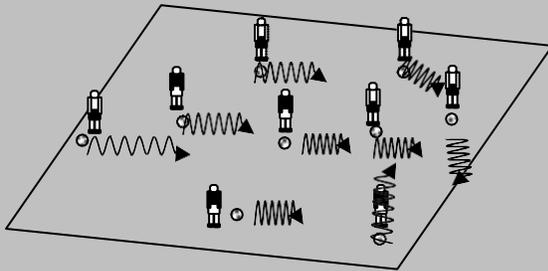
**Exercise #4**

Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

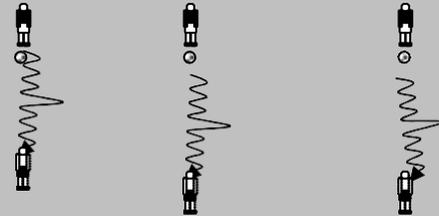
## U8 DRIBBLING SESSION (MOVES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Moves	U8	Micro	U8B
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Footwork 9, 10, 11, 12: (see pg. 21; doc 310 95) Top Touches 4, Rolling, 360 Inside, 360 Outside. These moves should be performed in a 30x15 yard grid. Each player has a ball. <i>Time: 10 min.</i>		Top Touches 4, same as top touches but first use the left only for a while then the right for a while. Rolling, rolling the ball sideways in a sweeping motion using first the bottom of the right then the left foot. 360 Inside, dribble the ball in a full circle using the inside of your right foot then your left foot. 360 Outside, same as 360 inside only use your outsides. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Move on Man: Use moves from above. Pair up with a ball. Have player go at defender and try to get behind defender with moves. Use an open space for this exercise. <i>Time: 10 min.</i>		Be aware of timing as you dribble at opponent. Use a move. Change Direction. Change Speed. Be positive.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Moving Goal: Two teams playing in one half of a full field. Two players/coaches carry bar between them and act as a goal. The "goals" move around the field. Both teams score through the moving goals. The field is 30x40 yards. Play with one ball. <i>Time: 15 min.</i>		Encourage players to dribble at players. Use moves. Same coaching points as above. Laugh and have fun with the players.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v3 Line Soccer: To score a player must set the ball on the line. Play with one ball. Field(s) size is 25x35 yards. <i>Time: 35 min.</i>		Encourage players to dribble at and beat players and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).		

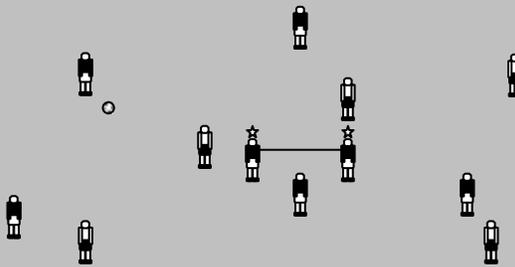
**Exercise #1**



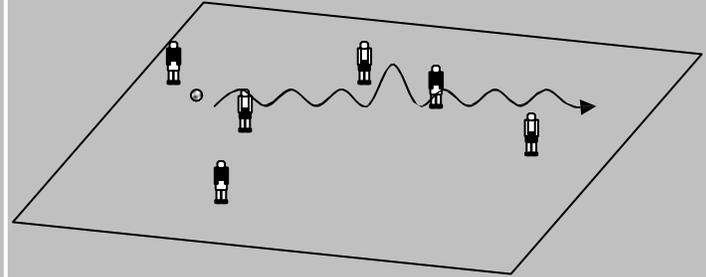
**Exercise #2**



**Exercise #3**



**Exercise #4**



Light



Dribbling



Priority number



Dark



Dribbling with feint



Nike ball



Player making decision



Ball movement



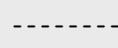
Cone



Goalkeeper



Run



Flag



Grid

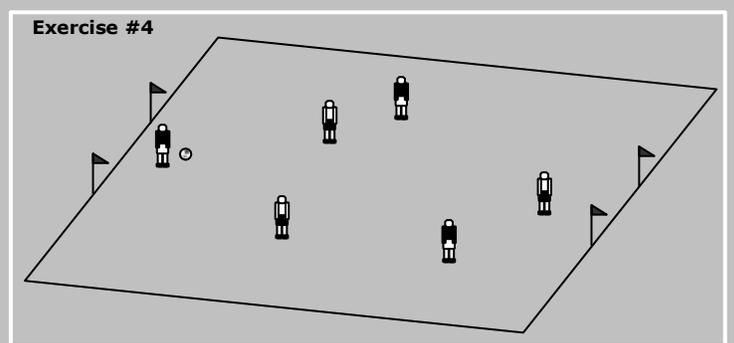
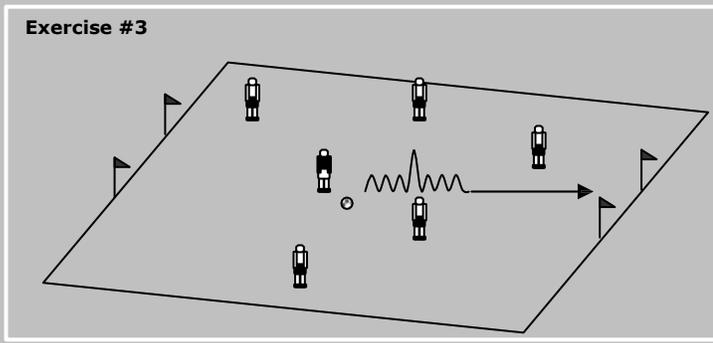
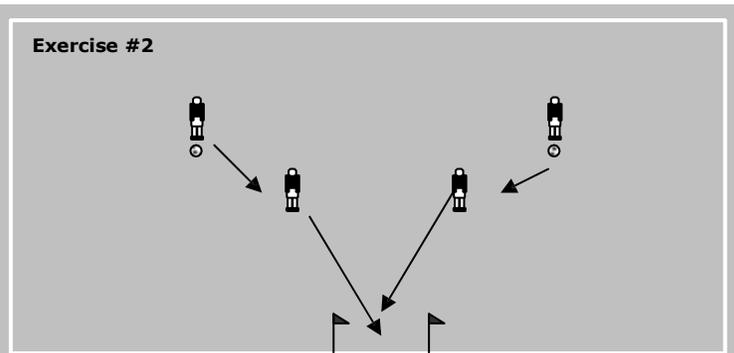
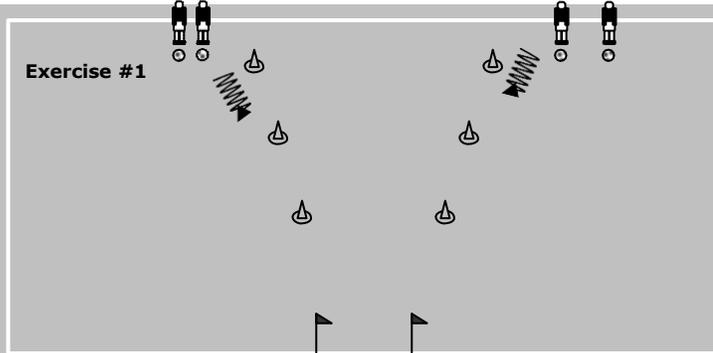


Cross



## U8 FINISHING SESSION (SHOOTING)

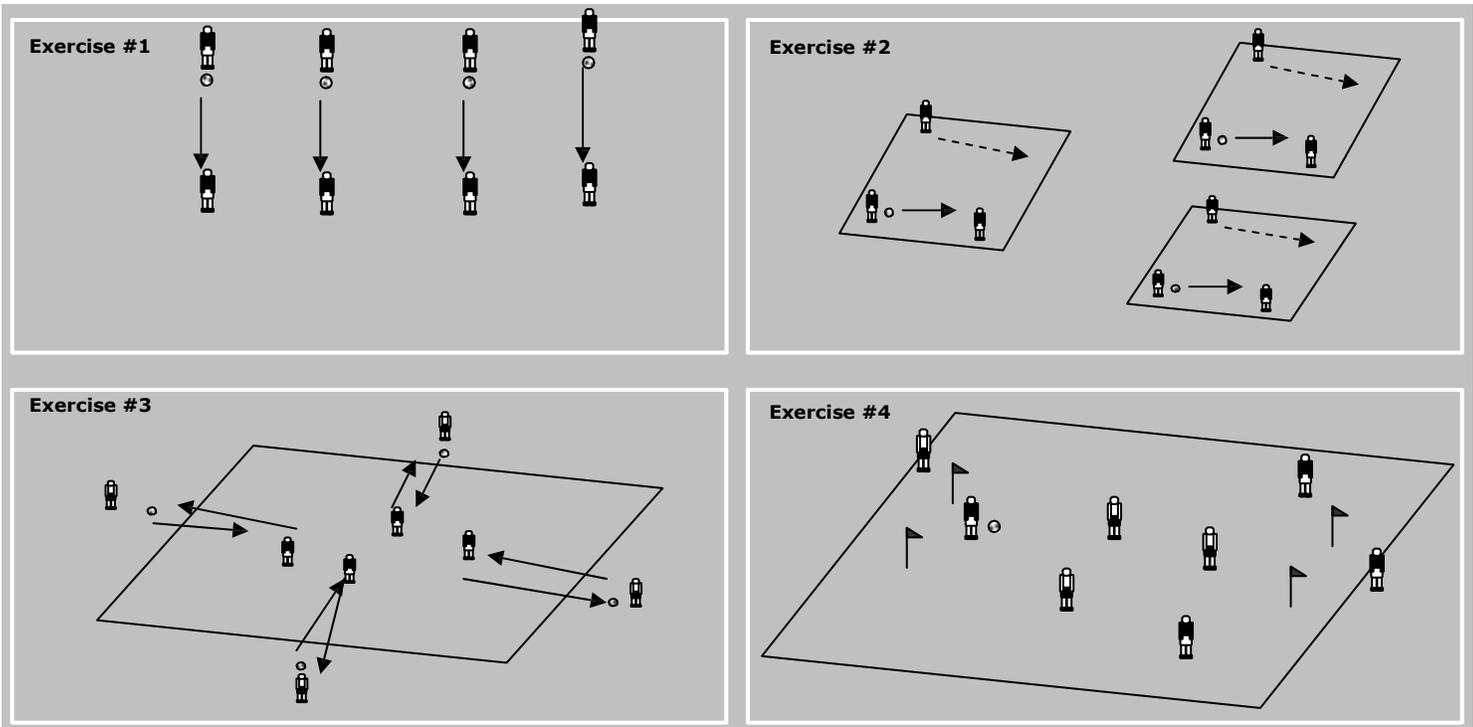
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Shooting	U8	Micro	U8C
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Cones and Shoot:</b> Dribble through cones without touching a cone, touch ball every step, once by last cone shoot ball on goal. Once players shoot, next player in line goes. If there are too many players standing in line set up exercise going to a second goal, this will maximize repetition. Repeat process. <i>Time: 15 min.</i></p>		<p>Dribbling technique. Shooting, use laces, toe down, and ankle locked. Plant foot pointed at goal. Strike center of ball. Follow through; land on shooting foot or plant foot, entire body should be off the ground. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Turning Finishing:</b> Ball is passed into player who turns with one touch and shoots. Player who passes ball becomes shooter. Repeat process. <i>Time: 10 min.</i></p>		<p>Turn with ball in motion side on, with the inside or outside of the foot. Shooting technique (same coaching points as above). Be positive.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>World Cup:</b> Use two goals with 1 ball (1 v all), coach serves ball onto field, all players play against each other and try to score on either goal. After a player scores they come out and wait to progress to the next round, the last player left is out, play until there is one winner. <i>Time: 15 min.</i></p>		<p>Dribbling to beat players. Same coaching points as above. Laugh and have fun with the players.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>3v3:</b> Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25x35 yard grid; use one ball per field. <i>Time: 35 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 PASSING SESSION (TECHNIQUE)

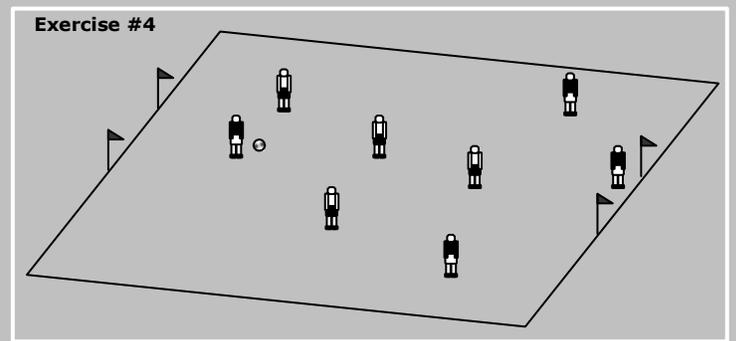
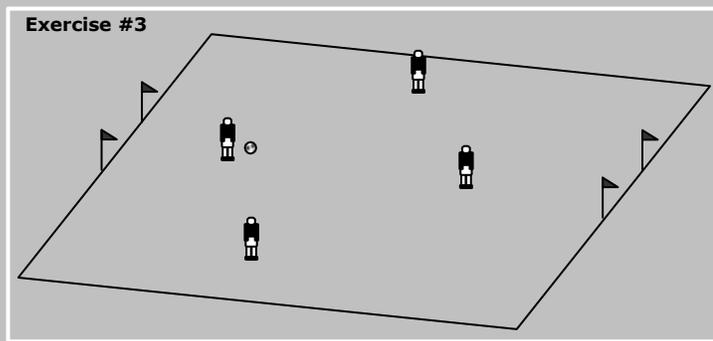
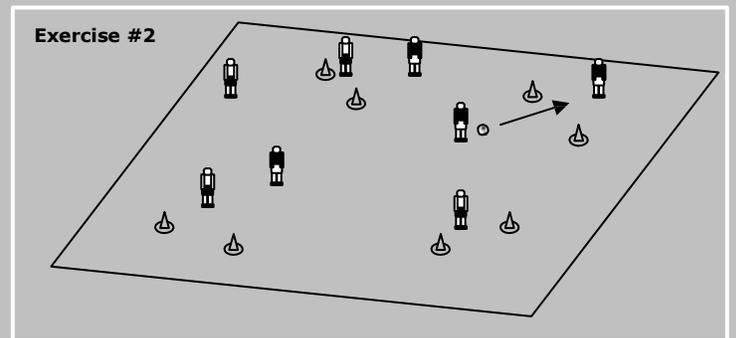
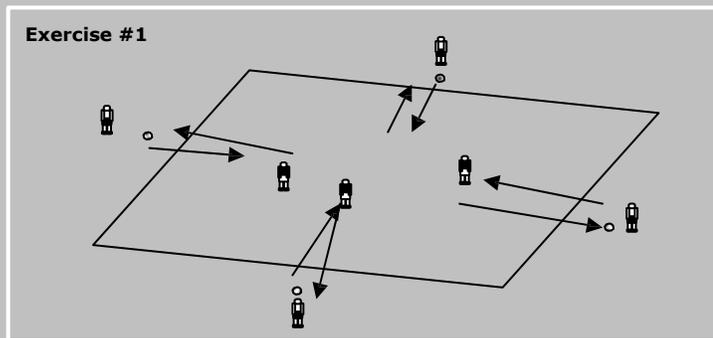
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Technique	U8	Micro	U8D
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Ball Gymnastics & In 2's: (see pg. 20 doc 310 94) Have players complete Ball Gymnastics first then go into passing exercise. Passing; players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches, 2 touches. <i>Time: 10 min.</i>		Pass with the inside of the foot, toe above heel, and ankle locked. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v0 Box Passing: Use a 10 x 10 grid. Split into groups of three with a ball in a grid (set up enough grids for the group). Player with ball should pass to their left or right, free player must move to the proper corner to provide the player on the ball two passing options. <i>Time: 15 min.</i>		Same coaching points as above. Pass and move. Be positive.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
4v4 Windows: Four players are inside the grid checking to four players outside the grid who pass a ball to the inside player. The inside player controls the ball and passes it back to the outside player. After one minute players switch roles. After success with inside of the feet, have players use the outside of their feet. Grid Size is 20 x 30 yards. <i>Time: 15 min.</i>		Same coaching points as above. Encourage players to concentrate and work on their passing technique. Move without the ball. Laugh and have fun with the players.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
Hockey Style: Players are allowed behind the goal but they must score from the front. Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30 x 40 yard grid; use one ball per field. <i>Time: 35 min.</i>		Encourage players to pass and play the game. Same coaching points as above. Be a fan of the players (good job, well done, ect.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 RECEIVING SESSION (1<sup>ST</sup> TOUCH)

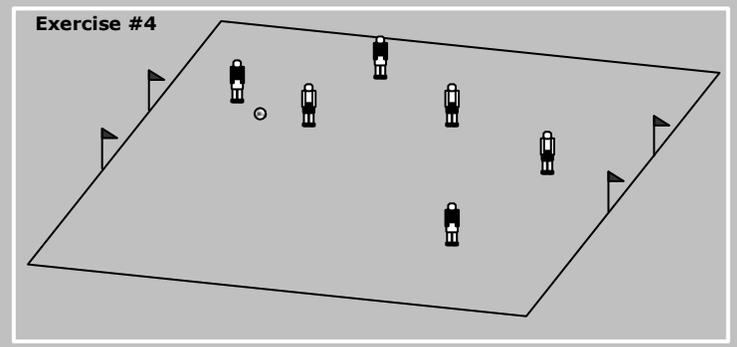
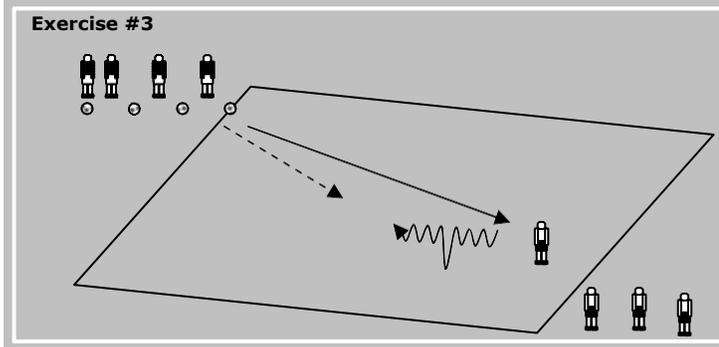
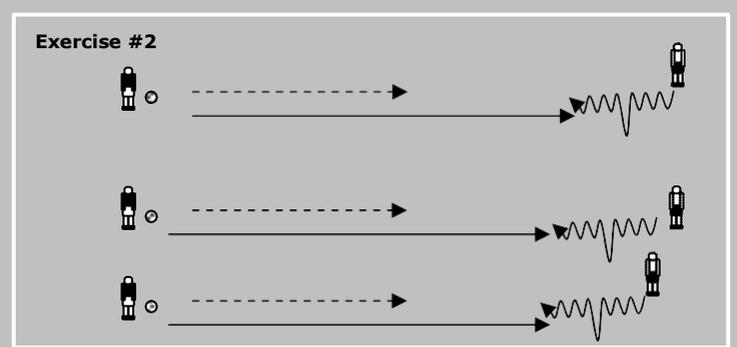
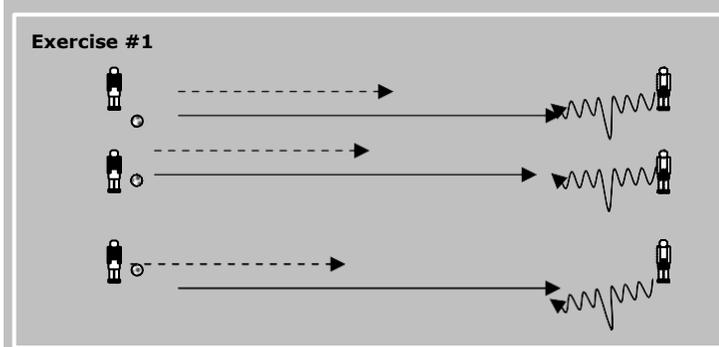
CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	1 <sup>st</sup> Touch	U8	Micro	U8E
<b>Exercise #1</b>	<b>Organization</b> 4v4 Windows: Four players are inside the grid checking to four players outside the grid who pass a ball to the inside player. The inside player controls the ball and passes it back to the outside player. After one minute players switch roles. After success with inside of the feet, have players use the outside of their feet. Grid Size is 20x30 yards. Time: 10 min.	<b>Coaching Points</b> Receive with the inside of the foot, toe above heel, and ankle locked. Make contact on center of ball. Cushion/Give with the ball. Make your 1 <sup>st</sup> touch in a different direction. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b> Multiple Goals: A team scores a point by passing through a window/gate to another teammate. A team cannot score a point in the same window/gate consecutively in the same possession. Time: 15 min.	<b>Coaching Points</b> Same coaching points as above. Pass and move. 1 <sup>st</sup> touch away from pressure. Encourage players to move the ball with a pass. Play and move within the 4v4 game. Be positive.		
<b>Exercise #3</b>	<b>Organization</b> 4v0: Players play to goal with no pressure, players must pass 3 times before they score. After players have success, have two groups playing at the same time in opposite directions. Time: 15 min.	<b>Coaching Points</b> Same coaching points as above. Encourage players to receive the ball going forward to goal. Laugh and have fun with the players.		
<b>Exercise #4</b>	<b>Organization</b> 4v4: Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30x40 yard grid; use one ball per field. Time: 35 min.	<b>Coaching Points</b> Encourage players to receive away from pressure and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 CHALLENGING SESSION (INTRO TO TACKLING)

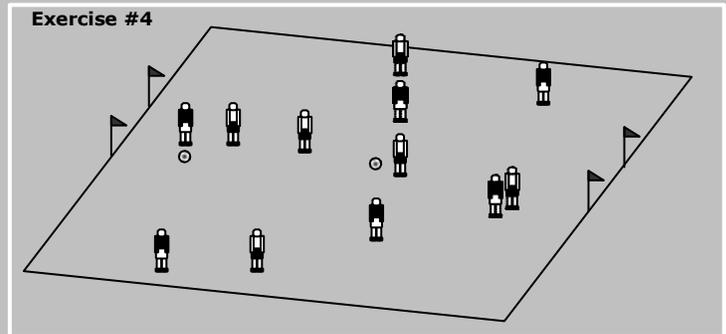
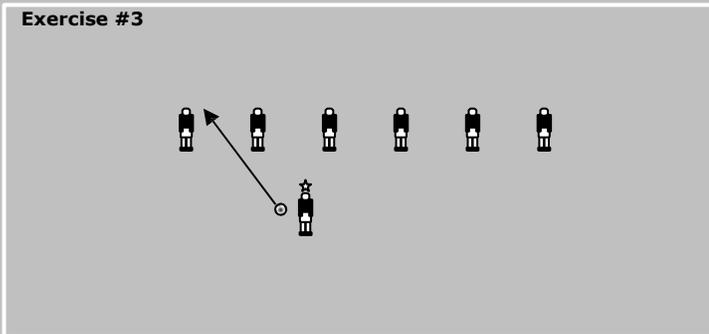
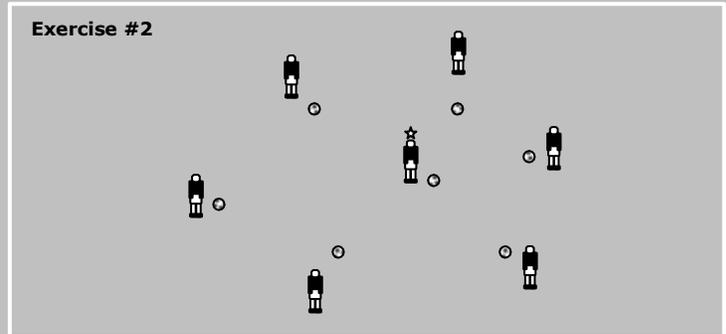
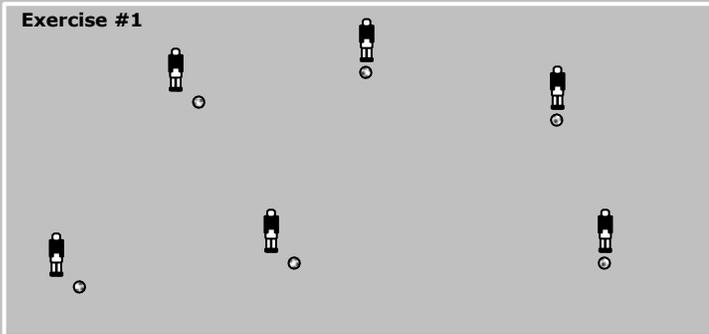
CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Intro to Tackling	U8	Micro	U8F
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Standing Block Tackle: Defender passes ball to attacker. Attacker dribbles at defender and tries to beat defender. Defender tries to win the ball with a standing block tackle. <i>Time: 15 min.</i>		Approach attacker under control. Try to win the ball from the attacker when the ball is away from their foot. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Block Shielding: Defender passes ball to attacker. Attacker dribbles at defender and tries to beat defender. Defender tries to win the ball by stepping between attacker and ball on attacker's longer touch. <i>Time: 15 min.</i>		Close attacker. Push one way. On attacker's longer touch step in. Get body between attacker and ball. Win ball and play. Be positive.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Lane Game: Defender passes ball to attacker. Attacker dribbles at defender and tries to beat defender. Defender tries to win ball by stepping between attacker and ball on attacker's longer touch. Players earn points by tackling and winning ball. Grid size is 12x24 yards. <i>Time: 10 min.</i>		Same Coaching points as above. Laugh and have fun with the players.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25x35 yard grid; use one ball per field. <i>Time: 35 min.</i>		Encourage players to tackle and play the game. Same coaching points as above. Become a fan of the players (good job, well done).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 HEADING SESSION (HEADING)

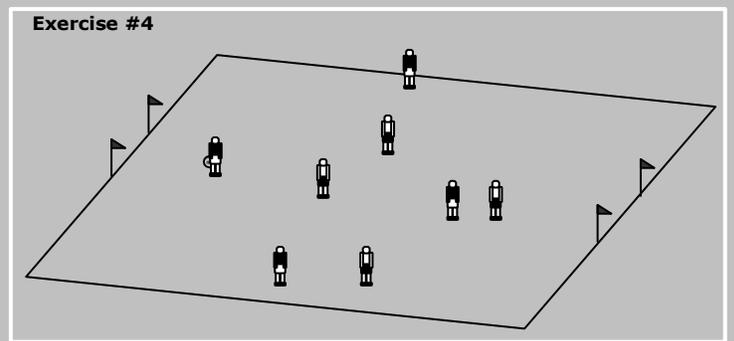
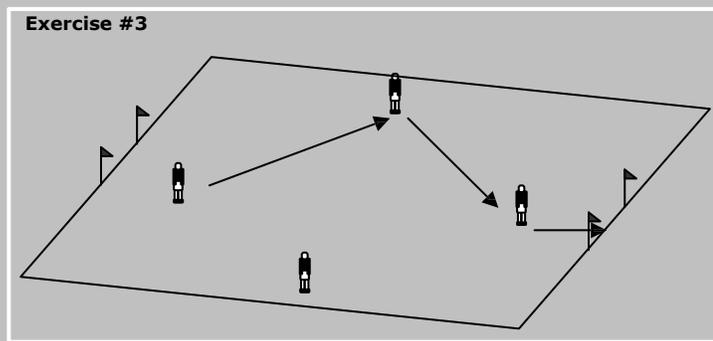
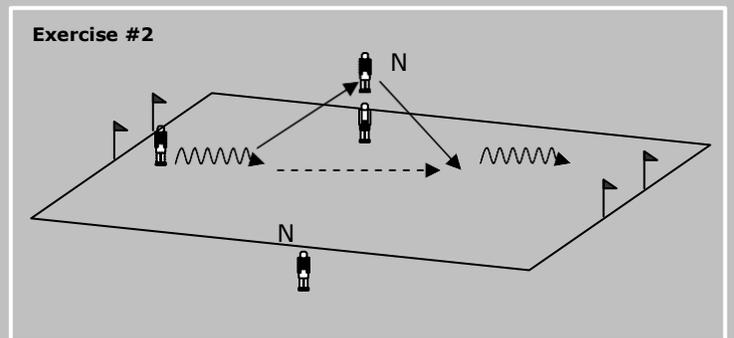
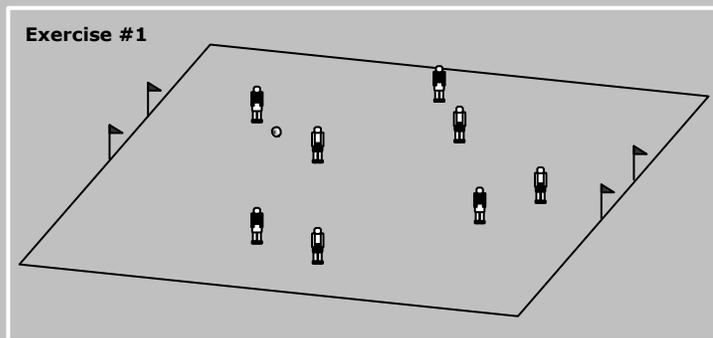
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Heading	U8	Micro	U8G
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Heading:</b> Perform exercise in an open space with a regular soccer ball.  <i>Time: 15 min.</i></p>		<p>Head off the shelf (out of your hands). Throw ball to self. Head below hairline (hardest part of head). Keep neck stiff. Keep eyes on the ball. Use waist to generate power. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Juggling Circle:</b> Coach (Juggling Master) has players follow them. Foot catch, thigh catch, head catch etc. with a regular soccer ball. If ball hits ground player must do an exercise to get back in the juggling circle. Perform exercise in an open space. <i>Time: 15 min.</i></p>		<p>Same coaching points as above. Laugh and have fun with players.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Head Catch Game:</b> If coach says head it players catch the ball. If coach says catch it players head the ball. Perform exercise in an open space. <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Laugh and have fun with players.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>6v6 2 Balls:</b> Play a 6v6 game. Field size 40x50 yards; use two balls on one field at the same time. <i>Time: 35 min.</i></p>		<p>Encourage players to head the ball and play the game. Be positive. Become a fan of the players (good job, well done, etc.).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 ATTACKING SESSION (COMBINATIONS)

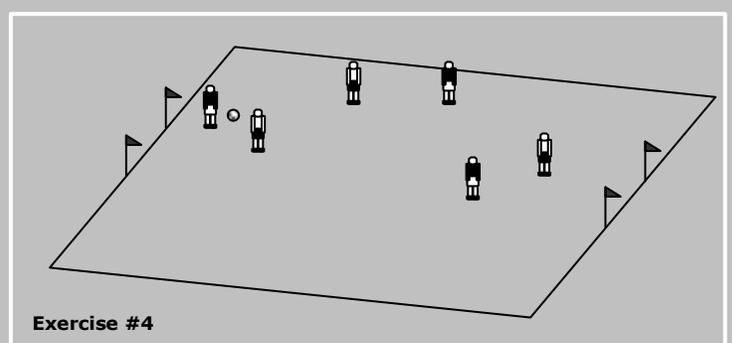
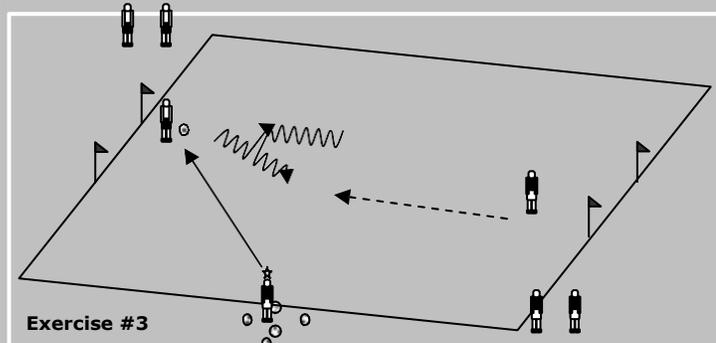
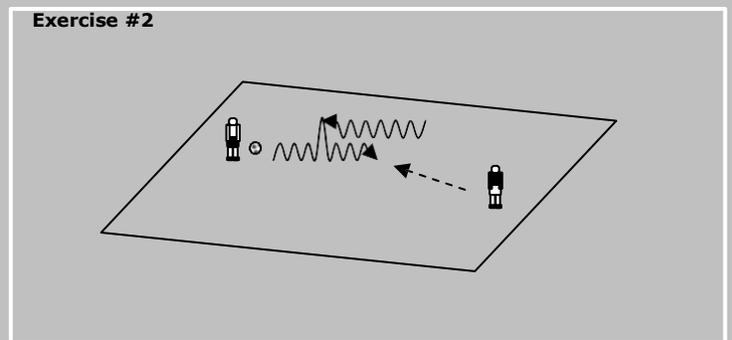
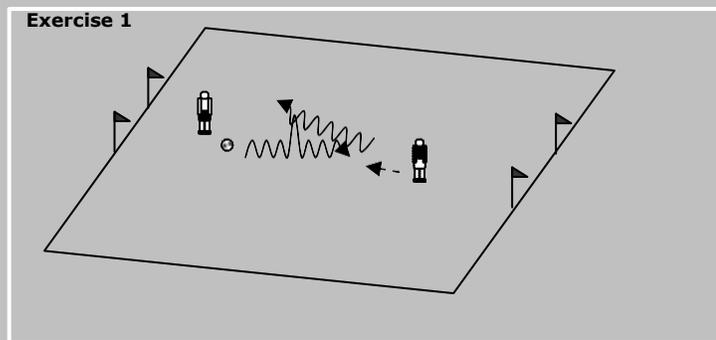
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Combinations	U8	Micro	U8H
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
4v4 Walk Soccer: The team with the ball is full speed the other team must walk. Team with ball tries to score. Once walking team wins ball they can play full speed and now the other team must walk. <i>Time: 15 min.</i>		Encourage team with the ball to use teammates and combine. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 + 2: Two players play 1v1 to goal while the other two play on the player's team who has the ball providing options for wall passes in lanes on the outside of the field. Field size is 20x30 yards. <i>Time: 15 min.</i>		Dribble to beat opponent. Support. Pass with the outside or inside of proper foot. Return pass with the inside of the proper foot. Receive ball on other side at pace. Score goals. Be positive.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
4v0 Patterns: Set cones on the field in a pattern to finish with a shot, have players form lines on those cones. The cone farthest from the goal will have the balls. Players can score once they complete the pattern. Get all players going to goal after they have passed the ball, this will help them form good habits. <i>Time: 10 min.</i>		Working on passing. Work on positioning. Work on scoring.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
4v4 Game: Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30x40 yard grid; use one ball per field. <i>Time: 35 min.</i>		Encourage players to use teammates and play the game. Same coaching points as above. Laugh and have fun with the players. Become a fan of the players (good job, well done, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U8 DEFENDING SESSION (1v1 DEFENDING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	1v1 Defending	U8	Micro	U8I
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Common Goal: Players play 1v1 with 1 ball to two goals on a field size of 12 x 24 yards with two yard goals. Players play one minute games and then rotate with players that are resting. <i>Time: 15 min.</i>		Approach attacker under control, stop at a body's length away. Patience. Tackle on mistake or long touch. Win ball and attack. Stay 4:1 on the positive to instructional comments through out the session. Laugh and have fun with players.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Line Soccer: Players play 1v1 with 1 ball in a grid. Players must set ball on line for a point. Players can play for a minute continuously or rotate through a two or three person line. <i>Time: 15 min.</i>		Same coaching points as above.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Numbers Game: Coach calls out a number those two players with that number come out and play 1v1 to goals. <i>Time: 10 min.</i>		Same coaching points as above.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v3: Field(s) size is 25x35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 35 min.</i>		Encourage players to defend and play the game. Same coaching points as above. Be positive; become a fan (good job, well done, keep it up, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



## ***PROGRESSION***