

2014 MHYSA Seasonal Coaching Goals

U-8 Teams

Skills;

- 1) Dribbling, shooting, passing and receiving.**
- 2) Running, turning and stopping with the ball**
- 3) Move forward in attack and back in defense.**
- 4) Develop quick movement, with and without the ball.**
- 5) Introduce, 1v1 with at least 2 feints.**

Method;

- 1) Small sided games.**
- 2) Combination drills.**
- 3) 1v1, 2v1 etc. challenge drills**
- 4) Scrimmages to make sure that they learned what you taught.**
- 5) Create 80% training success rate**

Objectives;

- 1) Improve, technical ability and confidence with the ball.**
- 2) Develop positive communication and interaction with teammates.**
- 3) Help them understand formation.**
- 3) Develop speed with and without the ball.**

Organization;

- 1) Preparation – plan your session ahead, arrive early layout your training elements (cones, sticks, pinnies, etc.) to insure that you have smooth transition from one stage (drill) to another.**
- 2) Sessions – 2 training sessions per week @ 1hr. to 75 min.**

Warm up	-15 - 20 min.
Training	- 35 – 45 min.
Scrimmage	- 15 – 20 min.