

TRAINING PLAN U-8 CONTROL

CREATED BY
Region 688

TECHNICAL WARM-UP

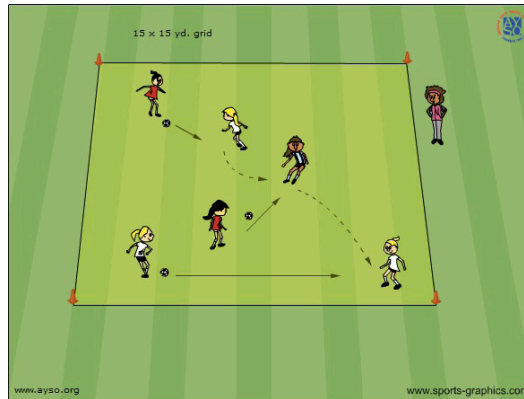


To see this activity in action visit <http://bit.ly/Wcde8l>

ORGANIZATION/RULES

- 15x15 playing area. Players into pairs with one ball for each pair.
- Players should be no more than 10 yards away from another group.
- Each pair must pass back and forth to each other within the grid.
- When the coach shouts "change" the players not on the ball switch to another player to begin passing with.

Player leads stretching (v. light at this age, more habit forming and introduce proper form).



COACHING POINTS

- Quality first touch efficiency: use of inside & outside of the foot.
- Move into line with the ball in time to receive it - soft control out of your body.
- Read speed and movement of ball, be willing to move forward/back to receive it.
- Take first touch into space or towards the player you will be passing to.
- Look to open your body to be able to see the play and make an easier pass.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY I

Individual & Pair Work

Competition & Teamwork

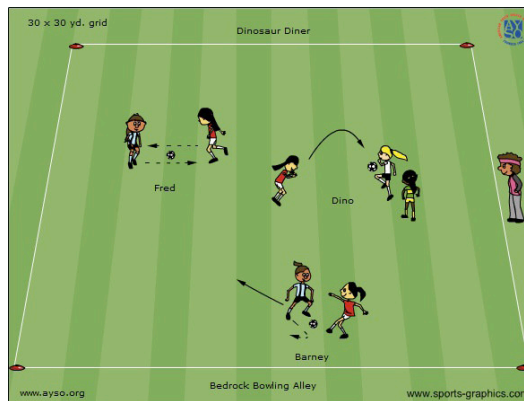
2v2 & 3v3



To see this activity in action visit <http://bit.ly/WcdiVI>

ORGANIZATION/RULES

- 30x30 grid w/ labeled sidelines (cartoon theme throughout activity, i.e., Flintstones). Pairs pass ball using all area. On coach command players perform move:
- *Barney*: Players pass ball thru partners' legs who spins & collects ball w/ drag back or Cruyff turn.
- *Fred*: Players run towards each other and perform take-over (watch timing).
- *Wilma*: player chips ball softly over crouching partner, leaps them & collects ball w/ drag back turn.
- *Bam-Bam*: Pairs do 10 1-touch passes.
- *Dino*: Player serves ball in air for partner to control and pass ball back.
- Add a location/story/action: Barney & Fred went bowling: Players must do a Barney and Fred & dribble their ball to the Bowling Alley.



COACHING POINTS

- Quality passing and receiving.
- Quality touch and technique.
- Quality turns.
- Aerial control: Align w/ flight of ball. Bring surface up to meet ball. At moment of impact, withdraw surface to cushion first touch (like catching an egg). Be on toes to react to falling ball.

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ACTIVITY II

Opposition (attack & defense)

Directional Play (w/goals or targets)

Expanded Num. (3v3 to 6v6)

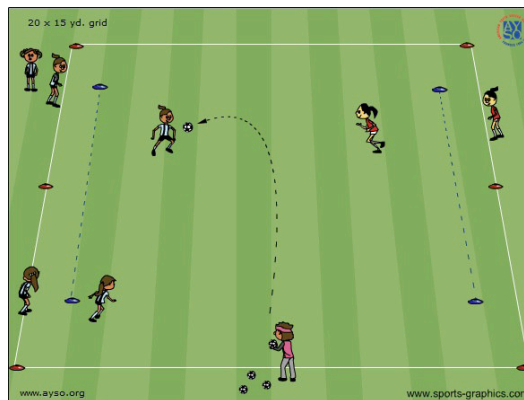
Most Game Aspects



To see this activity in action visit <http://bit.ly/W5shUs>

ORGANIZATION/RULES

- 15x20 grid. Coach has soccer balls on sideline.
- Divide players into 3 groups: 2 attacking groups and 1 defending.
- Coach serves ball to 1 of the lines (on ground or in air to challenge control).
- 1st player in each of the 3 lines enters field. (2v1)
- The 2 attackers must get ball over the opposite end-line (or to a small goal) under control.
- If attackers score, they get 1 point. If defender steals ball & scores, she gets 2 points.
- If ball goes out of bounds or a goal is scored, coach serves another ball & new players enter the field.



COACHING POINTS

- Quality passing and receiving.
- Combination play.
- Quality touch and technique.
- Aerial control: Align w/ flight of ball. Bring surface up to meet ball. At moment of impact, withdraw surface to cushion first touch (like catching an egg). Be on toes to react to falling ball.
- Defending (intercepting passes).

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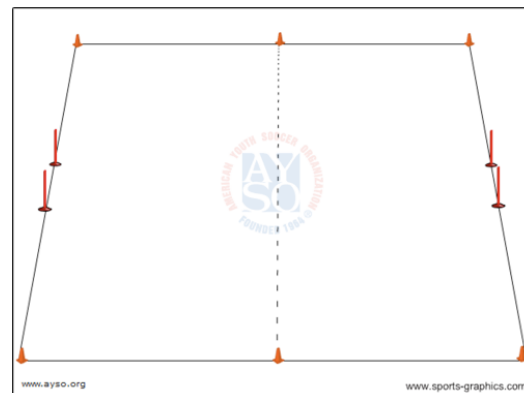
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Balanced small-sided match with general rules.

Player leads stretching (v. light at this age, more habit forming and introduce proper form), *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize quality control techniques but let them play.
- Game conditions should validate what was covered in training (quality control, 1st touch efficiency).

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