

Region 390 Spring 2011- U8 Training Plan

“Although U8 children may begin to be far more physically and mentally advanced than U6 children, we must remain patient and not try to force them to develop too quickly. Dribbling still needs to be the primary focus of our efforts, though passing and shooting will be introduced at this age as well. U8 players tend to work best when in pairs and we should allow them to work in pairs (coach selected) often. Similar to the U6 children, we need to make sure that fun is a central theme in practice. Player development will occur most appropriately and expeditiously if all players are enjoying themselves.” The quote is offered with acknowledgement and thanks to the Fair Grove Soccer Academy.

Skill Priorities

- Dribbling and control
- Trap-Pass-Move
- Passing with inside and outside of both feet
- Shooting with both feet---using laces
- Changing direction (cuts, pull back)
- Footwork – touches on the ball
- Separation (space) Moooooove apart (no cow herds)
- Defending

Tactical Priorities

- Starts and restarts
- Introduction to 2 v 2 concepts (support and buddy)
- Basic Attacking Ideas
- Basic Defending Ideas
- Comprehend 1 v 1 concepts
- Comprehend 2 v 1 concepts
- Comprehend roles of 1st and 2nd defenders
- Comprehend roles of 1st and 2nd attackers

Themes –

Week 1	Dribbling to Attack; Assessment of Skills
Week 2	Dribbling and Ball Control; Introduction to Positions
Week 3	Basic Defending
Week 4	Shooting
Week 5	Advancing 3-2-1 skills, Playing in Positions
Week 6	Attacking and Defending
Week 7	Trap & Pass with Movement
Week 8	Trap & Pass with Movement;
Week 9	Passing and Receiving (ground)
Week 10	