



Leicester Soccer Club
Coaching Resources
U8 Town Rec

| Item | Link | Notes: |
|--|--|---|
| Massachusetts Youth Soccer Survival Guide | U8 Survival Guide | Detailing all aspects of running a U8 Team. |
| Massachusetts Youth Soccer U8 Weekly Session Plans | Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 | Week 7 Week 8 Week 9 Week 10 Week 11 Week 12 |
| U8 - Practice Plans | U8 Sample Practice Plans | 18 Sample Practice Plans & U8 Skill Checklist |
| U8 - Dribbling, Passing, Routine | Dribbling, Turns & Ball Mastery ... | Dribbling, Ball Mastery, & Passing practice concepts. Can be scaled down for U8 Teams. |
| U8 - Warm Up Passing & 1v1 Drills for Practice | 5 Easy Football/Soccer Drills For... | Warm Up with Passing and then progress to attacking 1 v 1. |
| U8 - Soccer Drills for Practice | 10 Best U8 Soccer Drills Fun S... | Game Oriented & Small-Sided Drills for Practices |
| U8 - Beginner Footwork Concepts | Best Beginner Soccer Drills to I... | Fun Themed Concepts for working on Dribbling. |
| U8 - Shooting Drills for Youth Players | 9 Best Shooting Drills from FC B... | Small Sided and 1 v 1 vs Goalie Drills. |