

U8 Objectives

What the player do at that age (and need to be corrected)

The Ball Carrier (BC) shoots the ball using the tip of the shoe without specific orientation
 Supporting foot planted far from ball
 Eyes are focused on the ball only

First and Foremost, make playing soccer **FUN** by alternating small games and matches.

Control Foot Strength	Body balance	Use both Feet	Relation to Space	Relation to Time	Reaction time
Force them within 4-5s to vary the strength they put in their touch of the ball (Light Touch followed by Strong Touch).	Working on body balance is true for every sport a this age. Soccer is difficult as you spend most of your time on one foot support.	Being able to use both feet is key in soccer. Shooting usually uses our main foot, but dribbling and passing must be done with both.	Make sure you always define the space within which they practice or play. Explain the different lines, the goal box, the center circle, etc.	At that age, they are not aware of the time. This is an easy way to put them under "pressure" and increase the speed of the game.	To develop the reaction time, ask for a response (shoot, stop the ball, etc..) after a visual <u>or</u> an audible signal form the coach.
To do so, pick drills where they have to pass on a short distance (or dribble through cones) <u>AND</u> <u>THEN</u> shoot from outside the box (or pass on long distance).	Create slaloms where they have to change of direction often, where they have to hop above cones. Run Sideways/backwards. Start without ball, and add ball as they get comfortable.	During any drills you should be able to ask them to use once their left foot, once their right foot. It is extremely important to teach them how to use both.	During practice, use the cones to define spaces (squares, half field, full field, etc.) and show them the limits.	During your drills, always put a time limit to perform an action <u>and tell them</u> : "You have 10s to dribble those cones", "2 more minutes to score another goal", etc.	Like in the musical chairs, you can make them dribble inside a square and they have to stop the ball (foot or sit on ball) after the signal (whistle, raise your hand, etc), whoever is last is eliminated.
Deck Card # Shooting Challenge Soccer Golf Hit the Cone Bumpout Three up and back	Deck Card # Mark a Player Knockout Pass to Myself	Deck Card # Gates Zig Zag Drill Around the Cone First Time Shooting	ALL	ALL	Deck Card # Rapid Fire Catch fom Behind Defend the Ring

In U8, all those above objectives are linked together, there is no special working cycle to follow.

However the coach can focus a bit more on one theme for a week or two => Doing a bit more drills focusing on body balance...

Relationship to space and time is not work through specific drills but all along the season.