

U8 Coaching Resource Guide



CRM Recreational Soccer

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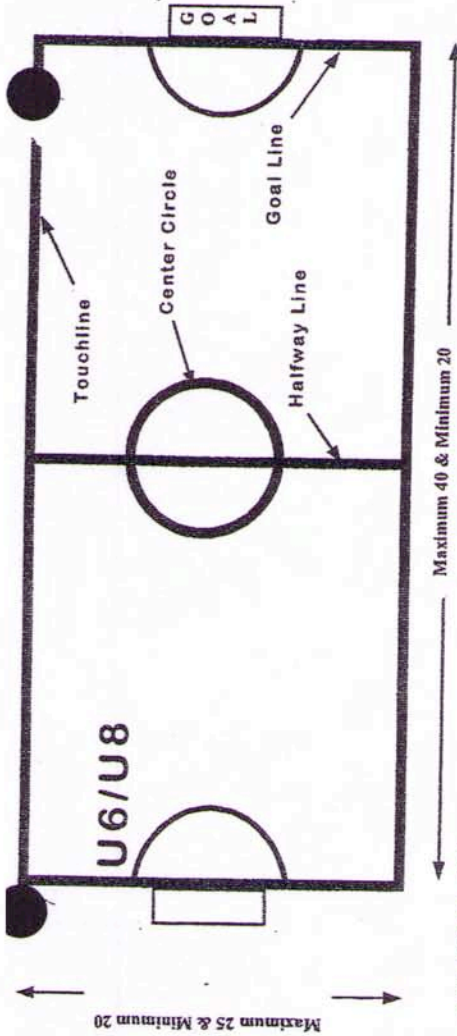
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U8 Coaching Guidelines – Key Points

“...at this age (children) do not play soccer, they play while at soccer.”

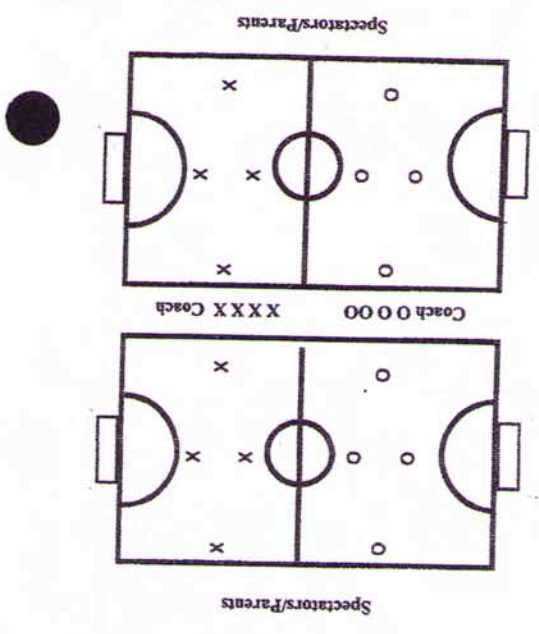
1. All the players must be having fun
 2. All players must have equal participation at all positions all the time
 3. The players must be regarded as children, not mini-adults
 4. Do not yell at kids, do not point out bad stuff, only reward good stuff
 5. All activities must include a ball (i.e. don't run around the field with out a ball)
 6. Practices no longer than 1hr. with good breaks in between
 7. Keep kids moving and involved/not a lot of talking from coach
 8. Don't babble about all the rules, and talk a lot, make sure players are having fun
- Be organized, have the practice plan with you at practice. Have all cones lined up where you need them for the entire practice, with penny's out, before the start of the practice. Do not make the kids wait, while you set up for the next drill or game. Any questions please forward to goalside@charter.net . Good luck this season.

-Scott Pirnstill
Director of Coaching and Player Development.



6/U8 MYS 4V4 SMALL-SIDED GAMES PROGRAM

- I.—The Field:**
Dimensions: The field of play shall be rectangular, its length being not more than 40 yards nor less than 20 yards and its width not more than 25 yards nor less than 20 yards. The length in all cases shall exceed the width. Recommendation: 23 x 40 yards
- Markings:**
Goal area: Three (3) yard arc (exclusion zone)
Goals: the size of hockey goals or 4x6 feet marked with cones/flags.
- II.—The Ball:** Size three (3) U6s, four (4) U8
- III.—Number of Players:**
Maximum number of players on the field at any one time is four (4).
Game played without goalkeeper.
Maximum number of players on the roster 10-12 max.
Substitutions: During stoppages in play.
Playing time: Each player SHALL play a minimum of 50% of the total playing time.
Teams and games may be coed.
- IV.—Players Equipment:**
Athletic shoes, shin guards covered by a pair of high socks, clothing that is not restrictive and a soccer ball.
- V.—The Referee:**
Parent/Coach or assistant that monitors play. All rule infractions shall be briefly explained to the offending player.
- VII.—Duration of the Game:**
The game shall be divided into four equal, eight (8) minute quarter. There shall be a 2-3 minute break between periods.
- VIII.—The Start of Play:**
Kick-offs goes back to insure possession.
- IX.—Ball In and Out of Play:** Dribble in or Kick-in
- XI.—Fouls and Misconduct:**
Shall be classified under one heading: INDIRECT
Opponents must be three (3) yards away before kick is allowed.
- XIV.—Penalty Kicks:** None
- XV.—Throw-In/Kick-In:** Throw-Ins are not utilized.
Kick-in is considered as an indirect free kick.
- XVI.—Goal Kick:** The ball is kicked from any point within the goal area.
- XVII.—Corner Kick:**
corner kicks. Kick-ins will be taken in place of corner kicks.



Starting out with a 50x90 yard field. Divide that into four (4) smaller 23x40 yard fields with a five (5) yard space in between.

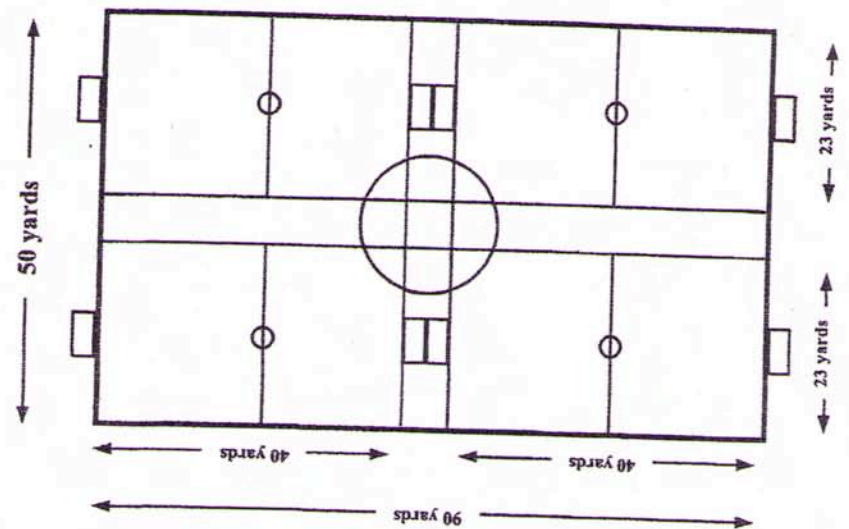
The players and coaches are in between the fields while the spectators/parents are on the outside.

This will accommodate 4 teams for a total of 48 players with 32 of them playing and 16 resting.

8-12 coach/parent volunteers, 2-3 per team are necessary to provide a safe environment on the field, and communicating with each other to help players switch in and out. One assigned to their defensive halves and one off the field with the subs.

On game day there is the flexibility of splitting the team into two teams of 6 exclusively, or players could come off of one field and sub in on the other field when necessary.

- Benefits:**
- Keeping track of the score is difficult and stress is lower.
 - Adults support all players.
 - More activity for the players.
 - "Exclusion" zone keeps players more engaged in the field.
 - Spectators create a "stadium" and the players are central to the action.
 - Players of mixed ability can participate together.
 - 4v4 has good "soccer shape" and creates a good learning environment.



THE ADVANTAGES OF PLAYING SMALL-SIDED GAMES

the Child Has:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent

the Small Field Allows for:

- More efficient use of space
- Games to be played simultaneously across a full size field
- Children to be physically more efficient in smaller space
- Less time to achieve a goal or advance to goal, successfully
- Children to be actively involved for a longer period of time

CHILDREN GROWING, CHILDREN HAVING FUN What is MYSA?

- boys and girls under the age of 19 are eligible.
- rough Minnesota Youth Soccer Association our children and volunteers have access to:
- Free player and coach clinics
- Licensing programs for coaches and referees
- Access to liability and medical insurance coverage
- MN Thunder Ticket
- Subscription to Soccer Times newspaper
- Olympic Development Program
- Recreational programs for all players

AGE GROUP CURRICULUM FOR YOUTH PLAYER DEVELOPMENT U6/U8 FUN PHASE

- The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad. The joy and pleasure of the game are best nurtured by encouraging freedom of expression. The "Six Principles" of U6/U8 player development should be the cornerstone of any program.
1. Are activities developmentally appropriate.
 2. Provide clear, concise and correct information.
 3. Organize activities simple to complex.
 4. Provide safe and appropriate training area.
 5. Include decision making by the players within activities.
 6. Ensure activities have implications for the game.

Coach: Facilitator, Friendly Helper; Organizer; Stimulator;
Patient; Enthusiastic; Imaginative

License—State Youth Module Level 1

Technique/Tactics: Learning through FUN games and age appropriate activities to encourage participation.
Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Are there implications for the game?

Games: Body Awareness => Maze Games=> Target Games

Physical: Physical/Movement Education through Soccer
Body Awareness
Balance

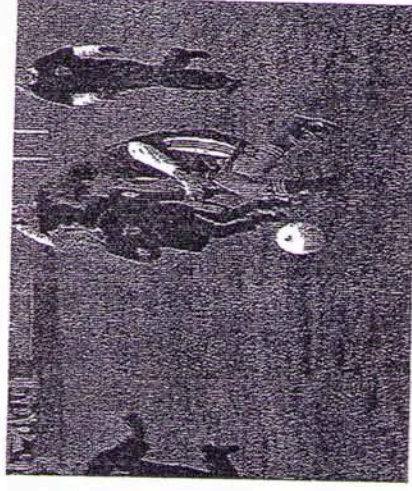
Coordination—Eye Hand and Eye Foot
Agility—Changing Direction while in Motion

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation). Tend to one task at a time—controlling the ball is a complex task by itself. Have realistic expectations. Players struggle to understand group or collective play, encourage individual activities with all players with a ball. Short attention span unless peaked, therefore keep interest high. Children like to show what they can do, encourage them to try new things. Develop self esteem encourage activities that foster positive feedback and attainable positive success.

MYSA

4 v 4
Program

Under 6 & Under 8
(1st & 2nd Grade)



The Small-Sided Game



Minnesota Youth Soccer Association

11577 Encore Circle
Minnetonka, MN 55343
www.mnyouthsoccer.org
952-933-2384
800-366-6972
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URL http://www.worldofsoccer.com/books/6_7_8/Waitersway_Practices/Sample_Schedule.html



Coaching 6, 7 and 8 Year Olds

The Waiters Way - Micro Soccer® Practices — Sample Practice Schedule

For a group of 10 to 12 players, 7-years-old

WEEK 1	
Square Dance	10 minutes
3-a-side game	10 minutes
Mack 1	7 minutes
3-a-side game	10 minutes
Mack 1	7 minutes
TOTAL	37 minutes

WEEK 2	
Goalie 1	5 minutes
Square Dance	7 minutes
Change Soccer	9 minutes
Mack 1	7 minutes
3-a-side	9 minutes
TOTAL	37 minutes

WEEK 3	
Goalie 2	5 minutes
Square Dance	7 minutes
3-a-side game	10 minutes
Numbers Game	10 minutes
3-a-side game	5 minutes
TOTAL	37 minutes

WEEK 4	
Square Dance	10 minutes
3-a-side	10 minutes
Mack 2	7 minutes
Change Soccer	10 minutes
TOTAL	37 minutes

WEEK 5	
Goalie 1, 2, 3	12 minutes
3-a-side game	10 minutes
Mack 2	10 minutes
3-a-side game	7 minutes
TOTAL	39 minutes

WEEK 6	
Square Dance	7 minutes
Change Soccer	9 minutes
Mack 2	8 minutes
Numbers Game	8 minutes
3-a-side	7 minutes
TOTAL	39 minutes

WEEK 7	
Square Dance	10 minutes
3-a-side tournament	25 minutes
TOTAL	35 minutes

WEEK 8	
Goalie 1, 2, 3	10 minutes
Corner Shot	10 minutes
Numbers Game	8 minutes
3-a-side	10 minutes
TOTAL	38 minutes

To have fun, be flexible!

Be prepared to change the program if things are not going well. Use any fun activity just to get the children "bubbling" again.

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Coaching 6, 7 and 8 Year Olds
Guidelines for a Practice Session

Next Section in
Coaching 6, 7 and 8 Year Olds
Roles of Participants - The Goalkeeper

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Coaching 6, 7 and 8 Year Olds

The Waiters Way - Micro Soccer® Practices — Change Soccer

Objective

To involve every player in a fun 2 vs 2 or 3 vs 3 game that emphasizes co-operation and skill development.



Organization

- Group is split into two; if odd number, coach joins in or plays the strongest squad a player short.
- In the example shown, three players from each team play a normal game.
- Three players on each team are collective goalkeepers; positioned no more than two yards off each goal line, they are not allowed to handle ball.
- Coach shouts "Change!" and on-field teams run back to goal line, without touching the ball again, to become the goalkeepers.
- Goalkeeping teams become the on-field teams and move quickly to win possession.
- Coach shouts "Change!" at any time.
- Make goals wide enough so that it's not too difficult to score.
- Any major infraction means a free shot from the half-way line, with no goalkeepers.

Teaching Points

- Encourage players to pass frequently in order to create scoring chances.
- Encourage goalkeeping team to move sideways together, as a wall.
- Defenders should help each other and stay on their feet as much as possible.



Most of the great players, and highly skilled average players, have emerged from this kind of environment. Generally speaking, these conditions do not exist in North America, and no longer exist in Europe. But the requirements to have fun, kick the ball and develop skills most certainly do.

How to do it? By "structured spontaneity." This play on words is indeed a contradiction in terms, but it is one for a purpose. Coaches need to re-create the conditions under which kids use to learn the game, in fun. This is the purpose of Micro Soccer®.

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Coaching 6, 7 and 8 Year Olds
Change Soccer

Next Section in
Coaching 6, 7 and 8 Year Olds
Sample Practice Schedule

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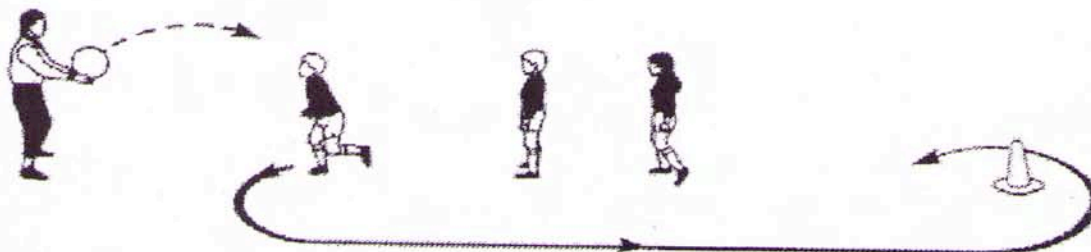


Coaching 6, 7 and 8 Year Olds

The Waiters Way - Micro Soccer® Practices — Beach Head

Objective

To teach the technique of heading in a way that is fun, and painless!



Organization

- Use a beach ball, or a slightly-deflated, hand-stitched leather ball.
- Stand players in line in front of coach - the first player three yards away.
- Ball is thrown underhand to head of first player, who heads it back to coach and runs around marker to join back of line.
- Everyone sits down cross-legged when last player is finished.
- If assistance is available, have two or three teams competing.

Teaching Points

- Players must keep eyes open and watch ball as they head it.
- Use the forehead to head the ball.
- Heading ball back to thrower's face will help produce the right technique.
- Never use plastic or laminated balls - they hurt.

Target

- If there's only one team, coach clocks procedure to set a *record*.
- If there are two or more teams, the first to finish with all players sitting cross-legged wins.



Target

- To outscore the opposition.

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Coaching 6, 7 and 8 Year Olds
Beach Head

Next Section in
Coaching 6, 7 and 8 Year Olds
Guidelines for a Practice Session

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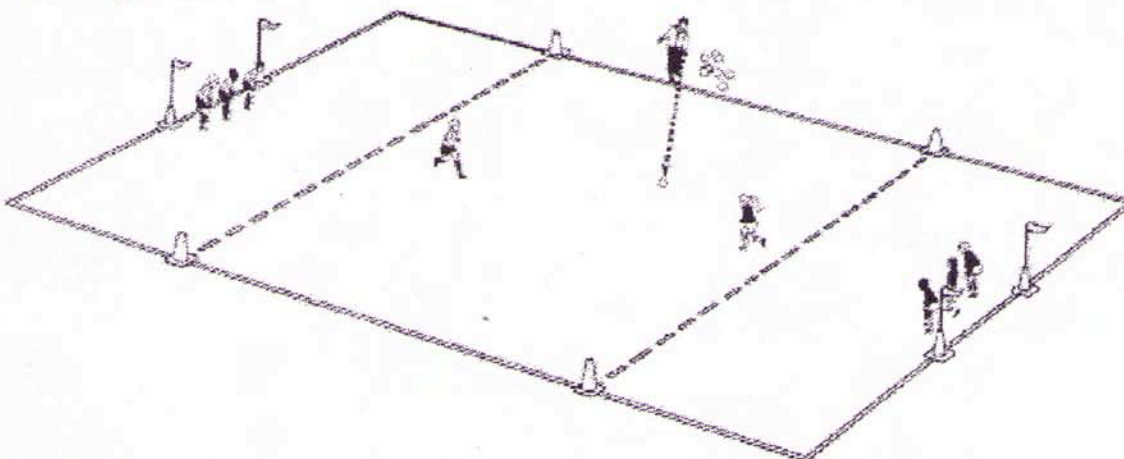


Coaching 6, 7 and 8 Year Olds

The Waiters Way - Micro Soccer® Practices — The Numbers Game

Objective

To develop good attacking and defending skills in a "fun game" practice and to use 1 vs 1 and 2 vs 2 as the learning situation.

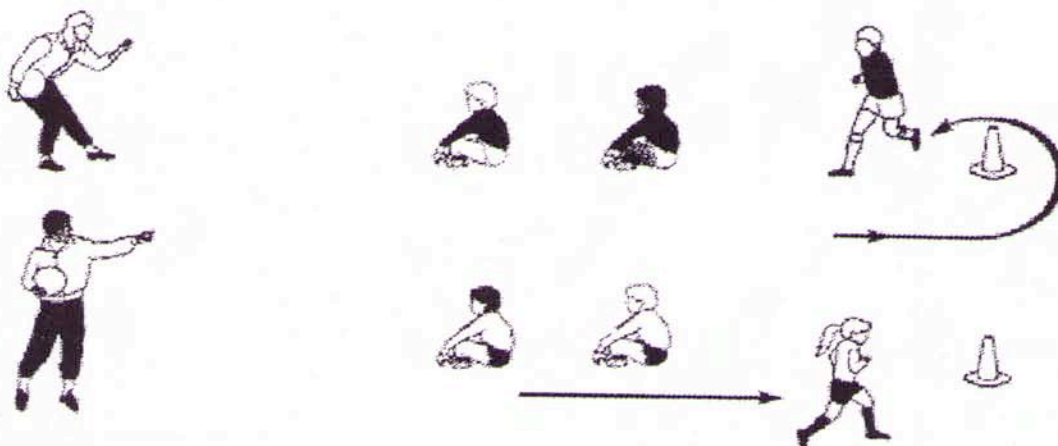


Organization

- Use the 3-a-side Micro Soccer® field (see [Micro Soccer® Organization and Rules](#)).
- Widen the goals.
- All players start on goal line.
- Each player on each team is given a number.
- Coach calls out number (e.g., "three") and rolls the ball into play.
- The two opposing number "three" players leave the goal line immediately and compete for possession for a maximum of 20 seconds.
- Coach keeps the ball by him and rolls another ball into play if one is kicked out.
- Call two numbers - "one" and "three" - to create 2 vs 2.
- Remaining players defend goal: without using hands, they must stay within one yard of goal line.
- If one player fails to respond to the number, a penalty - a free shot at open goal from half-way line - is called to keep players on their toes and make it fun.

Teaching Points

- If organization is working, let them play, enjoy the game and learn by trial and error.
- Encourage attackers to take on opponents and *Go for the Goal!*
- Defenders should stay on their feet as long as possible, rather than slide-tackling.
- Defenders must run back even when beaten.



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Coaching 6, 7 and 8 Year Olds
The Numbers Game

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Coaching 6, 7 and 8 Year Olds
Change Soccer

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