

Player Development Curriculum U8

Varied movement experiences
Cause and effect
Other's point of view
Exert control over environment
Feel success
Self-monitor (practice habits)
Fairness
Expression of thoughts & feelings
Relationships
Psychologically easily bruised
Training should not exceed 1 hour
Love and protect the ball hog
Look at the game through their eyes

-Every now and then get down on your knees in a training session activity

For a good player to develop, she must have three types of play: training with a coach and team, free play with friends, individual practice. Please encourage all of these.

No trophies, no standings.

Kids who are good or bad players right now will change dramatically in the future. Please avoid labels and pigeonholes for these kids. Don't lock them into positions.

Encourage them to dribble, dribble, dribble and dribble some more. Passing will come much later. The real objective is to send u8 a bunch of kids who love to dribble the ball. Practice before the games should be full of dribbling activities: 1 kid – 1 ball.

We play 4 on 4 because

- Players get more touches on ball
- Smaller numbers on field makes kids more comfortable
- Less competitive, more fun

In line with national movement

Warm-up 10 minutes, Main activities 20 minutes, play 4v4 match

Defending: immediate chase, delay the attacker if he comes at you

Attacking: Dribble – feint, scissors, pull it back, cross, see ya, cruyff; Pass with inside of foot; Receive balls on ground and bouncing balls

Dribbling coaching points:

- Body mechanics – keeps ball close to body, use all parts of both feet, When turning, lift the toe to wrap the foot around the ball
- Body shape and balance - knees bent & low to ground, arms out
- Change of pace / direction
- Deception
- Protecting the ball
- Vision of field

Running with the ball Coaching Points

- Use laces of shoe
- Point toe down, and turn foot a little to the inside
- Touch ball every step, keep it close

Passing Coaching Points:

- Non-kicking foot pointed at target
- Lift toe of kicking foot
- Bend knee of kicking foot
- Step into the pass for some momentum
- Follow through straight ahead
- Pass power is from hip down
- Weight of pass
- Accuracy
- Timing of pass with timing of run

Receiving Coaching points:

- Body mechanics
- Body shape & balance
- Early selection of receiving surface
- Eye on ball; read flight of ball
- Body in line with flight of ball
- Relax with ball
- Control to ball to a new space, not stop it dead
- Preparation touch away from pressure to pass, dribble or shoot

Warm up- 10 minutes, Activities – 30 minutes, Play 4v4 or 5v5 20 minutes
2 players & 1 ball – they can now start to understand passing

Ball control – A ball to each player. Coach calls out number of bounces allowed. Players toss it up and stop it in required #. Can stop it with hands or feet. Then work with a partner who calls out the number. Then when receiving it, do it with the inside or outside of the foot to take it around a cone before passing it back to the server.

Number dribbling – all players in a grid with a ball. Each number one to ten represents an action the player must take. 1- on the run, 2- stop with sole of shoe, 3- take a knee stop the ball with the knee, four – nose to the floor stop with nose, five – stayin' alive do toe

taps on the ball while imitating John Travolta, six – do some tricks juggle, seven – ball to heaven toss it up and control it with different body parts, eight – take the bait do dribbling moves, nine – it's all mine knock other balls out of the grid while keeping yours, ten - spin again find a cone and spin around it.

Receiving lines – 4 players each with a ball start at one line. Dribble through a 10 yard long channel then pass to a player 10 yards away in a target goal. The target player receives the ball, then dribbles to the end of the line while the passer gets into the target goal. Then have the receiver accept the ball with just the outside or inside of the foot. Then have the passer toss the ball at the receiver. Then have the receiver get the ball, turn and shoot at a small goal.

Main Activities:

Math Dribble – while players dribble in a grid, coach calls out simple math problem. Kids must get into groups that have that # as the answer. Great way to get kids into groups.

Switch-Out-Reverse – Players in a grid with a ball each. Coach calls out “switch!” and they leave their ball to get another. “Out!” means they will keep the ball, but try to knock everyone else's ball out. “Reverse!” means go the other direction.

Ball Retrieve in Pairs – Player and a partner bring a ball to the coach who picks it up and tosses it away. Then coach calls out a number from 2-20 which is the exact number of passes that the pair must use to return the ball to the coach. The coach can move around too.

Combat – players line up in two lines on either side of coach. Coach tosses a ball onto the field & both players vie for it. The one who passes it back gets the point for the team. Can move up to play 2v2.

Gates in Pairs - set up small gates of two cones randomly in the area. Pairs of players will pass the ball through the gates. Give them 60 seconds to pass through as many as possible. Have them keep count. At the end of 60 seconds, ask to see the totals. Then do it again to see if they can better their scores. Can't go through the same gate consecutively.

Pac Man – In a grid, two players keep their balls while all rest put theirs outside. Then the two who are it try to kick the ball to hit the others with the ball below the waist. If hit, players go and get their balls to also become Pac Men.

Jungle Ball – set up three grids side by side and a goal at the end. Put a jungle animal in each grid. Players try to dribble through the jungle and then score on goal if they make it through the jungle. Jungle animals try to kick the balls out.

Boss of the Balls – Play 4v4 to goals with no keepers. Coach stands at midpoint of the touchline with all the balls. When one goes out of bounds, coach rolls on a new one. When all balls are used, players collect them & bring them back.

Crossing the Crocodile Swamp – Like sharks and minnows. One crocodile starts in the 15 X 10 swamp with 3 players with balls. They have to go through the swamp, but stop before they get to the end and dribble back through a 5 yard channel on the side. Each time the crocodile touches a ball, the players return and put up a point cone. Crocodile also gets a point if a player dribble out of the side of the swamp. At three point cones, new crocodile.