

Introductions and Warm up-5 minutes

-Coaches introduce themselves and have each child introduce themselves

Warm up

Toe Taps-Have players place the ball in front of them. Players alternate placing one foot on top of the ball. Goal is to gently tap the top of the ball.

Tick Tocks-Players place the ball between legs. Players tap the ball with the inside of their foot, hitting it to their other foot.

Station 1-Pass thru Gate-10 minutes

Field Setup-Cone gates (groups of 2 cones) will be set up on the field. Position one player on each side of cone gate, spaced approximately 10 feet apart from each other. Players pass back and forth, aiming to kick the ball through the gate.

Advancement option 1-Have players take a few steps back so they are further apart.

Advancement option 2-Make each gate smaller so their passes must be more precise

Coaches check

- Encourage players to pass it inside of foot (no toe kicks)

- Encourage players to take one step and sweep thru (Players should not be taking many steps back and running toward the ball for passing)

- Encourage players to settle ball before passing back to teammate (Players should be returning ball to teammate in a controlled way)

- Encourage players to call their partners name before passing

Goal-Work on precision of passes, stopping ball, player communication

Station 2-Dribble thru Gate-10 minutes

Field Setup-Cone gates will be scattered around the field. Position a player at each gate (there will be more gates than players.) Players dribble around the field going through gates.

Advancement 1-Coaches act as opponents and try to interfere with players dribbling

Advancement 2-If coaches clear a players ball, those players become attackers, trying to clear other teammates balls

Coaches Check

- Encourage players to dribble with both feet

- Encourage players to keep ball close as they dribble

- Encourage players that control is better than speed

Goal-Ball control

Game Time-30 minutes (4, 6 minute quarters with halftime)

-Players are allowed to retry throw-ins. Players should be instructed to keep feet on ground while using both hands to throw ball from behind and over their head. Players must throw the ball into a teammate.

-Handballs-Opposing team is allowed an indirect kick (direct kids are not allowed in U8)

-Safety concerns-pushing, grabbing, elbowing, playing while on ground,etc are always called. Change of possession with indirect kick.

-Goal kicks-Opposing team is cleared to the half line.

-At all times, but especially during halftime, please instruct players to spread out while drink/being unmasked

