

U8 Coaching Clinic

The players

- Start to understand a team mate
- Are able to work on more than one task at a time
- Developing to understand time and space
- Play for fun
- Boy and girls are similar in physical and psychological development
- Start to imitate elders

What to think about

- 2 players, 1 ball
- Still work on individual skills
- Encourage controlling of the ball
- Work on both feet
- Plenty of repetition

What to work on

- Technique, technique, technique!
- Dribbling, passing, shooting
- Using team mates
- Having fun!

Games

- 5v5 (no goalkeepers)
- Four 10 minute quarters
- All kicks are indirect
- Rotate players in different positions



Examples of Activities for the U8 Player

Math Dribble

- All players dribbling with a ball
- Coach calls out a math problem
- Players solve the problem by forming the answer with the correct size group
- e.g 1+1, 4-1 etc

Knockout

- Everyone with a ball
- players try and kick other players soccer balls out of the area, while controlling theirs
- If ball stops when out of area, player must do 2 juggles before they come back in the game

1v1 Gates

- Coach sets out several pair of cones to create little 'gates'
- Players challenge a partner
- Player dribble through as many gate as possible
- Partner tries to steal the ball and score through gates themselves
- Players keep score

Gates in pairs (passing)

- Coach sets out several pair of cones to create little 'gates'
- Players pass through the gates with a partner
- See how many they can perform in 60 seconds

Pac Man

- 2 or 3 players with a ball (taggers)
- All other have no ball
- Players with a ball try and hit players with out ball below the knee
- If hit players must get a ball and become another tagger

Movable goal

- 2 players hold the ends of a pinnie, to form a goal
- All other players have a ball
- Players with a ball try and score a goal by kicking their ball between the players with the pinnie
- The goal moves around to avoid anyone scoring on them

'Get out of there'

- 2v2 game with goals
- Coach plays ball in
- Teams play until a goal is scored or ball goes out of bounds
- If ball goes out of bound, coach calls 'get out of here' and 2 new teams are in
- If goal is scored the 2 players who score stay on and 2 new opponents come on