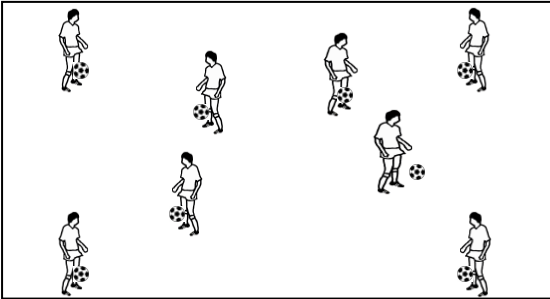
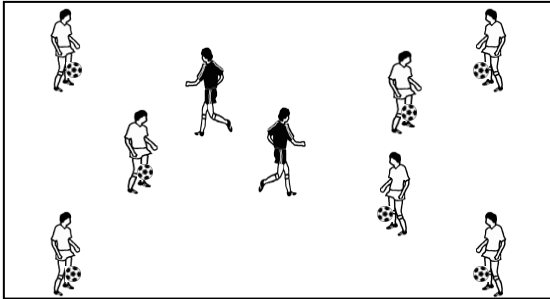
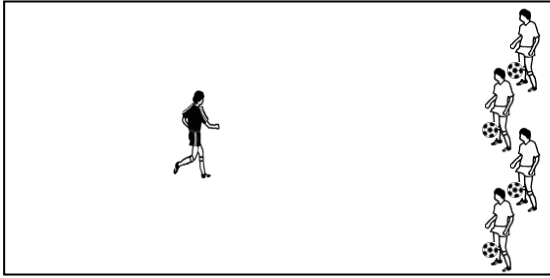


U8

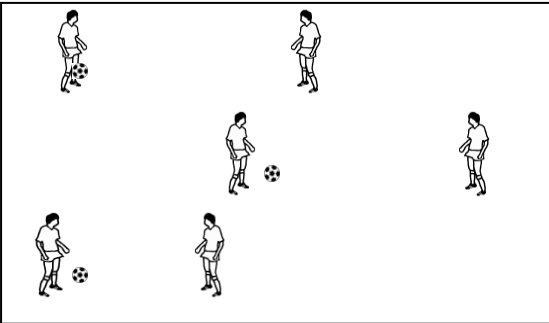
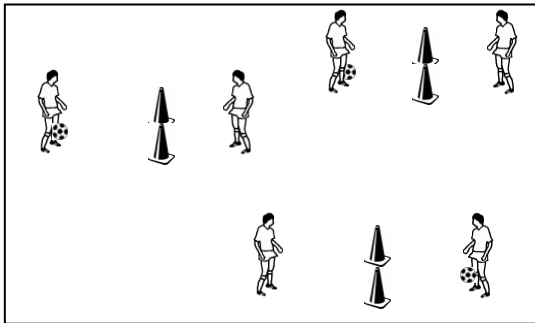
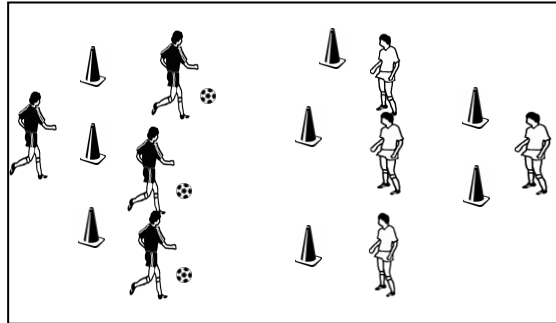
Early Touches

CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U8	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (Inside of the foot)										
SHOOTING (top of the foot)										
DRIBBLE USING OUTSIDE / INSIDE OF FEET										
ATTACKING THE GOAL										
SHIELDING THE BALL FROM OPONENTS										
DRIBBLING AT DIFFERENT SPEEDS										

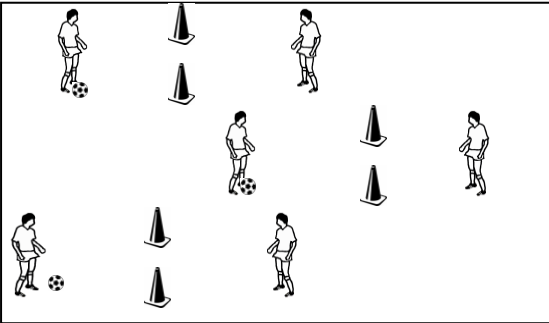
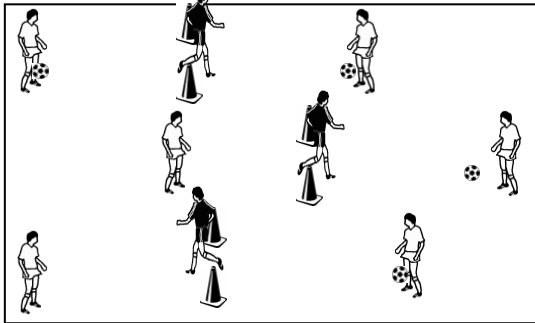
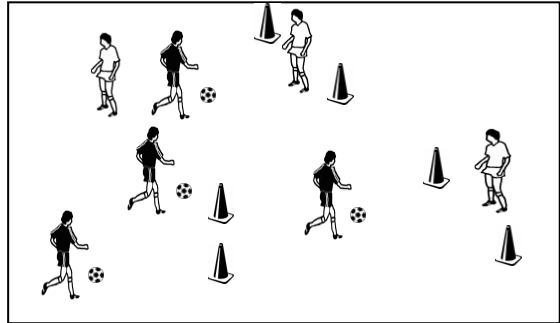
U8 WEEK 1

<p>Unopposed</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and is allowed to dribble around the grid. • The coach calls out instructions for players to follow, fast,slow,stop with right foot/left • Coach can give them 30sec for players to work against and time themselves, opposites of coaches calls can also be introduced <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them and have lots of little touches • Head up and look for space • Squish the ball when stopping 	<p>Opposed</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball except a designated number of defenders • Players have to dribble with ball and avoid defenders, if they stop the ball with their feet on the ball, defenders cannot get their ball • If players allow the ball to get away from them and to a defender they are now caught and must hold ball above their head. They are released with another player putting the ball through their legs <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them • Keep their head up and look for space • Be going at a pace which allows them to stop the ball 	<p>Fun Game</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and attempts to dribble past the defender and get to the other side. • Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Use of moves e.g stop and start to go round defenders • Keep the ball close when dribbling • Have head up at all times
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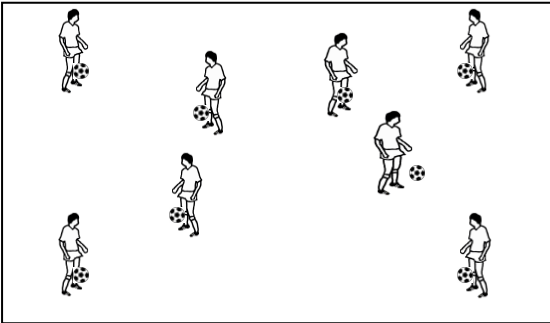
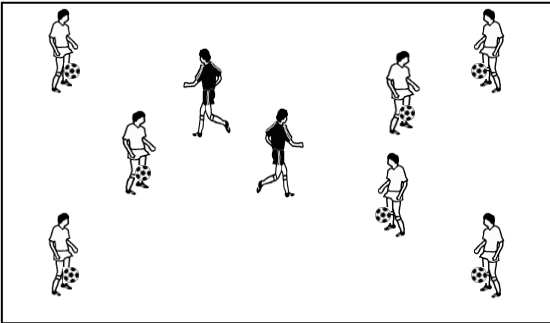
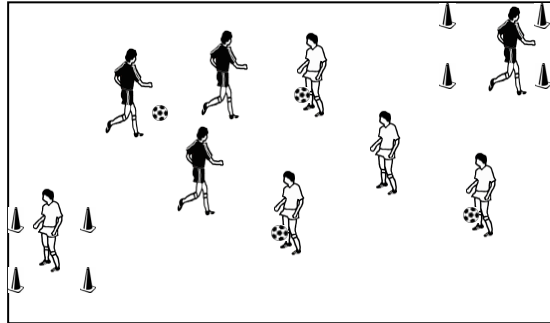
U8 WEEK 2

<p>Unopposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are with a partner and stand facing each other. • One ball between two the players passes the ball to their partner. • The partner then stops the ball before passing back • Progress practice by having the player follow the pass run around their partner and back to the start ready for a pass. <p>Coaching Points</p> <ul style="list-style-type: none"> • Players are encouraged to pass the ball with the inside of their feet • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go 	<p>Opposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only the players now have a gate which they must pass through • Competition can be brought in by telling the players they get a point each time they get the ball through the gate <p>Coaching Points</p> <ul style="list-style-type: none"> • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass 	<p>Fun Game</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Team in black have 1 minute to knock over as many tall cones as they can by passing the ball and hitting them. • Team in white have to place the cones back up • At the end of the game cones are counted up and the team who has the most cones up/down wins <p>Coaching Points</p> <ul style="list-style-type: none"> • Players have to keep the ball down by using the side foot and getting body over the ball • Being aware of surroundings by having head up
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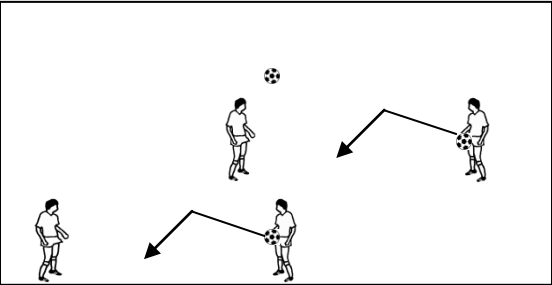
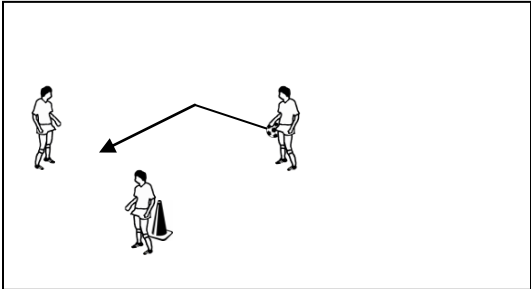
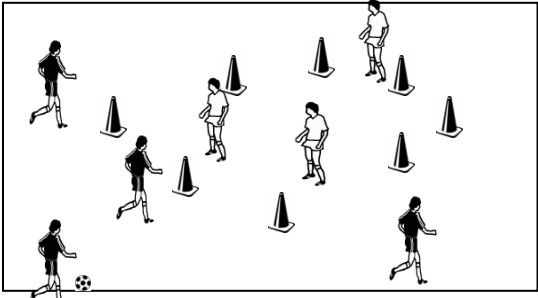
U8 WEEK 3

<p>Unopposed</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are with a partner and stand facing each other. • One ball between two the players have to shoot the ball through the gates and score • Once ball is on the other side the partner has a chance to try and score <p>Coaching Points</p> <ul style="list-style-type: none"> • Angle of approach to striking the ball • Preparation, contact and follow through • Head over the ball • Knee over the ball • Target • Work on moving with ball before hitting 	<p>Opposed</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only the players now have a goalkeeper to shoot past • Positions are rotated on the coaches request <p>Coaching Points</p> <ul style="list-style-type: none"> • Preparation, contact and follow through • Accuracy of shot into corners • Head over the ball • Knee over the ball 	<p>Fun Game</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are split into 2 teams • Several Goals are laid out on the field • Team with the ball have to run round and score as many goals as they can in 30 seconds • Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round) <p>Coaching Points</p> <ul style="list-style-type: none"> • Head up and look for the open goal • Drive towards space and open goal • Have ball out from under your feet • Preparation, contact and follow through • Aim for corners
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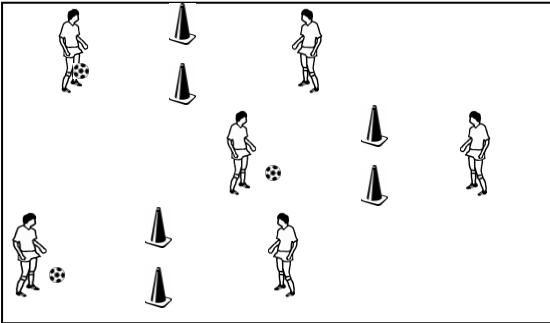
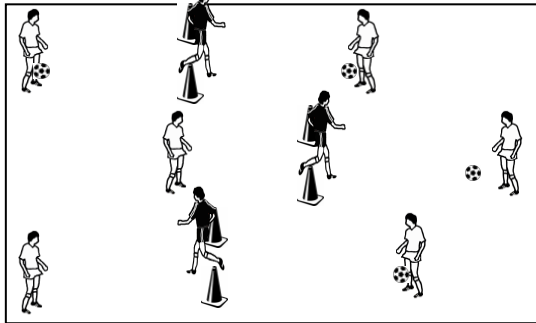
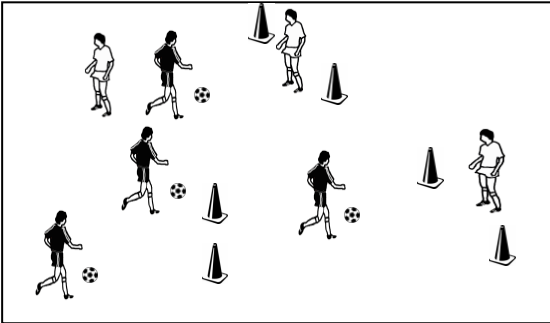
U8 WEEK 4

<p>Unopposed</p> <p>Shielding: Protecting the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and is allowed to dribble around the grid. • The coach calls out instructions for players to get into a shielding position • Coach can change the call to a certain buzz word for the children e.g shark attack <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them • Must have their body side on to the ball and with on open stance • Knees bent with a low centre of gravity • Arm up and bent at the elbow to help balance and provide additional protection • Encourage players to nudge the ball whilst in the position 	<p>Opposed</p> <p>Shielding: Protecting the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball except a designated number of defenders/ sharks • Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position. • The defending player can try and get the ball for 3 seconds before moving on to another player <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them and be in a shielding position • Keep their head up be aware of where the defenders are • Nudge the ball to the side to keep control and away from the defender 	<p>Fun Game</p> <p>Shielding: Protecting the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are in 2 teams with each team having a designated defender/shark who does not have a ball • Players must shield the ball when approached by a defender/ shark. • Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point • Players in jail can be broke out with a tag <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Strong shielding stance to protect ball • Keep the ball close when dribbling • Have head up at all times
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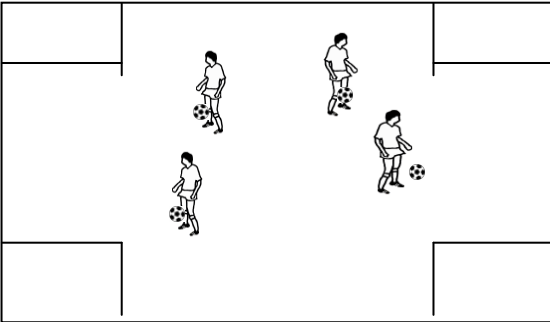
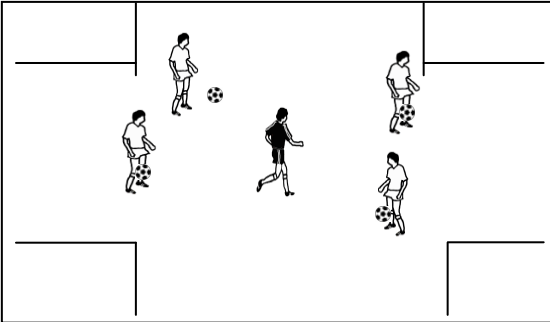
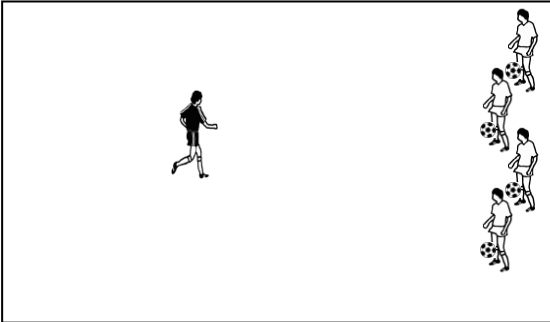
U8 WEEK 5

<p>Unopposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are with a partner and stand facing each other. • One ball between two the player with the ball gentle throw the ball underarm for his partner to stop then pass back. • Pass should be light and to the players feet • Progress practice, player follows pass, runs around partner and back to the start <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to move to meet the ball. • Encouraged players to pass the ball with the inside of their feet • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go 	<p>Opposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are now in a group of 3 with an additional player standing at a cone to the left/ right of the play • Once the ball is thrown to the player controlling the ball the 3rd player steps out from behind the cone to put them under pressure • Coach can adjust the practice to suit each skill level e.g. delay defender <p>Coaching Points</p> <ul style="list-style-type: none"> • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass 	<p>Fun Game</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are set into 2 teams • 1 team in a defined area the other team surrounding them • Players are eliminated if hit below the waist with the ball • 1 ball is used at first with others being introduced at the coaches discretions <p>Coaching Points</p> <ul style="list-style-type: none"> • Players have to keep the ball down by using the side foot and getting body over the ball • Being aware of surroundings by having head up
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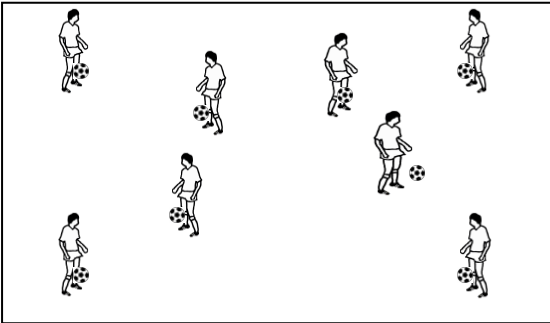
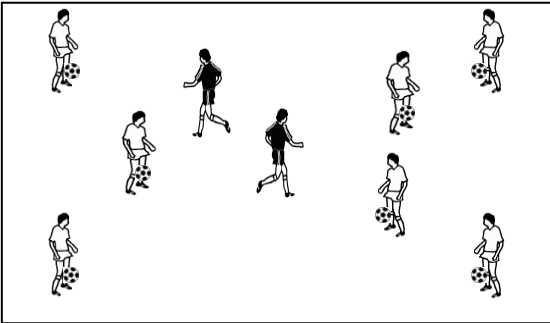
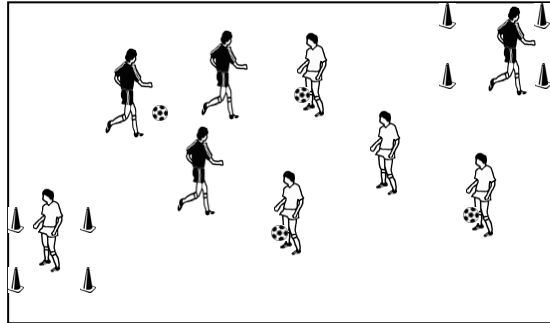
U8 WEEK 6

<p>Unopposed</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are with a partner and stand facing each other. • One ball between two the players have to shoot the ball through the gates and score • Once ball is on the other side the partner has a chance to try and score <p>Coaching Points</p> <ul style="list-style-type: none"> • Angle of approach to striking the ball • Preparation, contact and follow through • Head over the ball • Knee over the ball • Target • Work on moving with ball before hitting 	<p>Opposed</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only the players now have a goalkeeper to shoot past • Positions are rotated on the coaches request <p>Coaching Points</p> <ul style="list-style-type: none"> • Preparation, contact and follow through • Accuracy of shot into corners • Head over the ball • Knee over the ball 	<p>Fun Game</p> <p>Shooting</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are split into 2 teams • Several Goals are laid out on the field • Team with the ball have to run round and score as many goals as they can in 30 seconds • Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round) <p>Coaching Points</p> <ul style="list-style-type: none"> • Head up and look for the open goal • Drive towards space and open goal • Have ball out from under your feet • Preparation, contact and follow through • Aim for corners
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U8 WEEK 7

<p>Unopposed</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and is allowed to dribble around the grid. • The coach names each square with a fun name e.g names of animals lion, bear • Upon calling the name of the animal the players have to dribble to that corner <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them and have lots of little touches • Head up and look for space • Squish the ball when stopping 	<p>Opposed</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only there is no a defender or hunter who is trying to trying to catch the players/ animals • Players can only be caught when coach calls the name of the corner <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them • Keep their head up and look for space • Be going at a pace which allows them to stop the ball • Be aware of where the hunter/ defender is 	<p>Fun Game</p> <p>Dribbling: Moving with the ball</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and attempts to dribble past the defender and get to the other side. • Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Use of moves e.g stop and start to go round defenders • Keep the ball close when dribbling • Have head up at all times
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U8 WEEK 8

Unopposed Shielding: Protecting the ball Organization	Opposed Shielding: Protecting the ball Organization	Fun Game Shielding: Protecting the ball Organization
<div style="border: 1px solid black; width: 100%; height: 100%; text-align: center; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and is allowed to dribble around the grid. • The coach calls out instructions for players to get into a shielding position • Coach can change the call to a certain buzz word for the children e.g shark attack <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them • Must have their body side on to the ball and with on open stance • Knees bent with a low centre of gravity • Arm up and bent at the elbow to help balance and provide additional protection • Encourage players to nudge the ball whilst in the position 	<div style="border: 1px solid black; width: 100%; height: 100%; text-align: center; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball except a designated number of defenders / sharks • Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position. • The defending player can try and get the ball for 3 seconds before moving on to another player <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them and be in a shielding position • Keep their head up be aware of where the defenders are • Nudge the ball to the side to keep control and away from the defender 	<div style="border: 1px solid black; width: 100%; height: 100%; text-align: center; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Players are in 2 teams with each team having a designated defender/shark who does not have a ball • Players must shield the ball when approached by a defender/ shark. • Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point • Players in jail can be broke out with a tag <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Strong shielding stance to protect ball • Keep the ball close when dribbling • Have head up at all times