

BRIGHTON YOUTH SOCCER - U8 PROGRAM

Session #1

Duration / Area size	Activity "Dribbling"	Coaching Points
<p><u>Warm-up</u> 10 Minutes Unlimited space</p>	<p><u>Stuck in the Mud</u> All the players are inside the defined area without a ball. Select two "Mud Monsters" (identified by holding pinnies). The players run around inside the area. On the command "Go" the two "Mud Monsters" attempt to freeze all the players by tagging them. Once a player is frozen they stand with their legs wide apart and their hands on their head. Players can set each other free by crawling through their legs. "Mud Monsters" win by freezing all the players. Last two players frozen or the hardest working players start the next game as the monsters. Progress by giving every player except the Monsters a ball to dribble. Mud Monsters now freeze a player by touching their ball with their foot. Once a player is frozen they quickly pick up their ball and stand with their legs wide apart and their ball on their heads. Players can set each other free by passing a ball through their legs.</p>	<p>Tag game to get players moving. Could start with out a ball to get them moving. Running with a ball, dribbling, passing, decision making.</p>
<p><u>Activity 1</u> 10 Minutes 20x20 yd Square</p>	<p><u>Magic Square</u> Player's dribble around in a square (15x15 yd). Mark each side of the square with different colored discs. Each side of the square "color" represents a specific "change of direction" move for example inside, outside cut, stop and a turn, pivot, drag back etc. Start by allowing them to dribble around inside the square having them change the speed and performing foot skill's exercises before incorporating the outsides of the square. Once players are familiar with the above activities, use visual signals only by holding up a colored disc or your fingers. Players must yell out the signals you make.</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p>

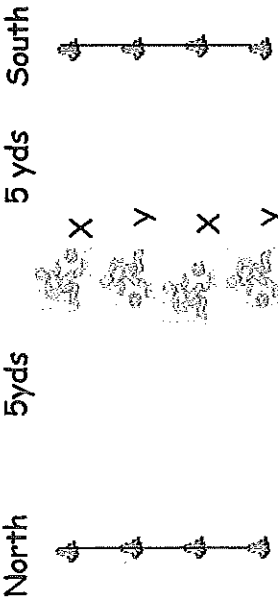
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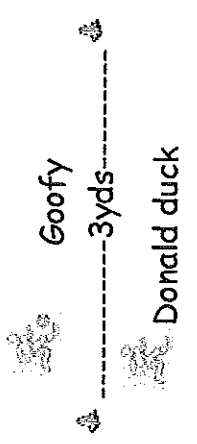
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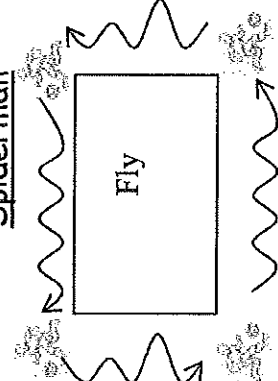
<p><u>Activity 2</u> 10 minutes</p>	<p><u>Steal the Pinnie</u> Players dribble around with a pinnie hanging from the back of their shorts and try to steal others player's pinnies. Hold out the pinnies you have stolen, if you lose yours replace it with one you have stolen. The players must always have a ball, if you see a lose ball kick it away. The winner is the person to steal the most pinnies at the end of the set time.</p>	<p>Dribbling, awareness, running with a ball. Change of direction.</p>
<p><u>Activity 3</u> 30 minutes</p>	<p><u>Soccer Game</u></p>	

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Session #2

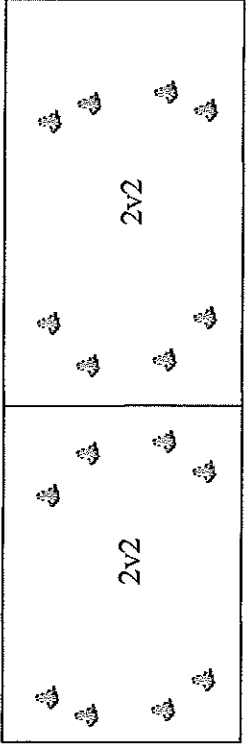
Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 10 Minutes Unlimited space</p>	<p><u>Snake (A.K.A "Blob Tag")</u> All players dribble around in a defined area. The snake (facilitator or player) tries to tag them. Once you are tagged, join hands to form a snake then try to capture more players. Once there are four players in the snake it splits into two new ones. The last player tagged starts the next game as the snake</p>	<p>Tag game to get players moving Once familiar with the game have the runners dribble with their ball.</p>
<p><u>Activity 1</u> 10 minutes</p>	<div style="text-align: center;">  <p>North 5 yds South</p> </div> <p>Same setup as above. Players line up and are separated into two teams X, Y on a white line facing in opposite directions. Each player has a ball.</p> <p>Game#1 - On the command "Go" all players dribble to the line or disc facing them and stop their ball on the line or next to the disc with their foot on top of the ball. Which is the fastest team?</p> <p>Game#2 - Players dribble from middle to the outside then back to center line and stop their ball on the line with their foot.</p> <p>Game #3 - Use an inside cut on the outside line; #4 -outside cut; #5 Stop & Turn or Pivot.</p>	<p>Change of direction.</p>

<p><u>Activity 2</u> 10 Minutes</p>	<p><u>Mickey Mouse's Doorbell Challenge</u></p>  <p>Setup a gate four yards apart with two disks on a line. Two players standing facing each other, with cones either side of them. One player starts with a ball and is trying to ring the doorbell. The other player is trying to stop him by putting their foot on the disc or doorbell before the other player can dribble to it. Tell the children there is an imaginary electric wire joining the doorbells nobody cannot cross over. After the player with the ball rings the doorbell three times, give the ball to the other player.</p> <p>After playing against one player move to a different partner and play against them.</p>	<p>Change of direction and decision-making.</p>
<p><u>Activity 3</u> 30 minutes</p>	<p><u>Soccer Game</u></p>	

Duration / Area size	Activity "Dribbling"	Coaching Points
<p><u>Warm-up</u> 10 Minutes 15x15 yd Square</p>	<p><u>Magic Square</u> Player's dribble around in a square (15x15 yd) mark each side of the square with different colored discs. Each side of the square "color" represents a specific "change of direction" move for example inside, outside cut, stop and a turn, pivot, drag back etc. Start by allowing them to dribble around inside the square having them change the speed and performing foot skill's exercises before incorporating the outsides of the square. Once players are familiar with the above activities, use visual signals only by holding up a colored disc or your fingers. Players must yell out the signals you make.</p>	<p>Dribbling, decision making, foot skills, balance and coordination. Who is the quickest player back into the inner square?</p>
<p><u>Activity 1</u> 10 Minutes 4yd x 4yd square</p>	<div style="text-align: center;">  <p><u>Spiderman</u></p> </div> <p>Setup a 4-yard by 4 yard square with discs on the corners. In the middle place a ball on a disc "the fly".</p> <p>Each player starts at a corner of the square, with a ball and their foot on the disc. On the word "go" they dribble around the entire square. When they pass their own corner, they cut into the square and try to capture the fly by knocking it off the disc with their ball.</p> <p>The winner is the person to knock the ball off the disc. Have players go counter-clockwise a few times then clockwise.</p>	<p>Cutting, dribbling. You are looking for heads up before turn, tight turns and no big circles.</p>

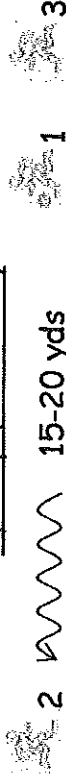
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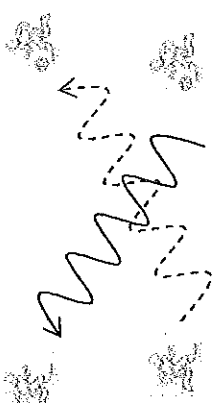
Session #3

<p><u>Activity 2</u> 10 Minutes 10x15 yd rectangle</p>	<p><u>2v2 Multi - Goal Soccer</u></p> <p>Use discs to setup multiple goals (see below). Goals can be scored from either side of the goal, when a team scores it must attack a different goal. One point is scored by shooting or passing through a goal. Three points are scored by dribbling through a goal this encourages strong defending.</p> 	<p>Dribbling, change of direction, decision making.</p>
<p><u>Activity 3</u> 30 minutes</p>	<p style="text-align: center;"><u>Soccer Game</u></p>	

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Session #4

Duration / Area size	Activity "Dribbling" "Explode"	Coaching Points
<p><u>Warm-up</u> 10 Minutes 20x20 yd Square</p>	<p>An advancement of the magic square activity from previous weeks. Setup an inner 15x15 yds square marking each side of the square with different colored discs. Mark an outer square 20x20 yds with tall cones surrounding the inner. Have the players start in the inner colored square and run the Magic Square activity from the prior week. On the command "Explode" players have to leave the inner square dribble around any cone from the outer square and then back in to the inner square. Once players understand the "Explode" command maybe they can only do a certain type of move around the outer cone? Do not stop dribbling once you are back in the inner square. Once you progress to using visual cues clap your hands to represent the "Explode" command.</p>	<p>Dribbling, decision making, foot skills, balance and coordination. Who is the quickest player back into the inner square?</p>
<p><u>Activity 1</u> 10 Minutes</p>	<p><u>Eyes up (see below)</u></p>  <p>Exercise involves three players (no more than four). Player 1 dribbles to players 2 about 15 to 20 yards away. While dribbling the ball, player 1 lifts his head as often as possible to yell out the numbers of fingers held up by player 2. Once at player 2 they must stop the ball in front of them with their foot to show they have control of the ball. Player 2 now dribbles to player 3 who holds up his fingers and the exercise continues. Make sure players dribble the ball, keep it close to their body and not just taking big kicks.</p>	<p>Running with a ball, looking up.</p>

<p><u>Activity 2</u> 10 minutes</p>	<p><u>Avoiding Collisions (continuation of Eye's Up but with crossing lines)</u></p>  <p>Two players dribble their balls to the opposite corner trying to avoid the other player while crossing each other paths. Players waiting in opposite corners dribbles back across the same diagonal. Do not use the fingers indication from Eye's Up just concentrating on the other player will be enough of a distraction.</p>	<p>Dribbling, awareness, running with a ball. Keep your head up</p>
<p><u>Activity 4</u> 30 minutes</p>	<p><u>Soccer Game</u></p>	

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Session #5

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 10 Minutes 15x15 yds</p>	<p style="text-align: center;"><u>Magic Square</u></p> <p>Player's dribble around in a square (15x15 yd). Mark each side of the square with different colored discs. Each side of the square "color" represents a specific "change of direction" move for example inside, outside cut, stop and a turn, pivot, drag back etc. Start by allowing them to dribble around inside the square having them change the speed and performing foot skill's exercises before incorporating the outsides of the square. Once players are familiar with the above activities, use visual signals only by holding up a colored disc or your fingers. Players must yell out the signals you make.</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p>
<p><u>Activity 1</u> 10 Minutes 15x20 yd Square</p>	<p style="text-align: center;"><u>Junkyard Soccer</u></p> <div style="text-align: center;"> <p>The diagram shows a large square divided into three vertical sections. The left section is labeled 'A' and is 5 yds wide. The middle section is labeled 'B' and is 15 yds wide. The right section is labeled 'C' and is 5 yds wide. Soccer balls are scattered in each section.</p> </div> <p>Divide an area into three equal sections A, B and C. Have one team in the left section A, no teams in the middle "B" or "No Man's Land" or "Fence" and have the other team in the right section "C". All players have a ball. On the command "Go" the idea is to kick all the balls out of your zone "Backyard" into the "Neighbors backyard" or zone. No players can go into the "No Man's Land" zone B; if a ball goes into the middle the facilitator kicks it back into play. Play for a set period of time then count up balls in each team's zone.</p>	<p>Looking for players to strike the ball with their laces: #1 Address the ball correctly with a curved run along side the ball #2 Place non-kicking foot #3 Toe down and heel up use your laces to contact the ball #4 Follow through and land on striking foot</p> <p>May need to adjust middle zone depending on age so players are able to reach the other backyard.</p>

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Session #5

<p><u>Activity 2</u> 10 minutes</p>	<p><u>Missile Base</u> Using the same setup and teams as Junkyard Soccer, stand up lots of cones in the middle of the "No Man's Land land". Players try to knock over the cones with their ball. Facilitators stand up downed cones. Keep count of downed to cones. Which team can knock over the most cones?</p>	<p>You want to see above on shooting technique. After five minutes play using weak foot.</p>
<p><u>Activity 3</u> 30 minutes</p>	<p><u>Soccer Game</u></p>	