

Northern Triad Soccer Club
Model U8 Session

Coach – Garry Norman, Director of Coaching, NTSC/KYSL
USSF National 'B' and Youth License Coach
NSCAA Premier Diploma and Level I Goalkeeping License

Duration – 45 Mins-1 Hour

Warm-Up: 5-10 mins Dribbling in small area, changing direction with the ball, using both feet, keeping head up and doing light stretching ever few mins of activity

1st Activity: 10-15 mins Soccer Math – While dribbling in a small space 20v20 grid, The coach calls out a number, the players must get together in that number, the odd person must go to the coach and perform a task, toe touches, air push-ups, box the ball... have a quick turnaround back to dribbling, Note: if the same player keeps losing, call out a number that means success for them, where nobody loses.

2nd Activity: 10-15 Mins Shark Attack – Create a grid of 20v20 or 30v30 depending on number of players. The game is played by having your players dribbling in the area while a shark is lurking outside ready to jump in the fish tank, Once the coach yells out shark attack, the shark jumps in the tank and goes after the fishes(players) balls trying to knock them out, if a player's ball is knockout then they can help the other fishes save their balls by being passing targets to help keep the balls in the tank thus creating a passing and receiving game inside the chase game. Coach can set a time limit, or play until one fish is left with a ball. Benefits: passing , receiving, dribbling, tackling, and decision-making.

3rd Activity: 10-15 Mins Passing through Gates – Setup small gates and have players do one touch passing through the gates, you can also do two touch passing, stressing weight of pass, proper technique. Increase the distance between each player, increase the width of the cones.

4th Activity: 10-15 Mins Piggy in the Middle – You play the game in a small grid, with one defender in the middle trying to steal passes, and have three players on the outside passing the ball with each other. If the ball is received by the middle defender then they switch, or if the ball is played out of the area then the player that made the bad pass would come into the middle. Benefits: passing, receiving , communication, defending.

Game: 15-20 3v3 or 4v4 game or 5v5 to cones goals or real goals, in here I would teach throw ins, rules of the game, getting them to play with their hands down, passing the ball, field awareness, etc...

Cool Down: Cone pickup or light jogging and light stretching

Some Thoughts: Set up Learning Games for this Age Group, The games will be the teacher, The biggest skill in this age group is passing the ball to teammates, beginning understanding defense and offense. Communication with each other.

Things to avoid – The three L's No Laps, No Lines, No Lectures

Things to Do – have players bring their own water, Soccer Ball, take water breaks

The most important thing is have as much fun you can have... Kids are a joy to work with...