



Burlington Youth Soccer Association

U8 Coaching & Player Development Curriculum

Welcome Coaches,

Thank you for volunteering your time to coach this soccer season. Without wonderful volunteers like you, Burlington Youth Soccer would not exist. Coaching can be a very rewarding experience for you and it can help build a confident and healthy child. As coaches we not only have the opportunity to teach children the game of soccer, but also to facilitate the learning of social skills, sportsmanship, and teamwork. It is our goal to provide all players with a safe, fun, challenging, and educational environment. Whether children continue to play soccer will have a lot to do with whether they have fun.

Included in this document you will find information on U8 General Coaching Guidelines, Typical Characteristics of U8 Players, Practice Considerations, Game Considerations, and the U8 practice curriculum. All of this will hopefully help you and your players have as much fun as possible and ensure a successful season for all.

U8 General Coaching Guidelines

A. Have fun

- Practices and games should be fun – it's why everyone is there. If children see you having fun, they will have fun, and if they are having fun they will want to continue playing soccer.
 - By counting down the last 5 or 10 seconds of an activity you can add excitement to it.
 - When sending players on a water break, have them go backwards, skip, hop, etc. for fun to help coordination skills.
- Be patient. The players will not understand everything right away. Give brief easy to understand instructions. Be firm with your expectations but remember you are dealing with young children.
- Have a positive attitude. Give players positive reinforcement. Use praise as an incentive and include their name (eg – Great turn Tommy!). Tell them what they do right rather than what they do wrong.

B. Focus on long-term player development, not winning games

- Coach's ultimate focus should be on long-term development of each child and not on short-term goals. Don't measure success by winning and losing, measure success in other ways such as:
 - Are the kids having fun and doing their best? (If it's not fun, it's not good)
 - Are the kids learning how to socialize with others?
 - Are the kids learning about sportsmanship and teamwork?
 - Are the kids learning something about soccer? Are they improving?
- **Encourage Learning & Tolerate Mistakes.** Encourage players to try new things and be creative. Encourage their effort even if what they try doesn't work. Making mistakes is not a bad thing.
- **Rotate Positions.** All players should have the opportunity to experience playing each position. This will help with their overall development as soccer players and also keep them motivated and provide them with new challenges.

C. Emphasize friendship, respect, teamwork, and sportsmanship

- In addition to achieving a sense of accomplishment through the mastery of skills, soccer is a great way for young players to learn good values that they can carry on with them in other aspects of their lives.

Typical Characteristics of U8 Players

- Tend to play better in pairs – when setting the players up in pairs, try to pair them yourself to control the games and manage the personalities.
- Still prefer playing to watching – keep everyone active during practice and remember to limit lines, have 2-3 players in a line at most. Do not have players knocked out of activities who then sit and watch.
- Have limited attention span – keep your directions concise and to the point.

- Have an understanding of time and sequence – some now understand “if I do this, then that happens”.
- Some have incorporated a third or fourth speed into play – not all players, but many players now have incorporated a speed or two between stop and as fast as possible.
- Look for adult approval – watch how often players look to you for approval or to see if you are looking. Always encourage the players. Be supportive when they ask about their performance or try to show you skills.
- Becoming aware of peer perception – social orders begin to develop. Be sensitive to this.
- Have wide range of abilities – children all develop at varying paces. You may have one child who seems older and one that seems younger on the same team. Your challenge is to manage this range in a way that challenges each player at a level that is reasonable for them. Beginning to develop motor memories
- Some become more competitive
- Less active imaginations than U6 players

Practice Considerations

The practice sessions provided have been structured to provide active, developmentally appropriate, fun activities that will help each player continue to increase their comfort with the ball. Coaches should encourage players to use their left and right feet as much as possible, since the only way they will get better with their weak foot is to practice using it. At this age level coaches should only be concerned with continuing teaching players technical, fundamental ball skills (dribbling and ball mastery are reinforced), as well as basic movement skills such as running (forwards, backwards) moving sideways, jumping, turning, twisting and bending (to lower center of gravity to form a solid base), and introducing more teamwork activity involving passing and shooting. We want our coaches to use games or activities rather than drills. Drills often utilize lines and involve the repetition of movements the same way each time which is unrealistic to what happens during a soccer game. These practice activities have been designed to be fun, dynamic and allow for free movement and decision making to keep players active the majority of the time and decrease the chance of them getting bored and losing interest. Practice sessions will focus on a single skill and progress from simple activities to activities a little more complex with some pressure added.

Other considerations to keep in mind include:

- Prepare for your session before arriving at the field.
- Set up cones for your next activity before players arrive or during water breaks.
- Players under the age of 8 do not need to stretch. Children this age will actually stretch during the warm-up activities by using balance, coordination and change of direction.
- Keep your instructions to a minimum (20 sec), these games are simple to understand and should stay that way.
- **Reinforce Correct Technique.** In all activities and games continually emphasis the use of correct technique.
- Make sure to give players plenty of water breaks, especially when it is hot.

Game Considerations

Positional coaching of any kind at this age is irrelevant and detrimental to the player's fun, enjoyment, and progress. For this reason, there should be no concern with the tactical components of the game or positional play during games at this age group. Focus should solely be on improving all players' technical ability.

Other considerations to keep in mind include:

- All players should be given equal playing time each game. Rotate players in and out and to different positions every few minutes so that no one gets too tired or too bored.
- Rather than be told what position to play or be told where they can or cannot go on the field, young players should be encouraged to "find" new open space away from teammates (to provide support) so that passes can be exchanged.
- In a 4v4 environment children should be encouraged to try to form a diamond shape on the field. The diamond shape will constantly be moving and players should be encouraged to move around to support their teammates, providing length, width, and/or depth.
- Allow the players to be creative and use their imaginations, as well as recognize and solve challenges on their own. Use coaching points and ask questions after the fact as needed to help players understand situations they have just encountered.
- Always remember to put individual player skill development ahead of game results.
- Keep the game moving and let the kids play. Please try not to tell players what to do and where to go at all times. The game is the greatest teacher.

Week 1 - Dribbling/Turning

Warm Up: Free Dribble (10 min)

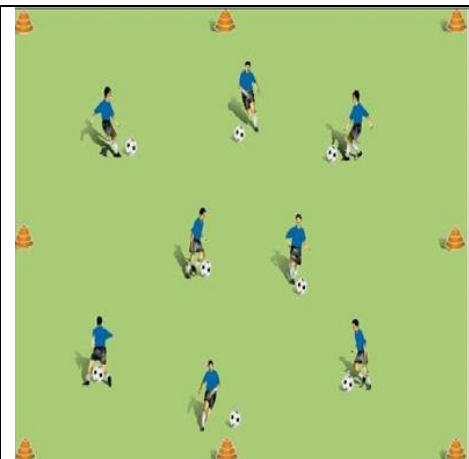
Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball and start inside the grid.

Instructions:

Players dribble inside the grid freely using both feet for **1 minute**. Next have players dribble using only the inside and outside of both feet and work on the Hook Turn for **1 minute**. Next Have players dribble with only the soles of their shoes and work on turns such as the Drag Back and Stop/Turn for the next **2 minutes**. The players should be instructed to have a short sprint after turning. Now have players dribble full speed for **2 minutes** working on cuts, turns, and avoiding collisions. Demonstrate the moves for the players and let them practice before restarting the drill

Have players perform 30 ball touches, 30 pendulums or juggle with both feet between games. Start with 1 touch and catch the ball, repeat. Challenge players to increase the # of touches they can get.



Technical Activity #1: Gates Dribbling (10 min)

Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid. Each player has a ball.

Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. Have players do this multiple times and try to beat their previous score. Coaches can add a few extra seconds on to the allotted time to make sure players beat their previous score. Make players dribble with both feet.



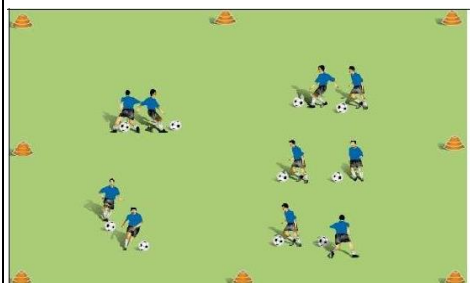
Technical Activity #2: Hand Tag (10 min)

Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball and start inside the grid.

Instructions:

Every player dribbles a soccer ball inside the grid while trying to tag other players with their hand. Players cannot leave their own ball. Have players keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the previous game. Make players dribble with both feet



Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet.
- Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward
- Use body to shield/protect ball.
- Inside /Outside of Foot Hook Turn– Use the inside or outside of your foot to hook or cut the ball back in the opposite direction.

Week 2 - Passing & Receiving

Warm Up: Passing Circle (10 min)

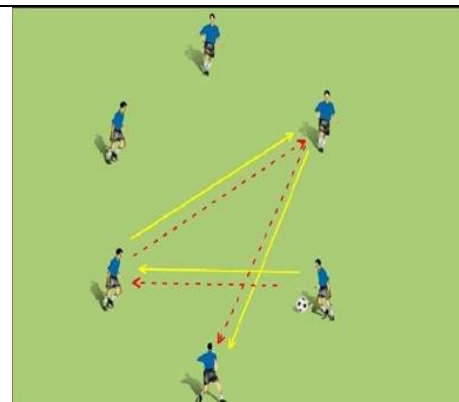
Set-Up:

Make a grid roughly 30x30 yards. Start with 1 ball for the entire group.

Instructions:

Players inside the grid form a circle. Players will pass the ball to someone else around the circle. The passing player will follow their pass and take the place of the person they just passed the ball to. The players will continue passing and replacing the receiver. Have players yell the name of the player they are going to pass to. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass. Play 2 minutes at a time and correct any passing technique breakdowns. Feet should remain active throughout the drill (light jog in place when waiting to receive the ball).

Have players juggle between games.



Technical Activity #1: 4 vs. 1 Keep Away (10 min)

Set-Up:

Divide players into groups of 5. Make multiple groups with 1 ball per group

Instructions:

Play 4v1 continuous keep away. 4 attackers combine to keep the ball away from 1 defender. The 4 attackers are awarded a point each time they complete 3 consecutive passes without losing possession. When the defender wins the ball, the attacker who lost the ball becomes the defender and the defender who won the ball immediately combines with the other attackers. Balls out of play are passed in



Technical Activity #2: Snatch the Ball (10 min))

Set-Up:

Make 2 grids roughly 20x20 yards with a 5 yard gap between them. Divide the players into two teams of 4, one team in each playing area. Assign each player per team a number (1-4). One ball per team.

Instructions:

Each team dribbles and passes the ball in their playing area. When the coach shouts a number, the corresponding players run into the other team's square and tries to snatch the ball while the other team plays keep away. If a player steals the ball and kicks it out of the square, they get one point for their team. If they can steal the ball and take it back into their square, they get three points. Allow thirty seconds for a snatch to take place.



Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target.
- Keep moving after the pass, DO NOT STAND STILL!
- Receiving: Get good body position behind the ball when receiving it. Cushion the ball with inside of foot as you receive it.
- Lock your ankle and make contact with the middle or top part of the ball when receiving it.
- Direct the ball in the direction you want to go with your first touch. Do not stop the ball when receiving it.
- Move to the ball, do not wait for it. Watch the ball as you receive it.

Week 3 - Shooting

Warm Up: Shooting Through Cones (10 min)

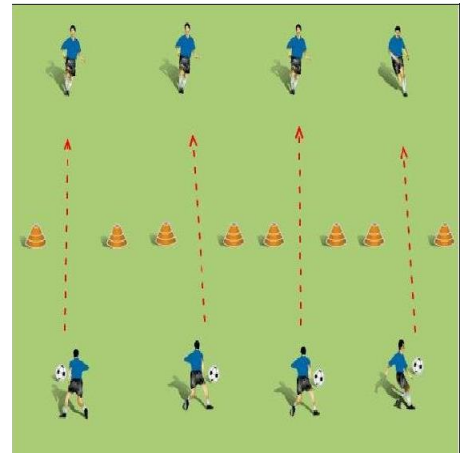
Set-Up:

Partner up the players with 1 ball for each pair. Players should stand opposite each other roughly 10 yards away. Set up cones about 2 yards apart for the players to kick the ball through.

Instructions:

Each pair will take turn shooting the ball back and forth to their partner through the goals. Each time a player shoots the ball through the goal with their laces or inside of their foot (for control) they get a point. Make sure players shoot with both feet. The first player to 10 goals wins. Feet should remain active throughout the drill (light jog in place when waiting to receive the ball). **Variation:** Place a soccer ball on a cone in between the pairs and have them shoot the soccer ball back and forth trying to knock the ball off the cone. The first player to 5 goals wins.

Have players do 30 ball touches, 30 pendulums or juggle with both feet between games.



Technical Activity #1: Numbered Shooting (10 min)

Set-Up:

On a half size 6v6 field, create a grid in the middle of the field roughly 30x20 yards. Coaches can choose to incorporate Goalkeepers. Number the players off from 1 to however many players you have.

Instructions:

All players have a ball and dribble freely in the central grid. When coach calls out the player's number, that player dribbles toward the goal and shoots on goal. Coach can limit touches, specify surface area (inside, outside, laces), require a move before they shoot, etc. Coach can make a box with cones in front of the goal to ensure players are shooting from a reasonable distance.



Technical Activity #2: Moving Goal (10 min)

Set-Up:

Make a grid roughly 30x30 yards. Select 2 players to become the "moving goal". All players will have a ball, except the 2 who are the "moving goal".

Instructions:

The 2 players who are the "moving goal" are connected together by holding one end of a pinney, ball bag, etc. The moving goal will move around the grid together. The players with the ball will dribble around the grid trying to shoot their ball into the "moving goal". Have players keep track of their score. Play multiple games of 1 minute each and choose different players to be the "moving goal".



Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

Coaching Points:

- Approach the ball from a slight angle, not straight on.
- Keep the ankle of the shooting foot locked with toe down, strike with the laces. Never use your toe!
- Non-kicking foot placed comfortably next to ball with toes pointing toward your target.
- Keep your eyes on the ball at moment of contact.
- Get your kicking knee over the ball when making contact.
- Strike the middle of the ball.
- Follow through to your target after striking the ball.

Week 4 - Dribbling/Shielding

Warm Up: Gates Dribbling with Bandits (10 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid, except 1 or 2 players (Bandits) depending on #'s.

Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. There will be 1 or 2 bandits (without soccer balls) who try to steal soccer balls from the other players. If bandits are successful and steal soccer balls, they are no longer bandits. Players who lose their soccer balls become bandits! Play multiple 1-2 minute games. Play is continuous for the 1-2 minute period. Players who have possession of a soccer ball at the end of time are awarded 10 bonus points.

Have players juggle between games.



Technical Activity #1: Knock Out (10 min)

Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball

Instructions:

Each player dribbles their ball around the grid protecting their own ball while trying to "knock out" the other player's balls from the grid. Players must stay with their ball and cannot leave the ball for long periods of time. If a player gets knocked out they must go outside the grid and do soccer moves to get back in the game. Soccer moves: 10 Ball touches, 3 Drag Backs, 3 Stop Turns, 3 Juggles, etc.



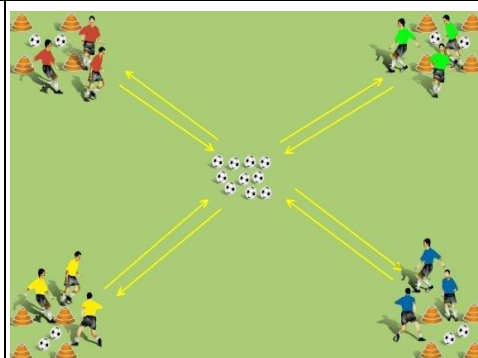
Technical Activity #2: Capture the Balls (10 min)

Set-Up:

Make a grid roughly 40x40 yards. Break players into 3 or 4 teams and set up "home bases" (2-3 yard squares in the corners of the grid) with cones.

Instructions:

Place all the balls in the center of the grid. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use their hands, push each other, or guard their base. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases once all the balls in the center space are gone. Play for 2 minutes. Have the players count up how many balls are in their base to determine a winner. Allow teams 1 minute to strategize before playing again.



Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

Coaching Points:

- Keep ball close at all times(within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet. Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.
- Use body to shield/protect ball.
- Drag Back– Place the sole of the foot on the ball, drag the ball back behind you, turn with the ball and dribble away quickly.
- Stop Turn– Place one foot on the top of the ball to stop it. Use your other foot to stop, plant and turn as quickly as possible. The foot used to stop the ball will then push the ball out in front of you in the opposite direction and dribble away quickly.

Week 5 – Passing/Receiving

Warm Up: Criss Cross Passing (10 min)

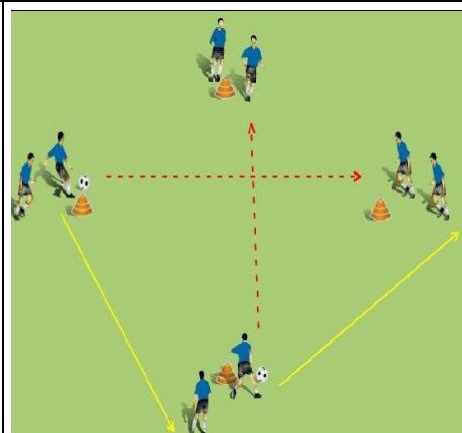
Set-Up:

Set up 4 cones in a criss cross pattern about 10 yard apart from each other. 2 balls needed for this warm up, one at the top or bottom cone and one at the left or right cone.

Instructions:

Players are split evenly amongst the 4 cones. The first player in line with the ball will pass the ball to the player directly across from them. After making the pass the player will run to the back of the line to their right. Players will receive the ball and return the pass back to the new player directly across from them and run to the back of the line to their right. The process will continue using only 2 touches, 1 to receive the ball and 1 to pass the ball. Progression: See how long the players can go without losing control.

Have players do 30 ball touches, 30 pendulums or juggle between games.



Technical Activity #1: Gates Passing (10 min)

Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid.

Instructions:

Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Play multiple games and have them switch to passing with only with their left foot or right foot, and try to beat their previous scores



Technical Activity #2: Stuck in the Mud (10 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

Coach will pick one or two players who will be the Mud Monsters. Mud Monsters dribble around and try to tag the other players (who also have a ball and are dribbling around). When a player becomes stuck in the mud, they must stand still, with their feet spread a little more than shoulder width apart, holding their ball over their head and yell for “HELP!” Players become unstuck if another (non Mud Monster) player **passes** the ball through their legs. If all players are stuck the game ends and the coach will pick new Mud Monsters.



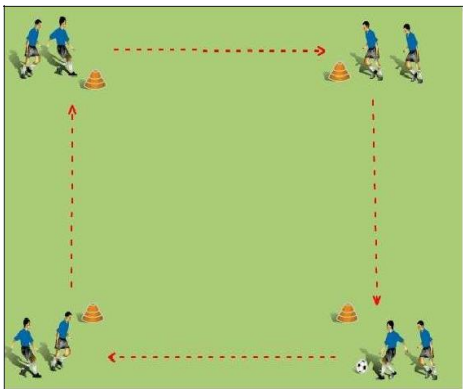
Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

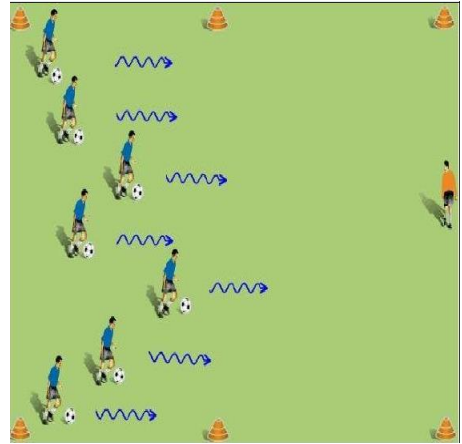
Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target.
- Keep moving after the pass, DO NOT STAND STILL!
- **Receiving:** Get good body position behind the ball when receiving it. Cushion the ball with inside of foot as you receive it.
- Do not use the sole of the foot to receive the ball.
- Lock your ankle, keep your big toe up, and make contact with the middle or top part of the ball when receiving it.
- Direct the ball in the direction you want to go with your first touch. Do not stop the ball when receiving it.
- Move to the ball, do not wait for it.
- Watch the ball as you receive it.

Week 6 - Shooting

Warm Up: Passing Square (10 min) Set-Up: Make a grid roughly 10x10 yards. Set up 4 cones to form a square. Divide the players evenly among the 4 cones. 1 balls needed for this warm up Instructions: One player starts the game by passing the ball clockwise to the person at the next cone. The players receive the pass and then pass to the next person clockwise. Players follow their pass and go to the back of the line at the cone they just passed to. After 3 or 4 times around the square have the players switch direction and pass counter clockwise with the other foot. The process will continue using only 2 touches, 1 to receive the ball and 1 to pass the ball. Have players do 30 ball touches, 30 pendulums between games.	
Technical Activity #1: Feed the Dragon (10 min) Set-Up: Use your half of the field. All players line up on the goal line. Spread all the soccer balls around the midfield area. Set up cones that the players must shoot behind. Instructions: The object of the game is to feed the dragon by retrieving and shooting the balls as quickly as possible into the net (dragon), once the coach yells go. All the players are on the same team. Players are not allowed to take balls away from each other. After the players shoot their ball they must run around the goal before getting another ball. Coaches can retrieve the balls from the net and throw them back out to the midfield area to keep the game going longer. Time them to see how fast they can finish feeding the dragon.	
Technical Activity #2: Attack the Castle (10 min) Set-Up: Divide players into groups of 4 or 5. Make a grid roughly 20x20 yards. Place a cone in the middle of the grid with a soccer ball on top of it, or just use a tall cone. 1 soccer ball needed to play with. Instructions: Divide the 4 or 5 players into 3 or 4 attackers vs. 1 defender. The soccer ball or the tall cone is the castle. The attackers try to blow up the castle by knocking the ball off the cone or knocking the tall cone over. The defender tries to protect the castle by stealing the ball. Tell the defenders they are not allowed to just stand by the castle, they must try to steal the ball from the attackers. Play multiple games rotating defenders and attackers. Variation: Set up two cones with soccer balls, so defender cannot just stand by and guard one castle.	
Activity # 3: Scrimmage or Scheduled Game (30 min) 4v4 (to 6v6 depending on #'s) unrestricted play.	
Coaching Points: • Approach the ball from a slight angle, not straight on. • Keep the ankle of the shooting foot locked with toe down, strike with the laces. Never use your toe! • Non-kicking foot placed comfortably next to ball with toes pointing toward your target. • Keep your eyes on the ball at moment of contact. • Get your kicking knee over the ball when making contact. • Strike the middle of the ball. • Follow through to your target after striking the ball.	

Week 7 - Dribbling

Warm Up: Red Light/Green Light (10 min) Set-Up: Make a grid roughly 30x30 yards. All players have a ball inside the grid. Instructions: All players have a ball. When coach says "green light" players dribble forward fast but with ball under control. When coach says "red light", players must stop ball and put foot on top of ball. If coach says "yellow light", players must dribble very slowly. If coach says "reverse" player must turn (Hook Turn) and dribble in the opposite direction. Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to the game, after a red light add other actions for them to do. (Hop back and forth over ball, run around the ball, dance, ball touches, etc.). Make players dribble with both feet. Have players perform 30 ball touches, 30 pendulums or juggle with both feet between games.	
Technical Activity #1: Kangaroo Jack (10 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball except for two. Instructions: The 2 Players without balls are Kangaroo Jacks and must hop around like a kangaroo and try to tag the other players. If a player gets their ball knocked out, they become a kangaroo as well. Play until all players are turned into kangaroos. The last 2 players to get tagged start as Kangaroo Jacks the next round. As you move to another game change the rules (dribble with left foot only, alternate left and right foot, etc.).	
Technical Activity #2: Knock Out (10 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball. Instructions: Each player dribbles their ball around the grid protecting their own ball while trying to "knock out" the other player's balls from the grid. Players must stay with their ball and cannot leave the ball for long periods of time. If a player gets knocked out they must go outside the grid and do soccer moves to get back in the game. Soccer moves: 10 Ball touches, 3 Drag Backs, 3 Stop Turns, 3 Juggles, etc.	
Activity # 3: Scrimmage or Scheduled Game (30 min) 4v4 (to 6v6 depending on #'s) unrestricted play.	
Coaching Points: • Keep ball close at all times(within 1 giant step). • Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings. • Knees should be bent and stay on the balls of your feet. • Lean over the ball, do not stand straight up. • After making a move or turn, use a short burst of speed to get away from defenders. • Use inside or outside of foot to change direction. • Use laces when dribbling to push the ball forward. • Use body to shield/protect ball	

Week 8 – Passing & Receiving

Warm Up: Moving Triangles Passing (10 min)

Set-Up:

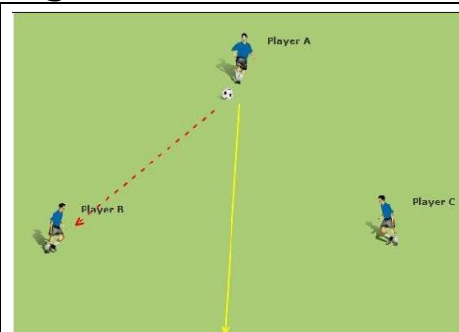
Divide the players into groups of three with one ball per group

Instructions:

The 3 players form a triangle. Player A passes the ball to player B and runs through the gap between players B and C. Player B passes the ball to player C and runs through the gap between players A and C. And so on. Play for 2 minutes at a time.

Progression: Limit players to one, two or three touches.

Have players juggle in between games.



Technical Activity #1: Stuck in the Mud (10 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

Coach will pick one or two players who will be the Mud Monsters. Mud Monsters dribble around and try to tag the other players (who also have a ball and are dribbling around). When a player becomes stuck in the mud, they must stand still, with their feet spread a little more than shoulder width apart, holding their ball over their head and yell for "HELP!" Players become unstuck if another (non Mud Monster) player **passes** the ball through their legs. If all players are stuck the game ends and the coach will pick new Mud Monsters.



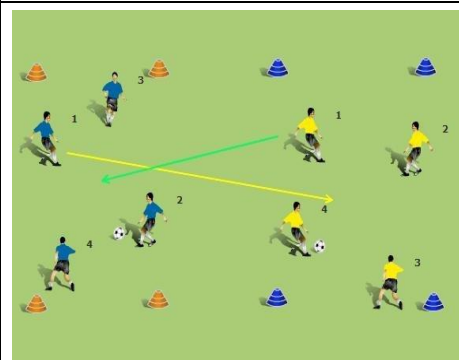
Technical Activity #2: Snatch the Ball (10 min)

Set-Up:

Make 2 grids roughly 20x20 yards with a 5 yard gap between them. Divide the players into two teams of 4, one team in each playing area. Assign each player per team a number (1-4). One ball per team.

Instructions:

Each team dribbles and passes the ball in their playing area. When the coach shouts a number, the corresponding players run into the other team's square and tries to snatch the ball while the other team plays keep away. If a player steals the ball and kicks it out of the square, they get one point for their team. If they can steal the ball and take it back into their square, they get three points. Allow thirty seconds for a snatch to take place.



Activity # 3: Scrimmage or Scheduled Game (30 min)

4v4 (to 6v6 depending on #'s) unrestricted play.

Coaching Points:

- Body weight should be slightly forward leaning over the ball.
- Non-kicking foot should be comfortably next to the ball and pointing towards your target.
- Ankle should be locked and toe pointing up, strike the middle to top of the ball firmly with inside of foot.
- Keep your eyes on the ball at moment of contact.
- Leg follows through in the direction of the target. Keep moving after the pass, DO NOT STAND STILL!
- **Receiving:** Get good body position behind the ball when receiving it. Cushion the ball with inside of foot as you receive it.
- Do not use the sole of the foot to receive the ball.
- Lock your ankle, keep your big top up, and make contact with the middle or top part of the ball when receiving it.
- Direct the ball in the direction you want to go with your first touch. Do not stop the ball when receiving it
- Move to the ball, do not wait for it. Watch the ball as you receive it.

References

This document was created with the assistance of content, philosophies and ideas from the following:

Mass Youth Soccer. www.mayouthsoccer.org. Retrieved 2011-08-04

US Youth Soccer. www.usyouthsoccer.org. Retrieved 2011-08-04

Soccer Interactive. www.soccerinteractive.com. Retrieved 2011-08-04

Special thanks to Hanson Youth Soccer for the use of their curriculum guides!