

# Mass Youth Soccer

*Specialty Clinic: U6 & U8*



# Mass Youth Soccer U6 & U8 Specialty Clinic

The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad into a lifetime of soccer participation. The joy and pleasure of the game are best nurtured by encouraging freedom of expression and organizing children's play in small groups.

## Role of the U6 Coach

The role of the coach in the U6 age group is as facilitator, friendly helper, organizer, and motivator. The coach should be patient, enthusiastic, and imaginative. The coach should experiment with fun activities that include all players, if possible. The environment and the activities are more important than technical coaching is at this level.

## Role of the U8 Coach

The role of the coach in the U8 age group is to be a sensitive and patient teacher with an enthusiastic and imaginative approach. It is helpful if they have the ability to demonstrate and very important that they understand technique.

## License Recommendations for U6 and U8

The G License is recommended. The National Youth License is recommended.

| <b><u>U6 Player Characteristics</u></b>                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b><u>The U8 Player Characteristics</u></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b><i>Mental/Psychological (cognitive)</i></b> <ol style="list-style-type: none"><li>1. Short attention span</li><li>2. Individually oriented...egocentric</li><li>3. Sensitive...Easily bruised psychologically</li><li>4. Love to use their imagination...pretend</li><li>5. Tend to only one task at a time</li><li>6. Can process small bits of information</li><li>7. Immature understanding of time and space relations</li></ol>                                        | <b><i>Mental/Psychological (cognitive)</i></b> <ol style="list-style-type: none"><li>1. Short attention span, but better than U6</li><li>2. Love to use their imagination...pretend</li><li>3. Limited ability to attend to more than one task at a time</li><li>4. Beginning to solve simple soccer problems (i.e. pass to a teammate)</li><li>5. Some understanding of time and space relations</li></ol>                                                                                                          |
| <b><i>Physical (psychomotor)</i></b> <ol style="list-style-type: none"><li>1. Constantly in motion</li><li>2. No sense of pace (full speed ahead)</li><li>3. Easily fatigued with rapid recovery</li><li>4. Eye/hand and eye/foot coordination is primitive</li><li>5. Can balance on good foot</li><li>6. Catching skills are not developed</li><li>7. Love to run, jump, fall and roll</li><li>8. About 36-40 inches in tall</li><li>9. Weigh between 30-50 pounds</li></ol> | <b><i>Physical (psychomotor)</i></b> <ol style="list-style-type: none"><li>1. Beginning to develop physical coordination</li><li>2. Improvement in pace regulation</li><li>3. Skeletal system is growing; growth plates near joints</li><li>4. Cardiovascular system is less efficient than an adult's; heart rate peaks sooner and takes longer to recover</li><li>5. Catching skills are still not developed</li><li>6. Improvement in dribbling and kicking</li><li>7. Love to run, jump, fall and roll</li></ol> |

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| <u><b>U6 Player Characteristics</b></u>                                                                                                                                                                                                                                                                                                                    | <u><b>The U8 Player Characteristics</b></u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b><i>Socially (psychosocial)</i></b> <ol style="list-style-type: none"> <li>1. Love to show off</li> <li>2. Little or no real concern for team activities</li> <li>3. Tend to parallel play...play next to but not with a friend or teammate</li> <li>4. Influential person in their life is their MOM</li> <li>5. Like to mimic goofy actions</li> </ol> | <b><i>Socially (psychosocial)</i></b> <ol style="list-style-type: none"> <li>1. Self-concept and body image are beginning to develop</li> <li>2. Sensitive...dislike personal failure in front of peers</li> <li>3. Negative comments from peers and adults carry great weight</li> <li>4. Limited experience with personal evaluation...effort is synonymous with successful performance</li> <li>5. Inclined more toward cooperative activities (small groups)</li> <li>6. Inclined to establish and cooperate with friends</li> <li>7. Desire social acceptance; want everyone to like them</li> <li>8. Influential person in their life is their father or significant parent</li> </ol> |

| <u><b>What to Teach - (Game Components)</b></u>                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <u><b>U6</b></u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <u><b>U8</b></u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Techniques (skills):</b> <ul style="list-style-type: none"> <li>❖ <b>Dribbling</b> <ul style="list-style-type: none"> <li>• Keep the ball close (with toe, inside of foot and sole of foot).</li> </ul> </li> <li>❖ <b>Kicking</b> <ul style="list-style-type: none"> <li>• Kicking the ball at the goal (with toe, inside of foot, and laces).</li> </ul> </li> <li>❖ <b>Catching</b> <ul style="list-style-type: none"> <li>• Toss to self and catch.</li> </ul> </li> </ul> | <b>Techniques (skills):</b> <ul style="list-style-type: none"> <li>❖ <b>Dribbling</b> <ul style="list-style-type: none"> <li>• With outside of the foot</li> <li>• Change of speed and direction</li> </ul> </li> <li>❖ <b>Receiving</b> <ul style="list-style-type: none"> <li>• Ground balls with inside, outside, and sole of foot</li> <li>• Bouncing balls with various body parts</li> <li>• Ball lifting and juggling</li> </ul> </li> <li>❖ <b>Passing</b> <ul style="list-style-type: none"> <li>• With toe, inside of foot and laces</li> <li>• Throw-ins</li> </ul> </li> <li>❖ <b>Shooting</b> <ul style="list-style-type: none"> <li>• With toe, inside of foot and laces</li> </ul> </li> <li>❖ <b>Tackling</b> <ul style="list-style-type: none"> <li>• Toe-poke</li> </ul> </li> <li>❖ <b>Catching</b> <ul style="list-style-type: none"> <li>• From self and from partner</li> <li>• Rolling, bouncing, and air balls</li> </ul> </li> </ul> |
| <b>Psychology (mental and social):</b> <ul style="list-style-type: none"> <li>❖ Sharing</li> <li>❖ Fair play</li> <li>❖ Dealing with parental involvement (confusion)</li> <li>❖ "How to play"</li> <li>❖ Emotional management</li> </ul>                                                                                                                                                                                                                                         | <b>Psychology (mental and social):</b> <ul style="list-style-type: none"> <li>❖ Working in pairs</li> <li>❖ Sportsmanship</li> <li>❖ Dealing with parental involvement</li> <li>❖ "How to play" (social cooperation)</li> <li>❖ Emotional management</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

# Mass Youth Soccer U6 & U8 Specialty Clinic

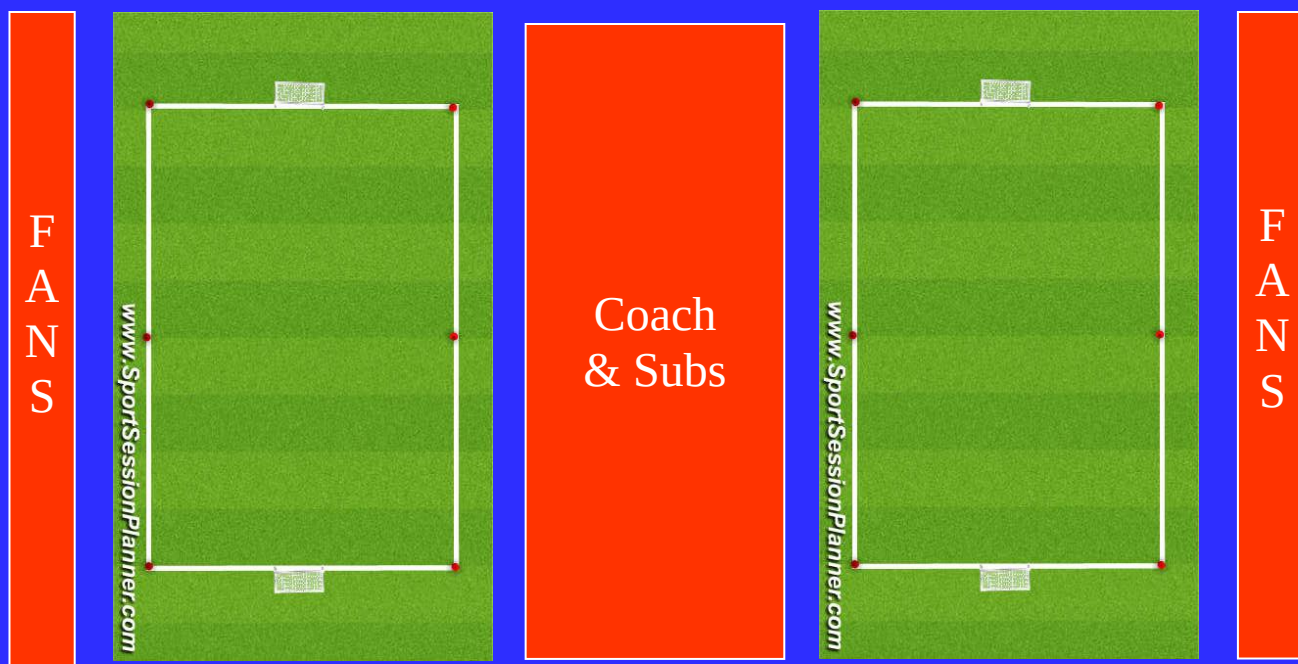
| <u>What to Teach - (Game Components)</u>                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |
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| <u>U6</u>                                                                                                                                                                                                                                                           | <u>U8</u>                                                                                                                                                                                                                                                                   |
| <b>Fitness (movement education):</b> <ul style="list-style-type: none"> <li>❖ Balance</li> <li>❖ Running</li> <li>❖ Jumping</li> <li>❖ Rolling</li> <li>❖ Hopping</li> <li>❖ Skipping</li> </ul>                                                                    | <b>Fitness (movement education):</b> <ul style="list-style-type: none"> <li>❖ Introduce the idea of warm-up</li> <li>❖ Agility</li> <li>❖ Leaping</li> <li>❖ Tumbling</li> <li>❖ Eye/foot &amp; eye/hand coordination</li> </ul>                                            |
| <b>Tactics (decisions):</b> <ul style="list-style-type: none"> <li>❖ Where is the field</li> <li>❖ Moving in the correct direction (which goal to kick at)</li> <li>❖ Dealing with the ball rolling away</li> <li>❖ Dealing with the ball rolling toward</li> </ul> | <b>Tactics (decisions):</b> <ul style="list-style-type: none"> <li>❖ Being exposed to all positions</li> <li>❖ 1v1 attacking</li> <li>❖ 1v1 defending</li> <li>❖ 2v1 attacking</li> <li>❖ Introduce the names of positions</li> <li>❖ Shape (triangles, diamond)</li> </ul> |
| <b>Rules:</b> <ul style="list-style-type: none"> <li>❖ The kick off</li> <li>❖ The goal kick</li> <li>❖ Ball in and out of play</li> <li>❖ Hand ball</li> <li>❖ Physical fouls (pushing, holding, striking, tripping)</li> </ul>                                    | <b>Rules:</b> <ul style="list-style-type: none"> <li>❖ The kick off</li> <li>❖ The goal kick</li> <li>❖ Ball in and out of play</li> <li>❖ Hand ball</li> <li>❖ Physical fouls (pushing, holding, striking, tripping)</li> </ul>                                            |

| <u>Skill Priorities</u>                                                                                                                                                               |                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>U6</u>                                                                                                                                                                             | <u>U8</u>                                                                                                                                                                                                                                                                              |
| <ul style="list-style-type: none"> <li>❖ Dribble with all sides of both feet</li> <li>❖ Dribble out of trouble</li> <li>❖ Dribble past someone</li> <li>❖ Soft first touch</li> </ul> | <ul style="list-style-type: none"> <li>❖ Dribble with all sides of both feet</li> <li>❖ Dribble out of trouble</li> <li>❖ Dribble past someone</li> <li>❖ Shielding</li> <li>❖ Soft first touch</li> <li>❖ Introduce proper shooting technique</li> <li>❖ Introduce passing</li> </ul> |

# Mass Youth Soccer U6 & U8 Specialty Clinic

| <u>US Youth Soccer U6 &amp; U8 Modifications to the Game</u> |                                |             |                                |             |
|--------------------------------------------------------------|--------------------------------|-------------|--------------------------------|-------------|
|                                                              | U6                             |             | U8                             |             |
| Number of Players                                            | 3v3 – No Goalkeepers           |             | 4v4 – No Goalkeepers           |             |
| Field Dimensions                                             | Length                         | 20-30 Yards | Length                         | 23-35 Yards |
|                                                              | Width                          | 15-20 Yards | Width                          | 20-30 Yards |
| Goal Dimensions                                              | Pugg or Infinity goals will do |             | Pugg or Infinity goals will do |             |
| Training Duration                                            | 30-35 minutes                  |             | 30- 35 minutes                 |             |
| Game Duration                                                | 20-25 minutes                  |             | 30 minutes                     |             |
| Soccer Ball                                                  | Size 3                         |             | Size 3 or 4                    |             |

## Game Day Arrangement



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## The U6 and U8 Training Session

### *General Information*

- ✓ *The training session should involve fun and imaginative game like activities.*
- ✓ *Facilitate fun activities that draw out the skill in the player; focus on dribbling and shooting.*
- ✓ *Light coaching on simple technique is appropriate (dribbling & shooting)*
- ✓ *Small-sided games such as 1v1, 2v1, 2v2, should be included as well.*
- ✓ *Training should always conclude with a 3v3 game without goalkeepers if possible.*
- ✓ *The duration of the training session should be 45-60 minutes.*

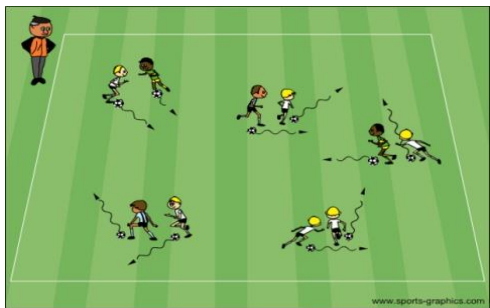
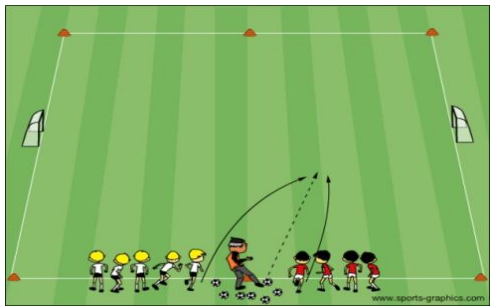
### Sample Training Session Format

Activity #1 – Dynamic Activity (players moving with or without ball)  
Activity #2 – Dynamic Activity (players moving with a ball)  
Activity #3 – Dynamic Competitive Activity (activity with pressure\*)  
Activity #4 – Dynamic Competitive Activity (activity with pressure\*)  
Activity #5 – 3v3 Games

*\* Pressure from opponents, space, cones (equipment), time*

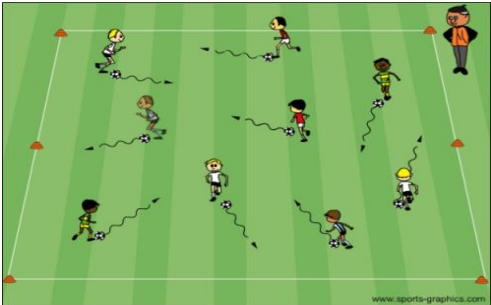
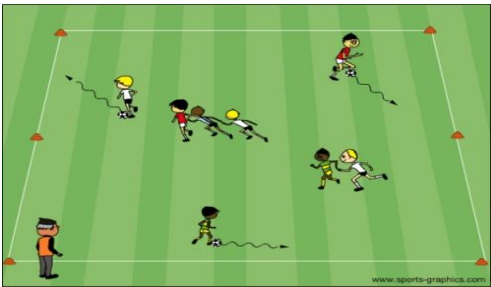
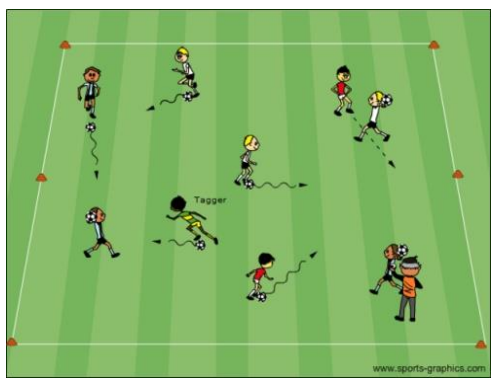
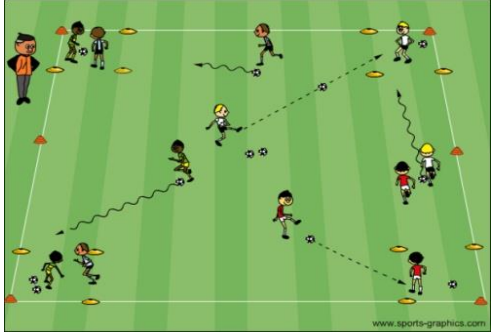
# Mass Youth Soccer U6 & U8 Specialty Clinic

## U6 Sample Sessions:

| Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Diagram                                                                                                              | Time        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------|
| <p><b><u>Tag:</u></b><br/>All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>                                                                                                                                                                                               |                                    | 6 minutes   |
| <p><b><u>Hospital Tag:</u></b><br/>All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p><b>Coach:</b> Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>                                                                                  |                                   | 6 minutes   |
| <p><b><u>Body Part Dribble:</u></b><br/>All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p><b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>                                                                                                                                                                                                    |                                  | 6 minutes   |
| <p><b><u>Get “Outta” There:</u></b><br/>The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p> |                                  | 6 minutes   |
| <b>Scrimmage</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Activity Description</b>                                                                                          | <b>Time</b> |
| 3v3 - Dual Field Scrimmage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing. | 25 minutes  |



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| Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Diagram                                                                                                                     | Time                  |
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| <p><b><u>Free Dribble:</u></b></p> <p>All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.</p> <p><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>                                                                                                                             |                                           | <p>6<br/>minutes</p>  |
| <p><b><u>Snake:</u></b></p> <p>All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>                                                                                                                                                                     |                                           | <p>6<br/>minutes</p>  |
| <p><b><u>Freeze Tag:</u></b></p> <p>All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p><b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players.</p> <p><b>Version 2:</b> Players can unfreeze each other by tagging them.</p> <p><b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p> |                                          | <p>6<br/>minutes</p>  |
| <p><b><u>Capture the Balls:</u></b></p> <p>Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>                                                                                   |                                         | <p>6<br/>minutes</p>  |
| <p><b>3v3 - Dual Field Scrimmage</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p>25<br/>minutes</p> |

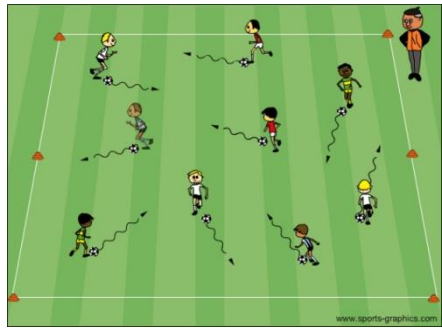
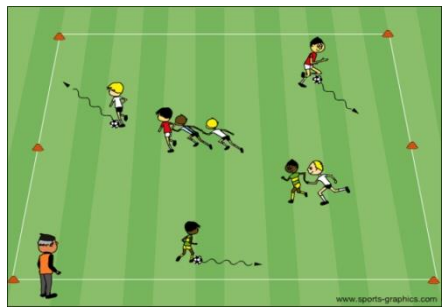
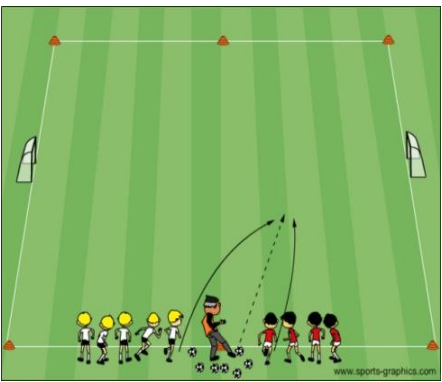
**For More U6 Practice Plans go to:**

[www.mayouthsoccer.org/coaching/practice\\_plans\\_u6.aspx](http://www.mayouthsoccer.org/coaching/practice_plans_u6.aspx)

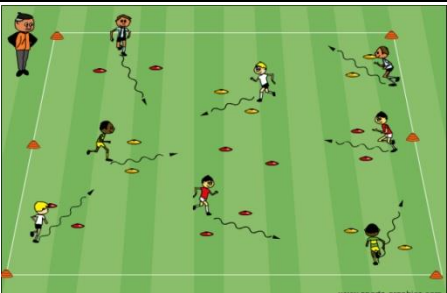
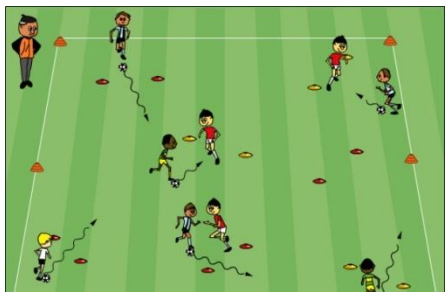


# Mass Youth Soccer U6 & U8 Specialty Clinic

## U8 Sample Sessions:

| Activity Description                                                               | Diagram                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Considerations                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Free Dribble:</b><br/>All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.<br/><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>                                                                                                                                                                         | <ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their head up</li> <li>• Encourage the players to try a new move</li> </ul> <p><b>Time: 8 minutes</b></p> |
|   | <p><b>Sharks and Minnows:</b><br/>In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>                                                                                                                    | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Defending – 1v1</li> </ul> <p><b>Time: 8 minutes</b></p>                                       |
|  | <p><b>Snake:</b><br/>All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Sudden stops and going</li> </ul> <p><b>Time: 8 minutes</b></p>                                |
|  | <p><b>Get “Outta” There with Numbers:</b><br/>The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p> | <ul style="list-style-type: none"> <li>• 1v1 dribbling</li> <li>• 1v1 defending</li> <li>• Scheming and creativity</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>                                                      |
| Scrimmage                                                                          | Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Time                                                                                                                                                                                                                                        |
| <b>4v4 - Dual Field Scrimmage</b>                                                  | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>30 minutes</b>                                                                                                                                                                                                                           |

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| Activity Description                                                               | Diagram                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Considerations                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Shadow Dribble:</b><br/>Two players (<b>Leader and Shadow</b>) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot.</p> <p><b>Version 3:</b> Leader must make a move.</p>                                                                | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p><b>Time: 8 minutes</b></p>                                             |
|    | <p><b>Gate Dribbling:</b><br/>In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>                                                              | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>                          |
|  | <p><b>Dribbling Gates With Bandits:</b><br/>In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the "<b>Bandits</b>"; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p> <p><b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p> | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p><b>Time: 8 minutes</b></p> |
|  | <p><b>2v2 to End Zones:</b><br/>Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>                           |
| Scrimmage                                                                          | Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Time                                                                                                                                                                                                                                   |
| <b>4v4 - Dual Field Scrimmage</b>                                                  | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.                                                                                                                                                                                                                                                                                                                                                                                      | <b>30 minutes</b>                                                                                                                                                                                                                      |

For More U8 Practice Plans go to:  
[www.mayouthsoccer.org/coaching/practice\\_plans\\_u8.aspx](http://www.mayouthsoccer.org/coaching/practice_plans_u8.aspx)

# Mass Youth Soccer U6 & U8 Specialty Clinic

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## **SAMPLE U6 PARENT MEETING AGENDA**

**Team Goals:** Our primary goal as a team is to have fun. We will help the players improve their balance and coordination and give them endless opportunities to dribble a soccer ball while playing childhood games that may not seem like soccer to adults at times. We want to use their imagination and insure that they all enjoy the game. Although it may not look like soccer, the activities we use will help socialization, coordination, encourage the players to solve problems and at times make them laugh. Winning will not be a priority or even a goal for our team. We will be making fun our priority.

**Style of Play:** I will be encouraging the players to try new things and to be creative. We will focus on developing dribbling skills, but will not spend time on passing, receiving, and shooting skills as U6 players are not typically physically and mentally ready to do this. Also it is best for them to develop dribbling skills before trying to do anything else. It is my hope that players have the confidence to show their skills in the game and practice. The game may look like a swarm of bees at times and that is OK. We will not be coaching positions. In reality, even if the game is 3 vs. 3, in our player's minds it is really 1 vs. 5. That is fine and we will let the players have fun at this age without forcing adult concepts upon them.

**Attendance:** I will be at every practice and game, foregoing any unforeseen emergencies. Please make every attempt to have your child at every practice and game (on time) as well as it is part of learning the responsibility of being on a team. Given our hectic lives, I do understand that players may have conflicts here and there. Please let me know before the first game of any conflicts you might have for the season so I can prepare my practices accordingly and we can make sure our team has enough players at every game.

Please have your children at the field 15 minutes before the game starts and please pick up your children promptly after every practice and game.

**Discipline:** I have been told that I run a tight ship and will continue to do so. If players are acting out, I will ask them two times to fix their behavior. If they fail to do so after these warnings, I will sit them down at practice or during a game. If the behavior continues, we will need to talk about it to find a way to help resolve the behavior best without it detracting from the rest of the players' experiences on the team. The more we communicate, the more I can assure the practice environment is fun and safe for everyone.

**Communication:** I am typically a difficult person to reach by phone. The best way to contact me is via email at [soccercoach@sampleclub.com](mailto:soccercoach@sampleclub.com). Should you wish to talk by phone, my office number is 1-800-852-6666 and the best time to reach me is between 12pm and 3pm. If these times do not work, let's schedule a time that works for both of us. Please, if you have a concern, do not talk to me during a practice or game or when your child or other people can hear. I do encourage open communication and questions as we all hope to make this a great experience for the children.

**Sideline Behavior:** Please be supportive and enthusiastic on the sideline during games. The players and I will truly appreciate your applause and encouragement. However, if everyone is coaching, this will only confuse the players. Please do not coach from the sideline. The players need to make their own decisions and we need to support them and educate them at practice. Remember, you are a role model on the sideline for the players. Please set a good example.

**Overall:** I am excited for a great year and I hope you and your child are as well. Let's all have fun and enjoy the game. If you have any questions, please, let's keep open communication. ☺

# Mass Youth Soccer U6 & U8 Specialty Clinic

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## **SAMPLE U8 PARENT MEETING AGENDA**

**Team Goals:** Our primary goals as a team are to have fun and to develop as young soccer players. I hope to be able to teach the players needed skills that will help them improve in the game. We will have fun practices that focus on technical skills. Winning will not be a priority for our team. Team priorities will be developing skills and enjoying the game. If you watch practice you may at times see us engaging in activities that do not look like “real soccer”. Please be assured that all activities we do will help with skill building, motor development, and enjoyment.

**Style of Play:** I will be encouraging the players to try new things and to be creative. We will focus primarily on developing dribbling skills, and also spend time on passing, receiving, and shooting skills so players begin to develop in age appropriate skills. It is my hope that players have the confidence to show their skills in the game and show comfortability on the ball. We will try to move up and down the field as a team and I will be moving players into multiple positions to help them learn all parts of the game. We will not be spending a lot of time on positions and organization. We will spend most of our time on skill development.

**Attendance:** I will be at every practice and game, foregoing any unforeseen emergencies. Please make every attempt to have your child at every practice and game (on time) as well as it is part of learning the responsibility of being on a team. Given our hectic lives, I do understand that players may have conflicts here and there. Please let me know before the first game of any conflicts you might have for the season so I can prepare my practices accordingly and we can make sure our team has enough players at every game. Please have your children at the field 20 minutes before the game starts and please pick up your children promptly after every practice and game.

**Discipline:** I have been told that I run a tight ship and will continue to do so. If players are acting out, I will ask them two times to fix their behavior. If they fail to do so after these warnings, I will sit them down at practice or during a game. If the behavior continues, we will need to talk about it to find a way to help resolve the behavior best without it detracting from the rest of the players’ experiences on the team.

**Communication:** I am typically a difficult person to reach by phone. The best way to contact me is via email at [soccercoach@sampleclub.com](mailto:soccercoach@sampleclub.com). Should you wish to talk by phone, my office number is 1-800-852-6666 and the best time to reach me is between 12pm and 3pm. If these times do not work, let’s schedule a time that works for both of us. Please do not ask to talk to me during a practice or game or immediately before or after the game or in front of your child. I do encourage open communication and questions as we all hope to make this a great experience for the children.

**Sideline Behavior:** Please be supportive and enthusiastic on the sideline during games. The players and I will truly appreciate your applause and encouragement. However, if everyone is coaching, this will only confuse the players. Please do not coach from the sideline. The players need to make their own decisions and we need to support them and educate them at practice. Remember, you are a role model on the sideline for the players. Please set a good example.

**Overall:** I am excited for a great year and I hope you and your child are as well. Let’s all have fun and enjoy the game. If you have any questions, please, let’s keep open communication. ☺

\*\*\* Have the schedule of all practices and games and the weather/medical emergency plan attached to these agendas.