

U8 Boys Rotating Schedule.

4 goals, two on U8 field, two at either end of the U6 fields

Week #1

Field #1

Intro to goal keeping, scooping, throwing and goal kicks.

Intro to corner kicks, you can tie in goal keeping to this as well. Position of both defenders and keeper as well as the offensive players taking the kick, why they won a corner kick, as well as the other player(s) getting open for the kick.

Field #2

Score on Four

Description: Line up four cone goals on the boundary lines of a square playing area (10-15 yd across). The coach serves one ball in at a time, and each player competes against the others to get the ball and score on any of the four small-sided goals. Players must dribble through the goals. The coach should serve a new ball in to the game whenever the previous ball has been kicked outside the playing area.



Field #3

2v2 offensive and defensive positioning.

This this allows coaches to teach both offensive and defensive positioning, allowing for players to get on the ball practice with quick passes, and cutting to the middle offensively, as well as coaching defensive players to mark players according to where the ball is played. (No goalie required) you can switch out groups quickly for more touches on the ball. Each offensive possession and instruction should be 30-60 seconds before rotating new players.

Field #4

Individual time on the ball

2 to 3 lanes of three to four cones should line the path to the goal. Coaches should encourage players to dribble through the cones slalom style, using both sides of both feet before coming to a shot on goal. Rotating players as quickly as possible to emphasize touches on the ball.

Week #2

Field #1

Intro to throw in's, why you get a throw in, feet behind the line, planted and with two hands. Throwing to teammate's feet, which allows you to practice the receiving player controlling the ball.

Field #2

One on one passing, set up 6-8 cones in a vertical pattern, 3 feet apart. Pairs of players work their way down the field passing to each other between the cones until the end where they can shoot on a goalie.

Field #3

Speed dribble with control. Shoot on goal.

Setup – see image on the right for set up

2 lines – all players each with a soccer ball.

Object of the game - dribble slalom style as fast as you can with control. Then shoot.

Variation 1 – all parts of the foot

Variation 2 – right or left foot only

Variation 3 – inside of the foot only

Variation 4 – outside of the foot only



Field #4

"Survivor" 1v3 to 3 goals (Full pressure)

Objective: Continue to build on ball mastery moves and work on 1v1 attacking.

Score on any 3 goals (but yours)

Coaches passes in ball and 1st player in each group comes in and tries to score against any team.

If your team gets scored on twice, your team dispersed to the other teams.

Open Goal Options – Take away a point, add a player, kick a player out of the game, etc

Week #3

Field #1

Advanced Goalie Training

Build upon what was first taught in week one. Teach more aggression to get to ball, diving to one side to stop ball. Allow other players to have shots from top of box. Bounce the ball at the goalie, or toss in air to practice catching as well as goal kicks and throws.

Field #2

Two Team Passing Tag

Objective: One team dribbles and tries to hit the runners in a square.

Divide your players into two even teams. Each player on the passing team has a ball (this team will be the "Taggers"). The players on the other team (the "Runners") are confined to the box.

When the coach yells "Play!" the Taggers attempt to pass their balls so that they hit the lower legs of the Runners.

If a Runner is hit by a ball below the knees or is forced to run out of the penalty area, he is "frozen" in place. The Taggers must chase their own balls after each pass before attempting to hit the next Runner.

The Taggers win if they freeze all Runners in less than a minute, and the Runners win if any member of their team remains unfrozen when time expires. Play again, and switch roles.

Field #3

Passing through Gates

Objective: This activity focuses on passing and receiving technique while also training players to be aware of attacking opportunities and fostering teamwork.

Setup: Using cones, set up a large number of small gates scattered randomly around the field. Divide your players into groups of two, and give a ball to each group.

When the coach calls out "Play!" the players attempt to complete passes through as many gate's as they can before time expires. Players cannot pass through the same gate twice until they've gone through all the other gates on the field.

Field #4

2 v 1 with Goalie

Start a pair mid field, encourage quick accurate passing and an aggressive defender to intercept. If offense can make their way through they can take a shot on net with live goalie who should look to make outlet pass to defender when saved.