



Wakefield Soccer Club

Spring 2013

U8 Curriculum

Key:

Ball Path:



Player Movement:



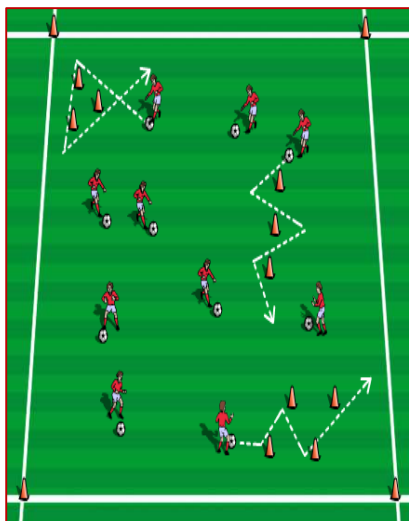
Dribble:



U8 Ball Manipulation.

Warm Up: Ball manipulation footwork.

10 Minutes



SET UP: 20x20 Yard Area.

Within the playing area, place several small circuits for your players to dribble through. On the diagram you will see a triangle, a line of cones to go in and out of and a zig-zag formation. Make sure you have plenty of circuits to prevent players waiting.

PROGRESSION:

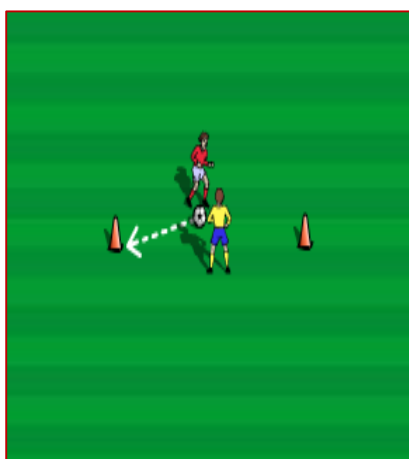
1. Restrict the players to using different surfaces of their feet. E.g. Sole of the foot/outstep only etc.
2. When the coach shouts 'change' players must leave their ball and go find a free one.
3. Challenge the players to travel backwards through circuits.

COACHING POINTS:

- Head should be constantly looking up and down to see where they are going and where the ball is.
- Keep ball close when travelling through circuit.
- Try to speed up as you become comfortable.
- Move quickly to spare circuits using larger touches.

Activity 1: Mirrors.

15 Minutes



SET UP: Two cones 5 yards apart. Set up several times.

Players stand either side of the cones. The red player starts with the ball. They must out-fox the defender by dribbling to one of the cones and stop the ball before the defender gets there.

PROGRESSION:

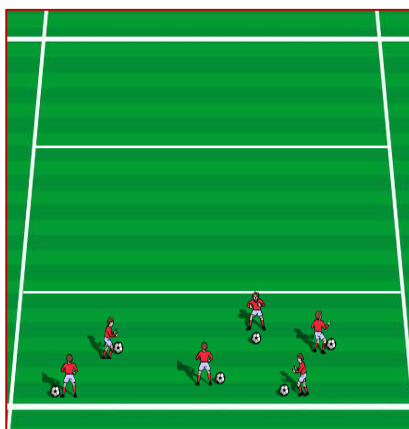
1. Yellow player starts with the ball.
2. Rotate partners.
3. Now the player with the ball must get over the line. The defender cannot cross the line.

COACHING POINTS:

- Keep the ball moving to make the defender worry.
- Use of different surfaces and moves to beat defender.
- Changes in speed and direction.
- Can you perform a skill of your own?

Activity 2: King/Queen of the Chambers.

15 Minutes



SET UP: Three 10x10 Yard Area. Adjust if necessary.

The players must try to kick each other's balls out of the area whilst protecting their own. If you lose your ball you go to the next chamber and wait for others to carry on the game. The same happens into the final chamber. The last person in the chamber must move into the next one. The overall winner is the person who is the very last person out.

PROGRESSION:

1. In the last zone, when a player loses their ball, they then act as a support player. Players can pass to this player who looks after the ball until they can give it back.
2. Once your ball is kicked out you join the catcher. Last person in is declared King/Queen.

COACHING POINTS:

- Protect your ball by putting your body between yourself and the catcher.
- Try to get away using moves and different surfaces to dribble with.

GAME:

Finish with a SSG: 4v4 – 6v6.

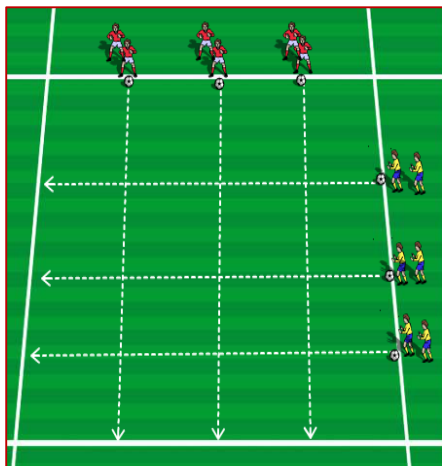
COOL DOWN:

5 minutes, light movement and review Session.

U8 Penetrating on the Dribble.

Warm Up: Dribbling Awareness.

10 Minutes



SET UP: 15x15 Yard Area. Adjust if necessary.

Every player has a ball. Players should be in pairs or threes. When the coach shouts 'go', the red team and yellow team must dribble to the opposite side of the area making sure they don't bump into any other player. The first groups wait for the second to take their turn.

PROGRESSIONS:

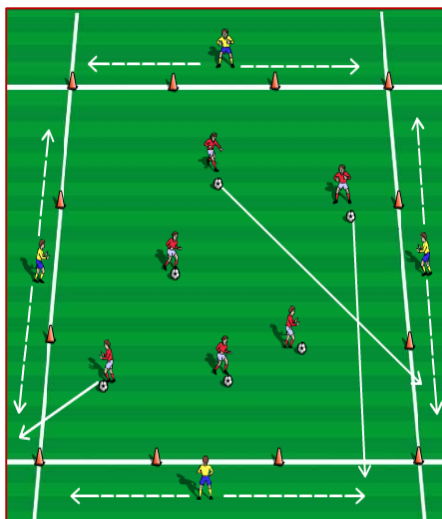
1. Players must use their weaker foot to dribble.
2. Players must dribble to the opposite side and back again.
3. **Competition:** Make progression 2 into a race using one ball for each pair.

COACHING POINTS:

- Don't take huge touches. If you did this in a game you would lose your ball. Watch out for players who kick and run!
- Head up to see the opposite team and your players avoiding any collisions.

Activity 1 Great Escape.

15 Minutes



SET UP: 20x20 Yard Area. Place gates on the perimeter of the square.

The players inside the area have a ball each. Their objective is to dribble the ball through one of the gates at the sides. The yellow players on the perimeter must attempt to block one of the gates on their side. If a gate has a player in it, the red player must find a new free one. One point is scored when a player goes through a gate. Swap the defenders after 90 seconds.

PROGRESSION:

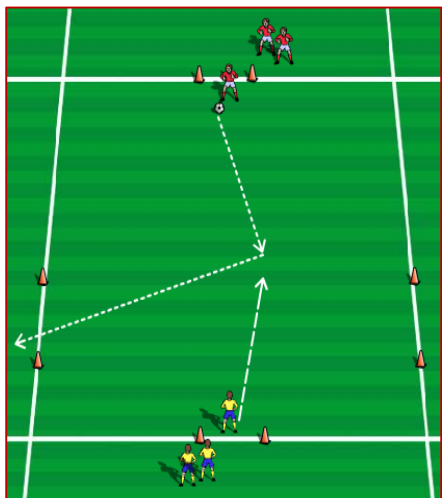
1. Players must use their other foot to dribble.
2. If a gate is blocked, the red player can try to get passed the defender. Two points are awarded if they are successful.
3. **Competition:** How many gates can you get through in 90 seconds.

COACHING POINTS:

- Keep the ball close with small touches.
- Head up to see the defenders and free gates.
- Change speed with the ball to penetrate a gate.

Activity 2: 1v1 Diamond.

15 Minutes



SET UP: 15x15 Yard Area. 4 small gates as shown. Set multiple areas up if needed.

The red player starts with the ball and must try to dribble through one of the three gates in front. They get one point for dribbling through the side gates and 2 points for dribbling through the gate that the defender started on. If the defender wins the ball they have to dribble through the attackers starting gate. They receive two points. Remember to rotate roles.

PROGRESSION:

1. The yellow player rolls the ball to the red to start the game.
2. The yellow rolls the ball to anywhere in the area.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up to see space and danger.
- Try to dribble at an angle to create space at one side of the area.
- Encourage 1v1 moves if appropriate.

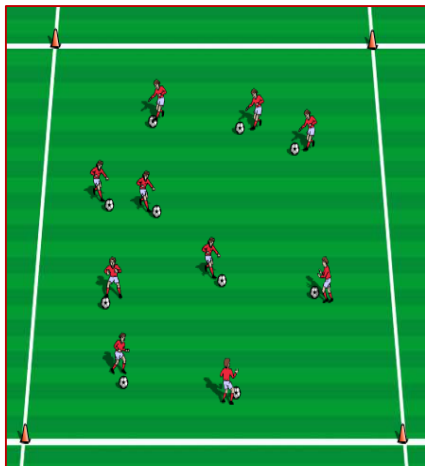
GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 1v1 and Moves.

Warm Up: Quick Feet.

10 Minutes



SET UP: 20x20 Yard Area.

Every player has a ball. To begin with the players must see how many touches of the ball they can get using all parts of their feet. Each touch is one point. Ask who got the highest. (Prepare for cheats!)

PROGRESSION: Simply show players the moves and ask them to repeat in the area.

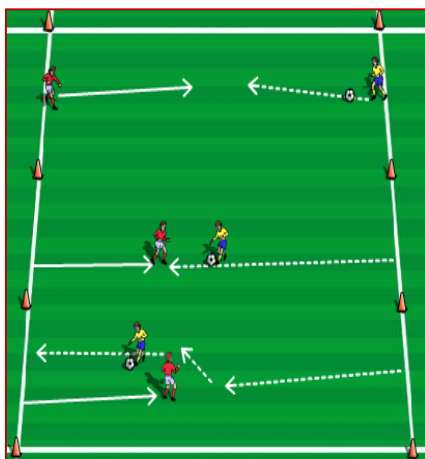
1. Ronaldo Chop.
2. Inside/Outside Hook.
3. Double Scissors.
4. Freestyle - Let players try their own or their favorites

COACHING POINTS:

- Small touches using laces, soles of feet, instep and outer part of foot.
- Get players to attempt the moves slowly to start with on the spot.
- Once comfortable, players now try the moves whilst dribbling.

Activity 1: 1v1 Line Soccer.

15 Minutes



SET UP: Multiple 15x10 Yard Areas in a ladder as shown.

Players score by dribbling past their opponent and over their line. The ball must be kept under control when passing the line to score a point. Once the ball leaves their area, play is dead. Players take it in turns to start with the ball.

PROGRESSION:

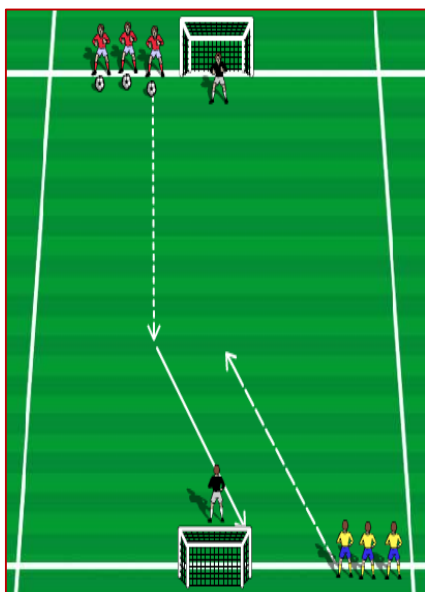
1. Rotate players so everybody gets a chance to play each other. Eventually try to get the stronger players versing one another.
2. Now the players must stop the ball on their opponent's line.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up to see space and danger.
- Use 1v1 moves to beat an opponent.
- Try to dribble at an angle to create space at one side of the area.

Activity 2: 1v1 with 2 GK's.

15 Minutes



SET UP: 20x15 Yard Area. Create two teams and use two goals.

The red players start with the ball and must dribble towards the opposite goal trying to score. The yellow player defends and if they win the ball, they can counter attack on the red goal. Swap players roles around after a few minutes. The ball is dead when the GK has it or it goes out of play.

PROGRESSION:

1. The reds GK starts with the ball and rolls it into the path of the red player.
2. Split players into two teams. Each player in both teams is given a number. The coach starts with the ball and plays it into the middle of the playing area and shouts a number. The players from each team, who have the corresponding number race out, compete for the ball and try to score on each other's goal.

COACHING POINTS:

- Get your head up to see the goal and danger.
- Use 1v1 moves to beat an opponent.
- Try to dribble at an angle to create space for a shot across the GK.
- Follow up rebounds.
- When the GK starts with the ball, ask them to roll the ball in front of their team mate.

GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 Running with the Ball.

Warm Up: Defender Tag.

10 Minutes



SET UP: 20x20 Yard Area. Four random cones placed in the area.

All players have a ball except two defenders. Everyone is dribbling around the area whilst the defender tries to tag them. A player cannot be tagged if they are stood next to a cone with their foot on top of the ball. They can only stay on a cone for 5 seconds. Defenders cannot wait by a player next to a cone. If a player is tagged they swap with the defender. There are no immediate tag backs.

PROGRESSION:

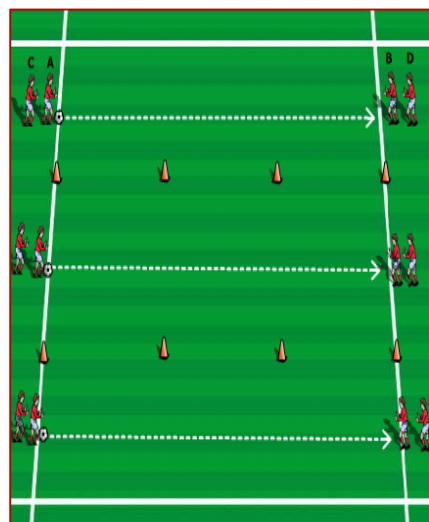
1. Take away the cones so that there are no hiding places.
2. Add another defender.

COACHING POINTS:

- Head up to keep away from danger.
- As defender approaches look to speed away.
- Once past the defender, use larger touches to gain speed.

Activity 1: Running with the Ball.

15 Minutes



SET UP: 20x10 Yard Area.

Player **A** runs with the ball up to **B**, stops the ball and goes to the back of that line. **B** then runs it toward **C** and goes to the back of their line and so on until coach says stop.

PROGRESSION:

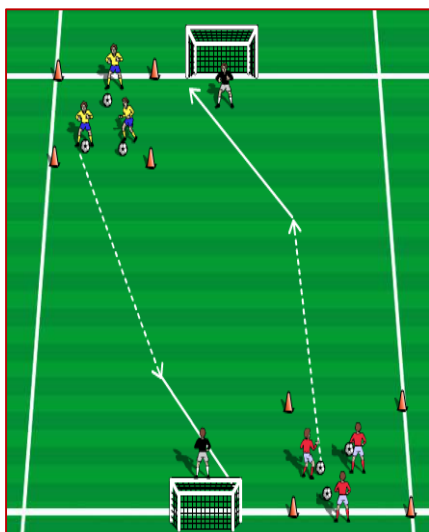
1. Use other foot only.
2. As the running player approaches the group they must pass the ball into the waiting player.
3. The passer runs at the player they passed to, to put them under pressure.
4. **Competition:** See which team can get all their players to the opposite side quickest.

COACHING POINTS:

- Push the ball out in front with the first touch. Larger touches the dribbling.
- Accelerate, get your head up and use laces when taking touches.
- Try to maintain a high speed for the entire work period.

Activity 2: Running with the ball to Goal.

15 Minutes



SET UP: 25x25 Yard Area. Two 10x10 boxes in corners

Red vs. Yellow. Every player in both teams are given a number. The players dribble around their 10x10 and wait for the coach to call a number. Once a number is called, the players who represent it from each team run towards goal and have a shot. Whoever scores first wins a point.

PROGRESSION:

1. One ball per group. The players pass the ball around until a number is called. The ball should be passed to the player who's number has been called. They collect, run with the ball and shoot. Whoever scores first wins a point.

COACHING POINTS:

- First touch out of feet.
- Head up and look towards goal.
- Cover the ground quickly with larger touches.
- Shorten touches when the closing in on goal.

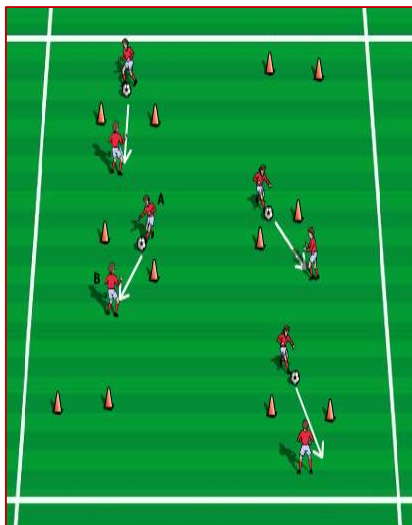
GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 Passing Technique.

Warm Up: Passing Gates.

10 Minutes



SET UP: 20x20 yard area with multiple gates placed around the square.

The players in the square find a gate and stand either side. The pair pass the ball to each other back and forth for 30 seconds. The players must control the ball before they pass it.

PROGRESSION:

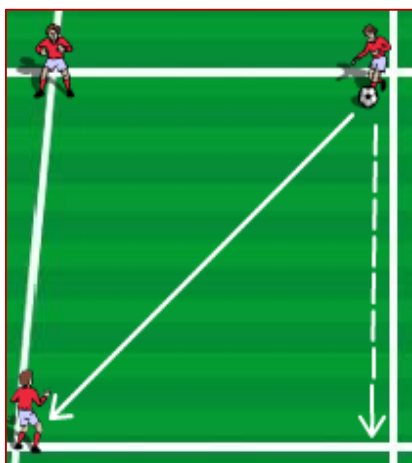
1. Use weaker foot to pass.
2. **Competition:** After passing through, the players dribble to another gate with their partner and pass through. They carry on doing this until the coach says stop. See who can pass through the most gates. The same gate can be used but not consecutively.

COACHING POINTS:

- Control the ball with the instep.
- Pass using the instep of the ball. (*Mickey Mouse. Stand on Mickey's big ear and kick him in the nose*)
- Follow through when kicking the ball.

Activity 1: Passing and Moving.

15 Minutes



SET UP: 10x10 Yard Areas. (Set up as many as is needed, 3 players to a square)

The practice starts by one player passing the ball to any of their teammates. After their pass they must move quickly to the spare corner of the square.

PROGRESSION:

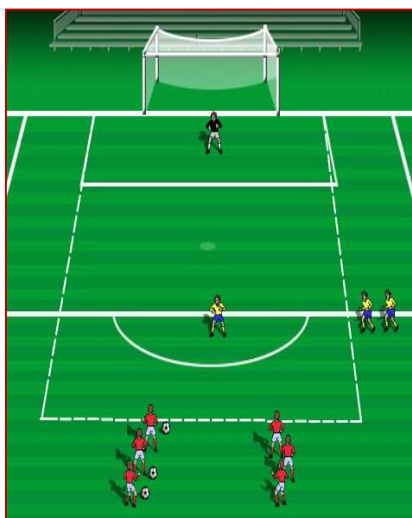
1. Two touches only.
2. Control with one foot and pass with the other.
3. **Competition:** First group to get 15 successful passes gets 10 points.

COACHING POINTS:

- As above.
- Push the ball out of your feet when controlling.
- On your toes in case the pass goes astray.
- When running to a corner make sure you're always facing the ball.

Activity 2: 2v1 to Goal.

15 Minutes



SET UP: Create area as shown.

The reds attack the goal. The yellows must defend. If the yellow wins the ball the must play the ball out to their team mates. All players go back in their lines after each attack.

PROGRESSION:

1. Swap roles.
2. The yellow passes the ball into the red pair.
3. Make activity 2v2/3v2.

COACHING POINTS:

- When and where to pass. To team mates front foot, in front of them and not behind. Not too close to the defender etc.
- Decision making. It may be easier to dribble into the space and go to goal.
- When close enough look to shoot. Try not to over pass the ball.
- Do not become static, move around like the previous activity to make the defender worry.

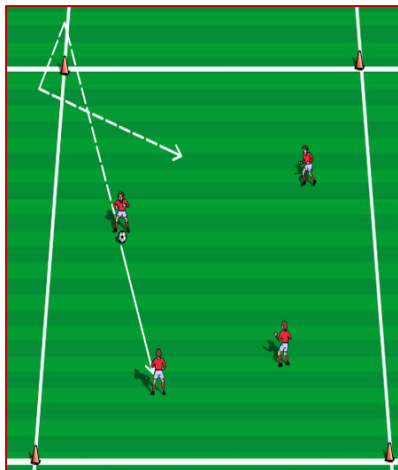
GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 Possession.

Warm Up: Pass and Move.

10 Minutes



SET UP: 10x10 Yard Area. Groups of 4.

The players simply pass the ball between themselves inside their area. Once a player has made a pass, they must quickly run around a cone and back into the area.

PROGRESSION:

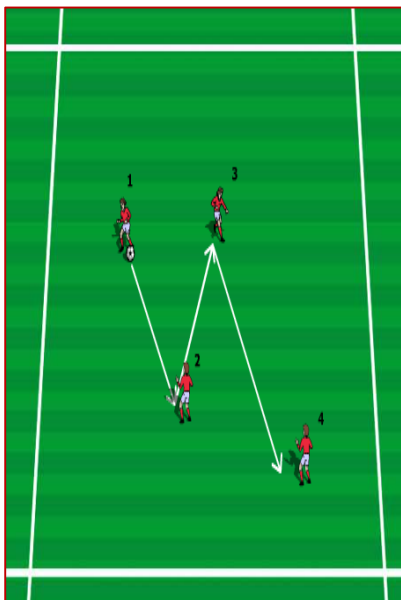
1. Set a three touch limit. Two touch if possible.
2. Perform a skill/move before passing.
3. Use other foot to pass.

COACHING POINTS:

- Pass along the floor.
- Communicate. Ask for the ball.
- Don't stand still, make yourself seen by teammates.
- On your toes, ready to receive a pass.
- Try to keep looking for the ball as you move to a cone.

Activity 1: Passing Numbers.

15 Minutes



SET UP: 15x15 Yard Area. Groups of no more than 4.

Players are numbered 1 through 4. Players have to pass in number order. E.G. 1 passes to 2, 2 passes to 3 passes to 4, 4 back to 1 and so on. Everybody must be moving around the grid and not standing still.

PROGRESSION:

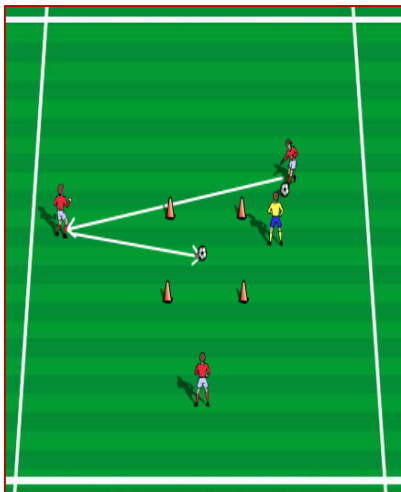
1. Use other foot.
2. Perform a skill/turn before passing.
3. Reverse order so 4 passes to 3 and so on.
4. Once a player passes they must go touch a cone and come back into the grid.
5. **Competition:** Which team get pass from 1-4 then 4-1 the quickest.

COACHING POINTS:

- Players must not stand still!
- Players must read the play. They should know other players numbers so that they are away when they will receive the ball
- Head up to see where you should be passing.
- When a player is next in the sequence, they should check and show for the ball. This will also help out the player in possession.

Activity 2: No-Go Zone.

15 Minutes



SET UP: 15x15 Yard Area with a small no-go zone box in the centre. Make area smaller if players are capable.

The reds must try and hit the ball inside the no-go zone with the ball they are playing with. Nobody is allowed in the no-go zone. This area is simply to stop the defender standing over the target. If the defender wins the ball, they must kick the ball out to receive appoint.

PROGRESSION:

1. Rotate defender.
2. Make the no-go zone smaller.
3. The pass to hit the target ball must be taken with other foot.

COACHING POINTS:

- Movement. Make yourself available for the ball.
- Do not become invisible behind the defender.
- Control and passing techniques. Look to hit the target ball as much as possible.
- Communication and head up.

GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 Shooting.

Warm Up: Doctor, Doctor.

10 Minutes



SET UP: 20x20 Yard area with two 5x5 boxes as shown.

Every player has a ball. Player must kick their ball against the lower leg of their opponents. If this happens, the player who has been struck sits on their ball and calls for the doctor. The doctor rushes out and tags their stricken teammates before returning to their safe-house in the corner. The doctor can only be hit with the ball once they leave this area. The game is won when all players from one team and their doctor are hit.

PROGRESSION:

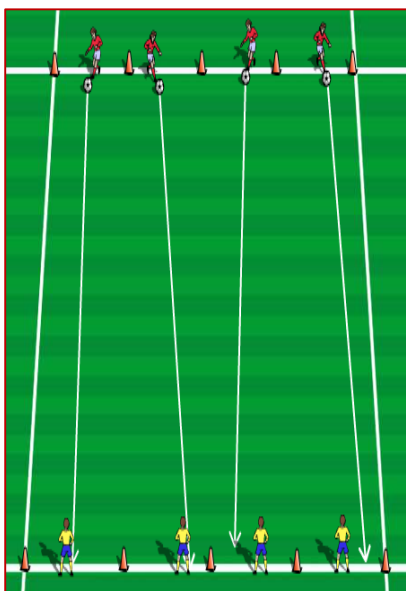
1. Players must use their other foot to hit opponents.

COACHING POINTS:

- Use instep to hit the ball.
- Head over ball to keep it low.
- Strike through the ball.

Activity 1: Shooting Ladder.

15 Minutes



SET UP: Place 5 yard wide goals, 10 yards across from one another. Adjust if necessary.

Players are put in a small goal each and are facing one another. The players take it in turn to shoot at each other. Players can only use their instep to strike the ball. There are no rebounds and the players compete for two minutes. After two minutes all players move to their left.

PROGRESSION:

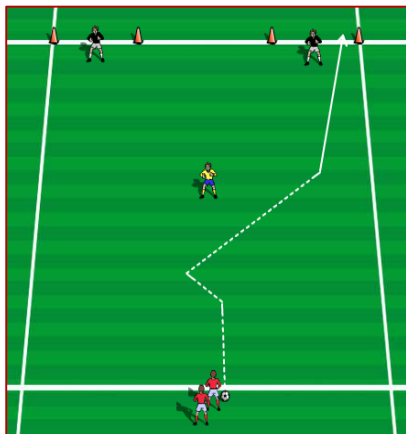
1. Use laces to shoot.
2. Use other foot to shoot.
3. Roll the ball out in front and strike it as the ball is moving. Do not come past half-way.
4. Any shot you like.
5. Allow rebound efforts.

COACHING POINTS:

- As above.
- Standing foot next to the ball.
- Lock ankle.
- No toes
- Look at your target.

Activity 2: 1v1 to 2 Goals.

15 Minutes



SET UP: 15x15 Yard Area. Adjust as appropriate. Two goals with GK's.

The red player starts with the ball. They must dribble and shoot at one of the two goals. The yellow player is trying to steal the ball and kick it out of bounds to score a goal. The next player in line immediately goes when the ball is dead.

PROGRESSION:

1. Rotate players after a few minutes.
2. Yellow player starts the game by passing the ball to the red to apply quicker pressure.
3. If a yellow steals the ball they can shoot on goal.

COACHING POINTS:

- As above.
- Look to find your best route to goal.
- When and where to shoot. Do not shoot from too far out as the ball could be stolen.

GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 Defending: Pressure and Cover.

Warm Up: Guard the House.

10 Minutes



SET UP: 20x20 Yard Area. 5x5 box in the centre.

Attackers try to dribble through the central square to get points. Keep count how many times the defenders get beat. See which pair are beaten the least.

PROGRESSION:

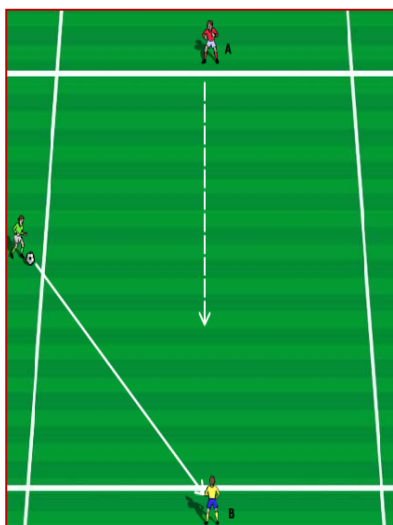
1. Make the area larger to 10x10.
2. Add an extra defender to guard.

COACHING POINTS:

- Hold players up by getting side on in a surfer position.
- Try to force them away from the house you are guarding.
- Watch the ball at all times instead of the players feet.

Activity 1: 1v1 Defending.

15 Minutes



SET UP: 10x10 Yard Area. Place one server at the side of the area.

The server rolls the ball into B. As soon as the ball is rolled, A tries to defend. Player B must try to get the ball over the defenders line. If A wins the ball, they have to dribble the ball out of the area. Remember to rotate roles.

PROGRESSION:

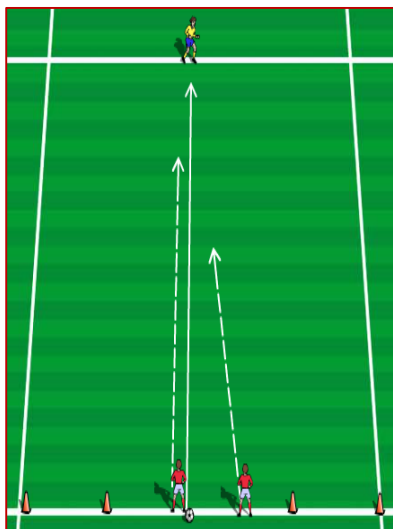
1. If the defender wins the ball, they have to pass it back to the server.
2. The attacker starts with the ball.

COACHING POINTS:

- Speed of approach. Apply pressure quickly.
- Slow down get side on in a surfer position.
- Be patient, wait for the attacker to show the defender too much of the ball before challenging.
- Stay on feet when trying to steal the ball.
- Show defender where you want them to try and go.

Activity 2: Pressure and Cover 2v1, 2v2.

15 Minutes



SET UP: 15x15 Yard Area. Two gates in the corners.

This can be done in groups of 3 or using lines with player rotating after each go. The reds start with the ball. They pass the ball to the yellow attacker and immediately look to win the ball. The yellow must look to dribble through one of the gates and reds must win the ball and dribble out of the area.

PROGRESSION:

1. 2v2. Add a second attacker.
2. Remove the gates. The attacker must simply get over the end line.

COACHING POINTS:

- As above when pressuring.
- The player closest to the ball is the pressuring defender.
- The cover defender should be a little behind and to the side in case the pressuring defender is beaten.
- 2v2: When a pass is made to the 2nd attacker, the cover player will now become the pressure and pressure will become the cover.

GAME:

Finish with a SSG: 4v4 or 6v6 and review Session.

U8 World Cup.



Rules: Try to create 4 teams of 3v3 if possible. Kick-ins used when the ball goes out of play and you cannot score from a kick-in. Every goal scored counts as a point at the end of the game. If a team wins, they receive **3** points, ties **2** points and loses **1** point. So, if a game is 2-1, the winning team will get **FIVE** points and the losing **TWO**. The World cup will be done in a ladder format and whoever is top will win. Create fair teams and give players 30 seconds to think of a team name.

TEAM	SCORE	TEAM
A:	-	D:
B:	-	C:
A:	-	B:
C:	-	D:
A:	-	D:
B:	-	C:

U8 World Cup Ladder.

Results Record: Enter team names next to A, B, C and D.

TEAM	WON (3 PTS)	TIED (2 PTS)	LOST (1 PT)	GOALS SCORED	FINAL POINTS
A:					
B:					
C:					
D:					