

Table of Contents

- U8 Weekly Guidelines
- Coaching Hints
- Games / Suggestions
- Coaching Links

U8 Weekly Guidelines

Week 1:

Introductions

Basic Foot Skills – Dribbling

Stopping the ball with the inside of foot & sole of foot

Fun Games (Example: Red Light Green Light, Follow the leader, Fox and Farmer, Sharks and Minnows) Watch the children to see what their abilities already are.

Coaching Points:

- Soft little touches
- Keep the ball close
- Use both feet
- Keep head up

Passing & Receiving

Basic passing with inside of the foot and receiving with the inside of the foot Fun Games (Example: Pairs Passing, Passing through gates, Zig Zag, Passing by numbers)

Coaching Points:

Passing

- Ankle locked
- Plant foot pointed at target
- Kick with inside of foot
- Concentrate on center of ball
- Follow through towards target

Receiving

- Ankle locked
- Use inside of the foot
- Make soft contact with ball
- Concentrate on center of ball

Week 2:

Reinforce Foot Skills and Passing

Introduce Shooting

Basic shooting using laces. Fun Games (Example: Run and Shoot, Numbers game with Goals)

Coaching Points:

- Keep toe pointed down
- Ankle locked
- Place plant foot beside ball
- Strike ball with shoelaces
- Strike center of ball
- Follow through

Week 3: *Reinforce Foot Skills, Passing, Shooting*
Introduce Throw-Ins

Coaching Points:

- Two hands on ball
- Both feet on the ground
- Ball must start behind the head
- Teach players to say “Feet, Neck Throw”

Week 4: *Reinforce Foot Skills, Passing, Shooting, Throw-Ins*
Introduce Positions (offense & defense)

Fun Games. Repeat fun games from previous weeks and add new ones.
Introduce concepts of positions (offense and defense)

Coaching Points:

- Explain concept of offense and defense
- Stay spread out
- Use open space

Week 5: *Reinforce Foot Skills, Passing, Shooting, Throw-Ins,*
Positions (offense & defense)
Introduce Goal kicks and Corner kicks

Coaching Points (Goal Kick)

- Only Goal Keeper should be doing the goal kicks
- Goal Keepers should kick the ball out wide to the sides of the field
- Keep the ball away from the middle
- Teach teammates to quickly run out wide to get open
- Teach Goal Keeper to direct players to run out wide to get open
- Teach kicking technique: Toe down, use laces, get under the ball.

Coaching Points (Corner Kick)

- On corner kicks have the outside forwards (wings) take the kick. If kick is on the right side have the right side forward take the kick
- Teach the kicker to aim for about 5-10 yds in front of the goal
- Start with forwards in front of the goal with one player close to the kicker if in case the kick is short
- As time goes on start to teach the forwards to start at the top of the penalty area and move towards the goal just before the ball is kicked.
- Everyone should be moving toward the goal.

Week 6: *Reinforce Foot Skills, Passing, Shooting, Throw-Ins, Positions (offense & defense), Goal Kicks and Corner Kicks*
Introduce Goal Keeper Technique

Coaching Points

- Teach basic stance: Hands in “W” formation, knees bent hands up, player on balls of their feet
- Teach them to come out of the net toward the ball to cut down the angle.
- Teach the basket catch
- Teach ball distribution, rolling ball to teammate
- Force them to distribute ball out side of penalty area wide not up the middle.
- After the save have them run up to the top of the penalty area before distributing the ball
- Goal Keeper should take all Goal Kicks

Week 7&8: TEAM WORK

Reinforce all skills worked on in weeks 1-6. Continue to improve the basic skills. Add fun games that incorporate teamwork and all of the basic skills.

Normal Practice Session

- 1. Warm up**
 - Fun warm up games that get the kids moving and working together.
- 2. Repeat technique from last week**
 - Fun Game using that technique
 - Water Break
- 3. Introduce New technique**
 - Fun Game using that technique
 - Water Break
- 4. Fun game using old technique & new technique together**
 - Water Break
 - Get ready for game
- 5. Small Side Games or Scrimmage**

KEEP IT FUN!

The way for the children to remember is to constantly practice what they have already learned. The games should be **Simple** and **FUN**. If it takes too long to explain then assume the kids won't remember what to do. Please stay away from line drills. Use lots of fun games! It is a good idea to write down a practice plan before each session. We have an Eight week practice plan on our HYSA website on the U8 page. Each game should be simple fun and maximize touches on the ball! Please make sure all players bring their own ball to each session.

COACHING HINTS

TECHNICAL SKILLS

Dribbling (Foot skills)

- Keep ball within 1 giant step
- Maintain balance at all times, use arms to help maintain balance
- Try to keep your head up (when comfortable with ball at feet)
- Keep both knees bent
- Lean over the ball, do not stand upright with ball
- Slow down to change direction
- After making a move, dribbling into open space or changing direction, you need a burst of speed.
- Use outside of foot when dribbling for speed
- Use all parts of your feet
- Try new things and be creative

Common Errors: Pushing ball too far away, using wrong part of foot on speed dribbling, keeping head down and the player can't see where he or she is going, not leaning over the ball.

Passing

- Keep ankle locked and toe pointed up and to the outside of your body to pass with inside of foot
- Point of contact on foot when using inside of foot pass is in the middle of the side of your foot
- Keep ankle locked and toe down to the inside of your body to pass with the outside of your foot
- Point of contact on foot when using outside of foot pass is outside of your pinky toe
- Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- Non-kicking foot should be pointing towards your target
- Both knees bent
- Strike through the middle of the ball...if you made across in the back of the ball, hit where the two lines intersect
- Follow through to your target and keep moving after your pass....DO NOT STAND STILL
- Keep head down to see what you are kicking
- Lean over ball as you kick, do not stand upright

Common Errors: Not keeping ankle locked, not looking at ball when kicking, plant foot being behind, in front, or too far away from ball, no follow through, striking ball with incorrect area on foot, striking the bottom half of the ball (making ball go into the air)

Shooting

- Keep ankle of shooting foot locked with toe down
- Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- Non kicking foot should be pointing towards your target
- Your weight should be on the ball of your non-kicking foot
- Both knees bent
- Strike through the middle of the ball...if you made a cross in the back of the ball, hit where the two lines intersect
- Follow through to your target
- Land on your kicking foot
- Keep head down to see what you are kicking
- Lean over ball as you kick, do not stand upright
- Strike ball with laces so that ball strikes hard bone on top of foot
- Encourage players to strike through the ball
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground...this will result in hip of the same leg as the kicking foot being higher than non-kicking foot

Common Errors: Not locking ankle, keeping plant leg locked, not looking at ball, strike ball with incorrect part of the foot, not following through, being too upright

Mass Youth Soccer Statewide U8 Curriculum

U-8 Dribble with all sides of both feet

Dribble out of trouble

Dribble past someone

Shielding

Soft first touch

Introduce proper shooting technique

Introduce passing

Although U8 children may begin to be far more physically and maturationally advanced than U6 children, we must remain patient and not try to force them to develop too quickly. Dribbling still needs to be the primary focus of our efforts, though passing and shooting should be introduced at this age as well.

U8 players tend to work best when in pairs and we should allow them to work in pairs (coach selected) often. Similar to the U6 children, we need to make sure that fun is a central theme in practice. Player development will occur most appropriately and expeditiously if all players are enjoying themselves.

Typical Characteristics of U8 Players

- *tend to play well in pairs* – unlike 6 year-olds, these children enjoy playing in pairs. Try to set up the pairs yourself to control the games and manage the personalities.
- *are now able to take another's perspective* – they now have a sense of how other's are feeling
- *still unable to think abstractly* – still do not have this capability, be patient
- *heating and cooling system still less efficient than adults* – still make sure to give frequent water breaks
- *still much prefer playing to watching* – keep everyone active during practice and remember, no lines
- *limited attention span (on average 15-20 seconds for listening, up to 20 minutes when engaged in a task)* – this may vary greatly on any given day depending on school, diet, etc.

Try to get a gauge each day and do not fight crankiness

- *have an understanding of time and sequence* – they now understand “if I do this, then that happens”
- *many have incorporated a third or fourth speed into play* – not all players, but many players now have incorporated a speed or two between stopped and as fast as possible
- *extremely aware of adult reactions* – be very aware of your verbal and nonverbal reactions, as they look for your reaction frequently
- *seek out adult approval* – be supportive when they ask about their performance or try to show you skills. They very much need reassurance and you need to help build their confidence to try new things at this age

- *begin to become aware of peer perception* – a social order is beginning to develop. Be sensitive to this.

- *wide range of abilities between children at this age* – children all develop at varying paces.

You may have an 8 year-old who seems more like a 10 year-old and one that seems more like a 6 year-old on the same team. Your challenge to is to manage this range in your practice in a way that challenges each player at a level that is reasonable for that player.

- *some will keep score* – the competitive motors churn faster in some than others. Surely some

parents are fueling the motors with their own. Regardless, we do not need to stress winning and losing at this age. Results should not be important at this age

- *beginning to develop motor memories* – by attempting fundamental technical skills they are training their bodies to remember certain movements.

- *less active imaginations than U6 players* – still have active imaginations by adult standards, but some of the silliness that 6 year-olds allowed will not be appreciated by this group. Still use their imaginations, just watch their reactions to games to read how far you can go with things.

Some Recommended Games for U8 Players:

1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players

dribble with speed (outside of foot), change direction, and perform moves. Coach calls out

moves or changes in direction and sets the pace as the manipulator of the session, kids carry

the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can

walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.

2) Knock Out---In same space as previous activity, have players

dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball

gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills

task before re-entering such as 10 toe touches or juggling 5 times).

3) Shield-Steal---Half of players in the group have a ball

and half do not. If you do not have a ball you need to

steal one from someone who does. If ball goes out of bounds, person who touched it last does not get

possession. You can teach players the technical points of shielding as a group at start of activity. Show

technique with body sideways, arm providing

protection, ball on outside foot, knees bent, turning as

defender attacks, using feel to understand where defender is going. Fix technical shielding

errors throughout this activity and make sure entire group knows how to properly shield.

4) Marbles---Players are in pairs, each with a ball. This time instead of chasing each other, one

player plays out his ball and the partner passes his own ball in an attempt to strike the ball his partner played out. Players should keep track of how many times they hit their partner's

ball. *Version 2:* Once players understand this game, make it fast paced by having the players

take turns at trying to hit each other's ball without ever stopping. If player 2 misses player

1's ball, then player 1 immediately runs to his own ball and tries to hit player 2's ball (player

2 does not get to touch his ball after missing player 1's ball). After player 1 has a chance, then player 2 immediately tries to hit player 1's ball right back. etc. etc. This game is continuous and players should keep score. Hint: If 2 balls are very close to each other a player should

kick their ball hard at the other ball so when they hit it, it is more difficult for the other to hit their ball back.

5) Gates Passing---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. Have players pass only with their left foot or right foot, or the outside of their foot.

6) Triangle Tag---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the tag game, one player is being chased and one is "it". However this time the player who is "it" tags the player by kicking her ball and hitting the other player's ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. *Version 2:* Allow the player being chased to go through the triangle. When in the triangle she is safe.

However, after going through triangle, player must go completely around triangle before she

can go through triangle again. She cannot stop inside the triangle. *Version 3:* Allow pairs to

move from triangle to triangle (incorporates speed dribbling and traffic). If two pairs are at

the same triangle at the same time that is fine, but players still only compete with their partner. Note: To increase difficulty, do not count hitting a player below the knee as a tag.

7) Get Outta Here---Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players run out and try

to score on each other's goal. If the ball goes in the goal or out of bounds, the coach yells "get outta here" and plays in a new ball immediately for the next two players.

Version 2: Coach can stop yelling "get outta here" after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball.

Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* Have the first two or three players from each group come out each

time a new ball is played and play 2 vs. 2 or 3 vs. 3.

8) Clean Your Backyard--- Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (2-3yd) goals at the far end of each side of the field. Have both teams shoot balls at other team's goals in an attempt to score through anyone of the small goals (below knee height). Players cannot cross the buffer zone or go into the other half.

Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense though no hands. Only shots with laces count as goals.

9) 2 vs. 1 keepaway---In a grid 10x15 yds, three players play 2 vs. 1 continuous keepaway.

Two attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attacker he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in.

10) 1 vs. 1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline. *Version 2:* You can make this 2 vs. 2, 3 vs. 3 or 4 vs. 4.

Every practice should include a scrimmage

There are only 8 things you should be concerned about when coaching U-8:

1. ***Make it fun & try to have fun yourself***. Whether your players continue to play soccer will depend on whether it's fun. Coaching U-8 is the most fun you will ever have as a soccer coach because you really don't have to know or do much except have fun and keep your players from getting hurt. A simple way to coach U-8 and have fun is by following the Practice Plans (Pre-Planned Practices) in SoccerHelp Premium and playing the 29 U-8 Practice Games. A few U-8 Practice Games are on SoccerHelp Basic at "SoccerHelp Practice Games (Basic Version)" /Soccer_Drills.shtml, which can be reached by clicking this link or from the Home Page by clicking "Soccer Drills" or "Soccer Practice Games".
2. ***Lots of touches and a ball for every player at practice***. It is very important that every player at practice has a ball. Each child should have a ball with their name on it and it is a good idea to ask those who have extra balls to bring them to practice and for the coach to bring several extras (several parents will always forget to bring a ball). Your practices will be much more efficient and effective if every child has a ball to practice with. Your objective should be at least 100 touches per child per practice and for each child to be doing something with a ball for at least 50% of the practice (as opposed to watching, listening to instructions or standing in line). The best way to do this is to play SoccerHelp Practice Games. SoccerHelp Premium has over 28 Practice Games for U-8 players, all of which are fun, keep players active, teach important soccer skills or concepts and are easy for the coach to set-up and manage. Most of the Games are "self-teaching" and players learn by simply playing the game. See "Introduction To SoccerHelp Practice Games" /Soccer_Drills.shtml, for "Tips For Good Practices", "Things You Need For A Good Practice" and 9 SoccerHelp Practice Games. [<#top>](#)
3. ***How to choose Practice Games; why SoccerHelp Practice Games are better***. There are thousands of drills on the Internet, but most are not well thought out, efficient, effective or fun. Most drills and games do not provide enough touches on the ball or the activity level is too low (i.e., there is too much standing around) to meet SoccerHelp standards. SoccerHelp Practice Games are selected from hundreds we have tried and less than 5% of the games we evaluate are selected

and adapted for SoccerHelp Premium_. We believe in positive motivation and don't believe in punishing a child who has tried their best but lost a Practice Game. Thus, we do not recommend punishing the losers or making the losers leave the game. SoccerHelp doesn't use "knock-out" or elimination games which leave kids standing on the sideline and we don't use games such as "Crab Soccer" which are fun but have many kids crawling on the ground instead of learning to play soccer. SoccerHelp Practice Games are "Third Generation" games and are designed to be fun, to keep players active and to teach important skills or concepts. They are also easy for the coach to set-up and manage and most of the games are "self-teaching" and players learn by simply playing the games.

4. **Have your players dribble and kick the ball a lot so they get used to using their feet**. Read "How To Teach Soccer Dribbling" <Soccer_Dribbling.shtml> for more about this. This is very important. Most of the 29 U-8 Premium Practice Games practice dribbling and other basic skills and the "Driving School" Practice Game is a good way to teach basic dribbling and turns.
5. **Don't let anyone get hurt**. (See Number 22.d., "Safety Rules" above).
6. **Teach the following concepts and rules. A good way to teach these is by playing the "Beginners Soccer Game" at SoccerHelp Premium**.
 1. Not using hands (except the Goalie) and not tripping, holding, pushing or hitting other players (it is good to "fight" for the ball, but not to use hands to hit or push).
 2. The concept of a "field" that has lines (or is outlined by cones) that you should stay inside.
<#top>
 3. The concept of "our goal" (the one our Goalie is in) and "their goal" (the one the other team's Goalie is in) and that when we have the ball we should go toward "their goal" (to "attack" it) and when the other team has the ball we should "defend" our goal by kicking the ball away from it. Demonstrate what this means in a slow and patient way and repeat it in several practices. Playing the "Beginners Soccer Game" in SoccerHelp Premium is one of the best ways to teach this. Also, scrimmaging other

teams can be helpful.

4. The concepts of "attacking" and "defending" and how we try to kick the ball into the other team's goal and how we try to kick it away from our goal.
5. The very basic idea of "positions" and that some players play in different areas of the field and don't just run all over the field (e.g., that there is a "Goalie", "Defenders" and "Scorers").
7. [_*How to do a simple Throw-In if your team is expected to inbound the ball by using a Throw-In*_](#). See "Soccer Skills" [</Soccer_Skills.shtml>](#) for how to teach a simple Throw-In.
8. [_*Start teaching your players to use the inside of the foot and the "instep" of the foot \(i.e., the top of the foot where the shoelaces are\) to kick the ball and discourage them from kicking it with their toes*_](#). Show your players how it is better to use the inside of the foot and the "laces" to kick the ball instead of using their toes, and encourage them to use the inside of the foot and the instep when they practice kicking and shooting. The natural tendency will be for beginners to use the toe to kick the ball. In soccer, the toe is only used to "poke" the ball (on defense as a way to "dispossess" the ball from the ballhandler or on offense as a way to take a short shot near goal). The toe is an inferior surface for kicking the ball because it is too small. It is easier to kick the ball accurately for long distances by using larger surfaces such as the top (instep) of the foot or the inside or outside of the foot. The instep can be used to kick both low "power" drives or for "lofted drives". How to teach an instep kick is explained in SoccerHelp Premium at "Skills" and in the "Chips/Lofted Passes" Practice Game. The technique for kicking with the inside of the foot is explained at "Soccer Skills" [</Soccer_Skills.shtml>](#) on both Basic and Premium at "How To Teach Inside-of-Foot Passing". Premium also has links to sites that show good visual demonstrations of these kicks. Don't expect U-8 players to become great at kicking the ball, just try to get them to start kicking with the inside of the foot and the "laces".

MOTIVATIONAL STYLE

Some thoughts . . .

1. Leaving a player's development totally up to the individual is often counterproductive. Here, players often feel abandoned.
2. In using fear as a motivational factor or using a negative approach, one should keep in mind some assumptions being made: The leader is always correct and therefore should be followed. Fear is applied when a mistake is made, pointing out what the mistake is, but rarely telling how to correct it. The player learns what not to do, but not what do to. This approach may work when a team is winning, but can be lethal while losing. Players then have to deal not only with losing but with the fear of punishment as well.
3. Some of the following results can be expected: Built up anger in the players; players may unconsciously wish the coach to fail and may in fact act on this wish. Fear can erode respect for the coach; they will not see the coach as a knowledgeable educator, but as a heartless fear producer. Fear reduces learning efficiency; the athlete's focus is on the fear of making a mistake which leads to mistakes. It may lead to passive retaliation, especially when the coach is not around. It destroys creativity and spontaneity and does not allow the strength of the team to be tapped by letting the players speak openly. It can produce a "prisoner effect" where a certain glee is produced when a certain rule is broken behind the coach's back. It destroys team cohesion. It eliminates fun; it may turn the athlete off from the sport completely.

MISCELLANEOUS THOUGHTS:

1. Coaches are educators. Their subject matter is the game.
2. Establish your own personality.
3. Values are "caught", not "taught".
4. Discipline: The more structure the better. Have clearly defined goals and a plan of attack for when you encounter inappropriate behavior. Act swiftly, appropriately and early. Do not take inappropriate behavior personally. Know your players' names and what makes them "tick".
5. Remember the four cardinal rules: Progression. Avoid having players waiting in long lines. Have fun. The game is the best teacher.

By: Jeff Pill

EVALUATION OF PLAYERS

In general, when assessing players, coaches are looking for the following criteria:

TECHNIQUE: The player's ability to control the ball, especially at speed and while under pressure. This is the most important criteria that we are looking for at this age level. The techniques of the game are: Dribbling, shooting, passing, receiving, heading, tackling, and goalkeeper handling.

PSYCHOLOGY: Here we are looking at the player's attitude and ability to compete. Some of the areas that we are concerned with are: enthusiasm, aggression, composure, leadership, coach ability, reaction to failure, willingness to compete, claiming responsibility for their own actions, etc.

TACTICS: Here, we are looking for the player's ability to make correct, quick, soccer decisions, especially when under pressure from an opponent. These are things such as: how to play without the ball; when to dribble as opposed to passing or shooting; how, when and where to defend; whether or not to come out of the goal. At this age, this is an important category, but not as important as the other two mentioned above.

FITNESS: Here we look at the player's physical make-up. This does not necessarily mean only size and strength. We are also looking for: agility (the ability to change directions quickly), flexibility, endurance (both anaerobic and aerobic), speed, and quickness.

Players can be weak in an area, but, because of a strength in another area, they are able to compensate. (E.g. They may be slow, but are always able to make correct decisions, early, and thus frequently put themselves in positions where they do not have to be fast). To be sure, we are looking for a healthy blend of the above criteria. No one player is perfect in any area, or, for that matter, at the top of all four areas. A great player knows what they are good at, what they need to do to improve, and, plays "within their own ability".

Finally, coaches are always on the lookout for the player that has a "special" attribute. This player distinguishes him or herself by having a very unique or "special" quality. It may be her skill level, or her speed, or her ability to figure the game out when under pressure. This special quality will often make up for other areas that are lacking. However, because it is so special, it makes the player stand out when they are on the field.

By: Jeff Pill

Motivation And The Coach

COACH – ATHLETIC RELATIONSHIP

A good relationship between the Coach and the players form the foundation for player motivation, learning and performance.

- Use player's name several times at every practice
- Use plenty of encouragement and praise
- Have short one-on-one talks with the players
- Conduct team talks and encourage feedback
- Make feedback specific

SELF-CONFIDENCE

A player's level of self-confidence will have an influence on their involvement. You can develop self-confidence in players.

- Encourage players to be involved
- Developing skills through game related activity
- Use lots of demonstrations and employ repetitions
- De-emphasizing winning & emphasizing self-esteem & participation
- Use positive comments while using player's names
 - "Awesome!"
 - "Way to hustle!"
 - "That's great!"
 - "You've done it!"
 - "You've got it!"

GAMES / SUGGESTIONS

Foot Skills Games

Fox and Farmer

You can use the entire field area or use cones to make it smaller depending on the number of kids.

Pick 1-4 Farmers depending on number of players. Using cones make a small square for a pen in the middle of the field. Give each fox a pinney and have them tuck it in as a tail. Let the fox's run around in side the field area. Then let the farmers in and they have to try and steal the tails from the fox's. The fox's go in the pen if they get caught.

After they get the hang of it you can add a ball. Have the fox's dribble a ball while the farmers try to take their tails.

Tag

Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game.

Version 2: Players must tag other players on their knees. (10 minutes)

Chain Tag (Octopus Tag, Blob)

Players run around inside of field area. Start with one person it. They have to tag someone then they join hands and continue to tag people. When the chain or Blob gets more than 3or4 people you can break them up to multiple blobs. When you add a ball the person that is it must knock the ball away from the players dribbling around the area.

Freeze Tag

Just like the traditional game. Someone is it and they tag people. If someone gets tagged they freeze. When you add a ball everyone dribbles around. If they get tagged the stand with feet apart and must hold their ball over their head. Other players can free them by pushing the ball through the person's legs.

Flip the cones

Place the flat cones all over the field. Some right side up and some upside down. Have the kids run and see how many they can flip over.

Follow the leader

Coach dribbles the ball around and have the kids follow and repeat everything you do. Be sure to stop the ball several times with the sole of the foot. Do some funny things and go all over the field.

Shield-Steal

Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. ***Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.*** (10 minutes)

Shadow Dribble

One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then have roles reversed. Can use both feet to start, then can choose to use one foot, then the other. *Version 2:* Now the leader adds in moves while they are dribbling in the space and the player being the shadow must do the same. (10 minutes)



HUDSON YOUTH SOCCER

U8 Coaches Manual





HUDSON YOUTH SOCCER

U8 Coaches Manual



Coach Says

Just like Simon Says. Kids do what the coach says only if you say “coach says” If they do something when you didn’t say coach says the can be out or you can make them do something funny or 10 toe taps, or side to sides.

Red Light Green Light

You can do this multiple ways. The traditional way is the kids all line up on one end of the field with a ball. Coach has back to kids and calls 1.2.3 Red Light or Green light and if you catch them going on red light you move them back.

I like to do it the following way. All kids dribble freely around the field area. If you say Red Light they must stop the ball with the sole of their foot. Green light go again. If you say speed they go fast.

Things to add over time:

Toe taps

Side to side

Stopping the ball with different body parts.

Sharks and Minnows

Kids dribble freely with a ball. Pick a 2 people to be sharks. Let the kids dribble around for a little bit then release the sharks. The sharks go and kick the ball away from the minnows. Stop play and have the sharks and the minnows that go

Killer Bees

The kids dribble in an area (tell them they are bees and to buzz), then after awhile, have the coaches (or a few parents) walk around inside the area. It is the job of the "bees" to "sting" the big people with the ball (a pass or kick). They need to keep looking for a target and hitting it. They can only hit you in the shin below the knee. This is also called kick the coach, but I thought this was more fun with the buzzing.

Munchkin Knock-Out

Players must shield their ball from other players. While protecting their ball, players try to kick any loose balls out of the area. Once their ball gets kicked out of the area they are out of the game. Any one dribbling out of the grid on their own is also out.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Crazy Crabs

Crabs must sit on the ground, and move around on their hands and feet, stomach up. Players try to dribble across the area without losing their ball to the crabs. Once a player's ball is stolen, that player becomes a crab also.

Frog Attack

Same as Crazy crabs, but instead the players in the field trying to steal the ball from the other players stand upright and hop like frogs

The Crows and the Cranes

Each player dribbles in the grid. When coach shouts "crows", then crows try to score while the cranes leave their balls and defend their goal. Use the center circle and the goals at the end of the field for this game.

Relay Dribble

Teams of three or four. Players dribble in and out of cones which are spaced three yards apart from one another. Each team races against the other teams.

Team Steal

Divide group into three equal teams. Two teams dribble across the grid from opposite sides trying to reach the other side. One team plays defense in the middle and steals as many balls as possible. Alternate team is on defense.

Dribble Run and Shoot

Put all the balls in the middle of the field. Divide team into two. Have each team line up on their respective goal lines with backs to the balls. On the whistle the run and take a ball and shoot and in their own goal. Try to get them to use their laces to shoot not the toe!

Kick the Coach

Players dribble around the field area and try to kick the coach or coaches in the shins with the ball below the knee. This reinforces ball control and shooting/passing accuracy. They need to keep the ball close to them and the need to get up close to you in order to hit you.

Last Man Out

Play in a large grid. All the players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player who doesn't have a ball has to perform a minor penalty (such as running round the grid) before re-joining the game.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Four Corner Game

Make four boxes out of cones in each corner of your field. Put all the balls in the middle of the field. Split the team up into four teams with a coach/parent in each square. To start I let them use their hands. On go have each coach/parent release one player which will run and grab a ball and bring to them in the square. Then let another player go. Do this till all balls are gone. As you progress you can let all players go at once then let them steal it from other teams. Then you can have them use only their feet.

Tag

Very simple and surprisingly effective. Mark off a grid or circle. Everybody has a ball. Whoever is "it" must dribble to another player and tag her. The other players avoid being tagged by dribbling away from "it." If the player being chased loses her ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

Ball Tag

Just as simple as 'Tag' and just as useful! Everyone has a ball and dribbles in a confined area. The player who is "it" must pass her ball so that it hits another player's ball. The player whose ball was hit then becomes "it."

Egg Hunt

Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. If you have an unusual colored ball --make it the Golden Egg or something similar). At the other end of the field is a goal. I use a portable goal and call it the "basket." Blow a whistle and turn them loose. The object of the game is to get the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them with a stopwatch.



HUDSON YOUTH SOCCER

U8 Coaches Manual



The blind leading the blind

Group your players into equal sized, even numbered teams and put the players in each team into pairs.

Position each team about 5 yards apart, all facing forwards in their pairs.

Place 3 gates in front of each team about 5 yards apart. Each gate is 2 cones on the ground, about three feet apart.

One player in each pair covers the eyes of their partner with a sweatshirt tied with sleeves behind the head. They then place a ball between their partner's feet.

When the race starts the sighted partner works as a guide, talking the blindfolded partner through the gates by voice. The guide can not touch the ball or the blindfolded partner.

When the pair has navigated the 3 gates, they quickly change roles, navigating the 3 gates in the reverse direction, returning the ball to their line.

When the first pair returns to the line, the second pair takes their turn.

Lines compete to be first to return both pairs and the ball to the line after navigating the gates in both directions.

Shorten the distance between gates for younger ages and stagger the gates left and right for older ages to make it more difficult. The objective is to encourage communication, so don't make anybody feel like a loser - it's just for fun!

Dribble Relay

The basic game is Team 'A' racing team 'B' by dribbling through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

One variation is to have a small 'square' at the end. The children have to stop the ball in the square, then sprint back and high-five the next player before he/she can start. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race - and award points to the player that sees it and correctly yells out the number first. This encourages the children to play with their heads up.

Colored circles

Set up a 20x40 yard grid, make a centre circle, and split players into to teams that can be identified by a colour. Have all the kids dribble their balls in the centre circle.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Call out a colour. That team dribbles toward their goal. The other team leaves their ball and runs to slow the attackers down. Encourage the defenders to push the attackers wide and make sure they don't dive in. If the defenders can keep the attackers outside of the penalty area for 10 seconds they get a point. Attackers get 1 point every time they dribble the ball into the box. Play to 10 points.

Death Square

Everyone dribbles around trying to keep their own ball and kick out everyone else's ball. If a player's ball is kicked out, he must retrieve it, then dance on the ball for 10 touches before getting back in. A player gets a point for every ball he kicks out (so if you spend time outside dancing on your ball, you have less time to win points).

Under Pressure

Get all the kids dribbling around in a grid then remove one, two, or three balls depending on how much pressure is needed. Then announce that whoever has possession of a ball after 1 minute is a winner. If they can chase someone out of bounds they automatically win that ball. Count down the last 10 seconds out loud to increase the pressure. The children who finish without a ball have to perform a token penalty - a couple of pushups, run a lap of the grid, etc.

1v1 to goal

Divide players into two teams. Play in a large grid with a goal on one edge and a supply of balls. Station each team on a goal post, standing off but facing the field. Place a GK in goal facing the field. Coach/assistant stands behind the centre of the goal with a supply of balls. Coach tosses a ball over the crossbar to about the penalty spot. A player from each team both sprint to the ball and attempt to control it, turn, and get a shot off. The second to the ball defends (if he then wins the ball, then he tries to shoot). When there is a score, save, or ball goes out of play, restart the same way with a different pair of players.

The Name Game

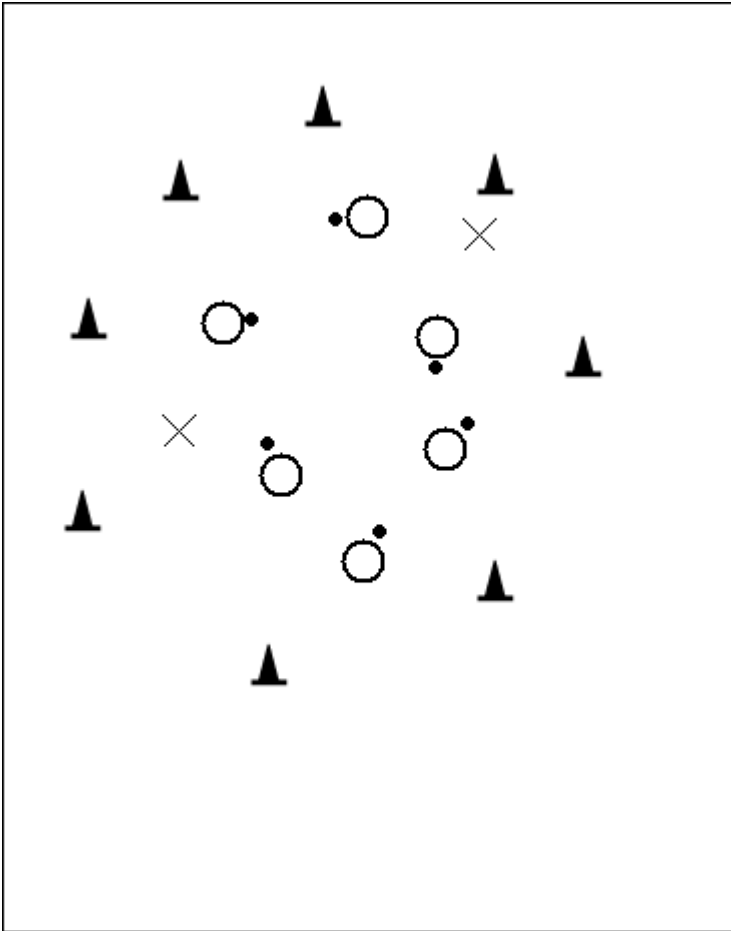
Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they (and you!) learn everyone's names. If the players are doing well and you have enough players, add additional balls.



HUDSON YOUTH SOCCER U8 Coaches Manual



Killer Whale



KILLER WHALE- Dribbling and shielding

Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle.

The "killer whales" can usually go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.

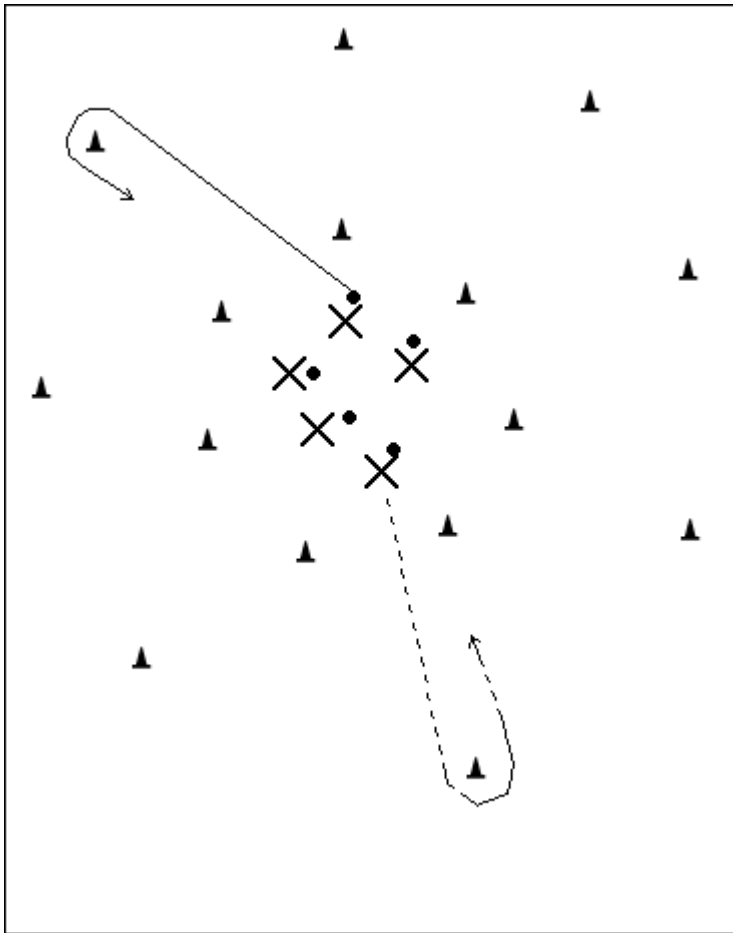


HUDSON YOUTH SOCCER U8 Coaches Manual



Use stop watch.
You can use one or two killer whales

EXPLODE



EXPLODE- dribbling

Setup- make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle.

The Game- Players dribble inside the small circle of cones. On the coaches whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling.. coach blows whistle again or make last player back do 10 "ball taps" with the bottom of his cleat.

Coaching Points- when exploding, body low, use the shoe lace part of cleat to take off.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Snake Dribbling.

The purpose of this activity is to improve the dribbling skills of young players aged 6-10.

The game is played in a grid that varies depending on the needs of the players. Make the grid smaller to make it more difficult for the players. Make it larger if the players are finding it difficult to achieve success. The coach must experiment with the size and find what works best for his or her team.

Divide players into groups of three or four. Have them stand in line, forming a "snake." The middle player starts with the ball.

The middle player (Player B) must try to follow the first person, or "head" of the snake (Player A) while dribbling. The third player (Player C) follows the second player and so on. From front-to-back, the players should be arranged as follows:

Player A (head of snake), Player B (Dribbles ball), Player C (follows dribbler)

On command, the middle player becomes the new head of the snake, while the old head of the snake goes to the end of the line and player C now has ball in middle. Now the players will be arranged as follows:

Player B (head of snake), Player C (Dribbles ball), Player A (follows dribbler)

Play continues as long as players are benefiting from the activity. It is best to use this activity as a warm up. No score is kept as players are concentrating solely on their technique.

Coaching points:

1. Head of snake should move at different speeds, including stopping.
2. Encourage moving in many different directions.
3. Middle player must keep eyes up to see the head of the snake.
4. Encourage use of many different surfaces of feet in contact with ball.

Category: Dribbling

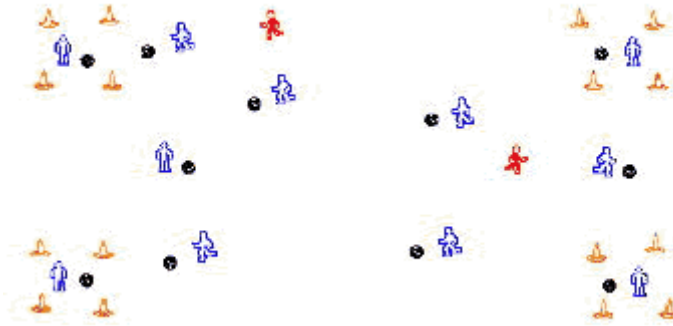
Type: Game

RUNNING BASES



HUDSON YOUTH SOCCER

U8 Coaches Manual



The Game

- Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the "tagger"
- Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble.
- Players are save in any one of the 4 bases. Only one player allowed in a base at one time. If a new players enters a base, the old player must leave.

Variations

For younger players:

- Only one tagger
- Fewer bases
- Only one player in a base at a time

For older players:

- More bases and taggers.



HUDSON YOUTH SOCCER

U8 Coaches Manual



- 2 players allowed in each base.
- Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).

Numbers

The exercise is good for 1 vs 1 dribbling skills. It is especially good on a hot day as the kids defending can rest a bit. Divide the kids into 2 groups. If you have ten kids, say, assign each kid a number between one and five. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Set up two very wide "goals" with pylons. Spread the five kids on each side across each goal line. Call out one or more numbers, and those kids come out to play 1 vs 1, 2 vs 2, etc. and the rest of the kids stay spread across the goal line as defenders. Throw a ball from the sideline into the centre and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

Variation: Colours. Use two each of different coloured bibs, armbands, or stickers to place on shirts, as younger kids will have trouble remembering numbers.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Monkey in the Middle

All players form a circle and choose someone (the "Monkey") to be in its centre. The players forming the circle pass one ball among them while the person in the centre tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the centre. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.

Ice Monster

Mark off an area for the game to be played and select one kid to be the "Monster". Have the rest of the kids (each with a ball) dribble around within the area. The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze. The last remaining unfrozen player gets to be the new Ice Monster for the next round.

Cops and Robbers

Have the kids (each with a ball) line up on one side of the field. These guys are the "Robbers". Have two more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a robber loses his ball to a cop, he goes to jail (designate a small area off to the side or use a Goal structure.) Have the Robbers repeat the crossings until there are only 2 left. Make these guys the new cops, pull everyone out of jail and start over.

Pirate (or Monster)

A keepaway game. Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (centre circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now, the two players are Pirates and go after the others....then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

Variation: Bomber. Just like above except the "IT" player has a ball and tries to roll/throw it at the other player's and knock their ball out of the circle.

Marbles

Split your team into two groups and line them up behind two opposing lines. Each player should have a ball. Place an unusual colour (or size) ball in the middle. This is the marble (a #2 ball works well). Have them try to move the marble across the other team's line by striking it with a ball. After the game starts, don't require them to use their own ball, they are free to use any other ball they can find.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Shark and minnows

Teaches kids with the ball to shield it from an opponent and teaches kids without the ball how to take it away from an opponent. Use pylons to create a 15-yard square. One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived. Choose a new shark and play another round until every player has been the shark once.

Camp Town Races

Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner. Ask them "Who is going to win the race?" They all learn to say "The player who can dribble it the straightest!" A variation is to start half at one end and half on the other. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Passing Games

Keep your yard clean

This game is simple, fun, and easy to adapt to account for various team sizes and experience.

THE GAME:

- Create a 'neutral area' between the two teams where no player is allowed. This area can be as small as one yard and as big as 10 yards wide. The width is determined by how far the players can kick the ball.
- Each player starts with a ball at her or her feet.
- On command, each team tries to keep their side of the game zone free of balls by kicking their ball over to the other team's side.
- After an appropriate amount of time (when the balls become too scattered, or the players are losing focus), stop the game and count which side has the most balls on their side.
- Distribute the balls evenly for another try if the players are still interested.

After players have found some success with this basic game, try these variations:

- Players can only use their left foot.
- They can throw the ball back.
- They must dribble the ball around a cone that has been set up in the middle of their "yard" and then kick it back.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Give and go

This one is good for getting the kids to move after they make a pass. It is appropriate for kids a little older, who pass the ball but like to stop and really admire their better passes. Everyone spaces themselves around the centre circle. Give the ball to one person and they call out someone's name and pass to them. They then run to the receiver's position in the circle. The receiver upon hearing their name called steps forward to receive the pass and yells "I got it!" The sequence is then repeated. Several things are accomplished besides getting them used to movement. The "I got it!" yell addresses the problem of nobody playing the ball in a game because they thought the other was going to play it. We all learn each other's names quickly.

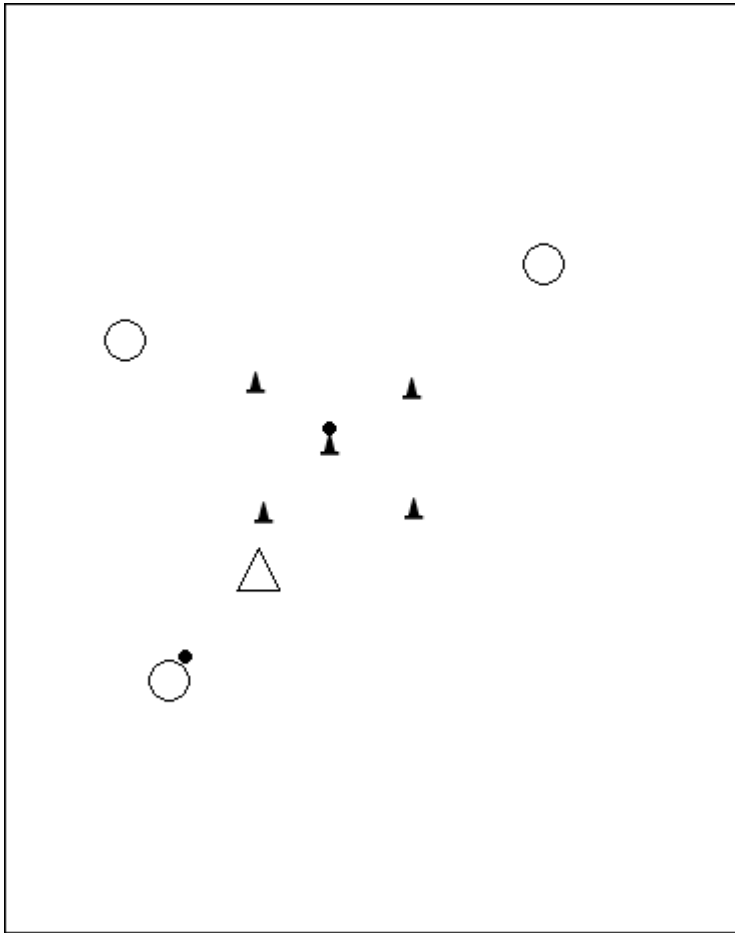
Invariably, someone is always left out so start a countdown from 10 to 0 and they have to figure out who has been left out (the left out person should be quiet). They start yelling among themselves to figure out who it is and this fosters communication on the field. (It's pretty humorous too).

After a few practices, they get it down so they look pretty sharp. Then you toss in another ball. They love it! Now they have to think a bit because people are moving and two are busy with the other ball.

3v1 Variation



HUDSON YOUTH SOCCER U8 Coaches Manual



3v1 Variation- Passing

Setup-Use flat cone and make a 3 yard by 3 yard grid. Put another flat cone in the middle of the grid and place a ball on top of the flat cone.

The Game- 3 attacking players against one defender. The 3 attacking players pass the ball to each other and score by knocking the soccer ball off the cone in the middle. No players are allowed in the grid.

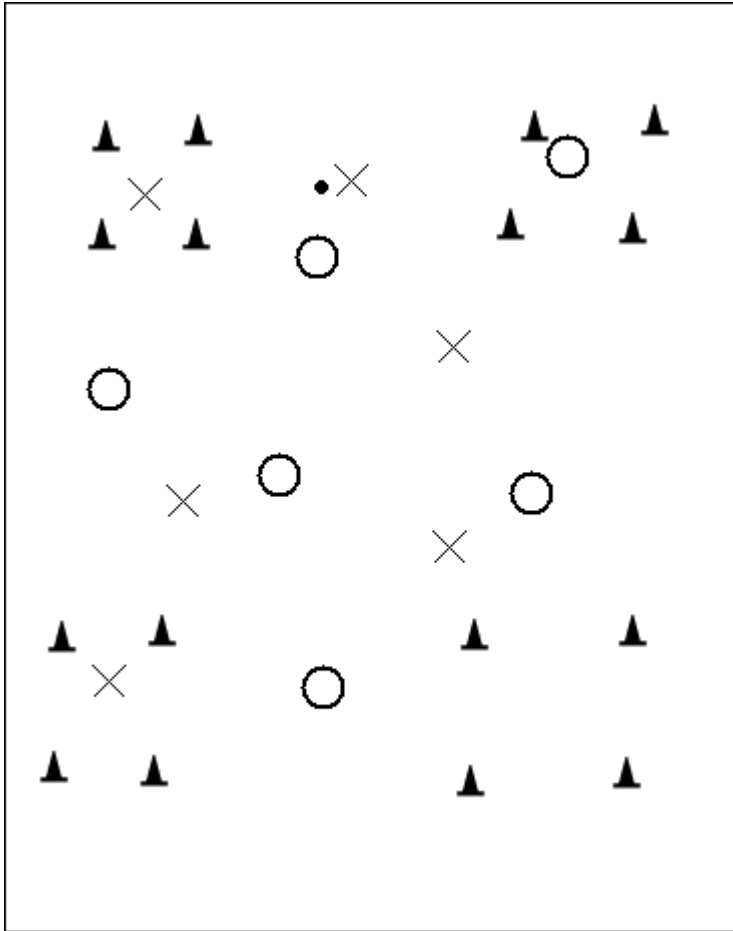
Variations- Depending on the skill level, must complete a set number of passing before a shot. Make grid smaller to defender can defend easiers which will force quicker and smarter passing.



HUDSON YOUTH SOCCER U8 Coaches Manual



FOUR CORNERS GAME



FOUR CORNERS GAME- passing

Setup- Create four grids. Each Grid about 5'x5'. and about 40 yards apart from each other. There is no "out of bounds". Two teams of 4 to 8 players.

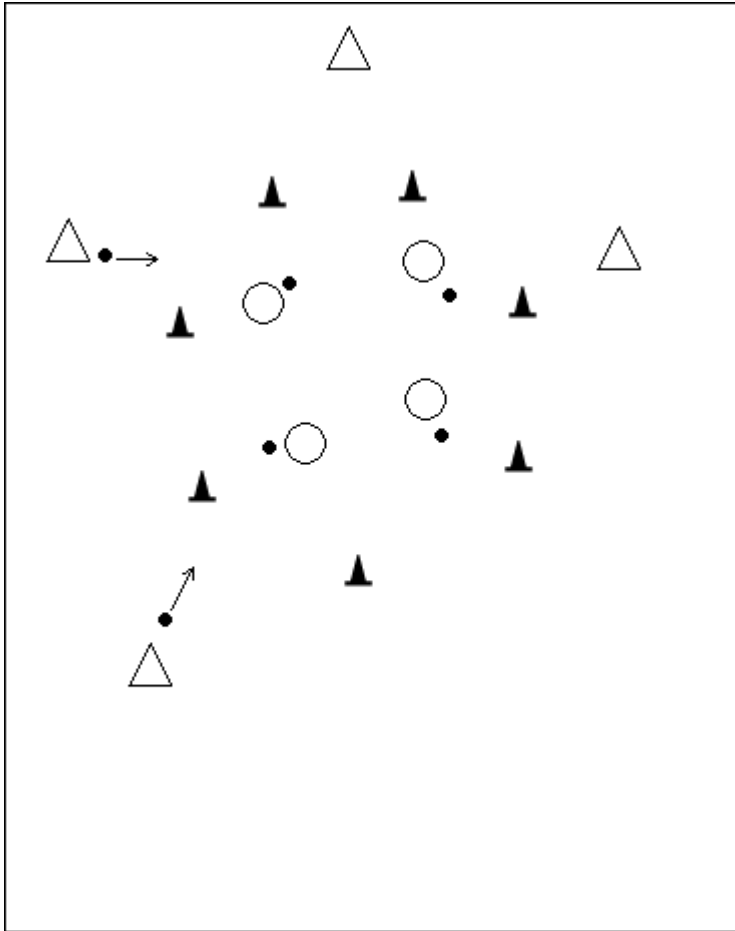
The object of the game- is to score points by passing a ball to a teammate who is inside one of the four corners. Each team can score in any corner but cannot score in the same corner twice in a row..

This is a tactical game for older players.

Progression- the pass must be a give and go to his teammate.



DODGE BALL



DODGE BALL- push pass and dribbling

Setup-Use cones to make a large circle.

The Game- Players on the outside of the circle "push pass" the ball back and fourth to their partner who is also outside the circle and try to hit the players in the middle of the circle with the soccer ball. All passes must be on the ground.

Variations- Depending on the skill level, can start the players inside the circle without a soccer ball. Progress to players inside the circle must dribble a soccerball.

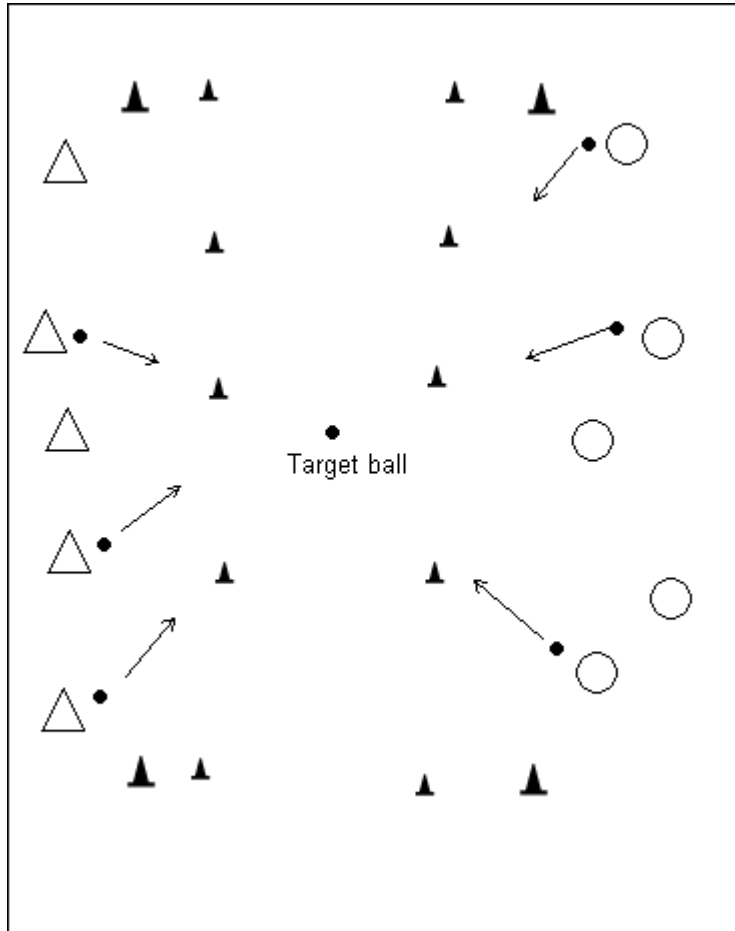
For younger players- Have parents on the outside, and turn it into a dribbling drill.



HUDSON YOUTH SOCCER U8 Coaches Manual



TUG OF WAR



TUG OF WAR- Push pass

Setup- create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball(target ball)in the middle.

Players on each side try make the target ball cross the opposing teams line by kicking(push passing) their soccer ball at the target ball.

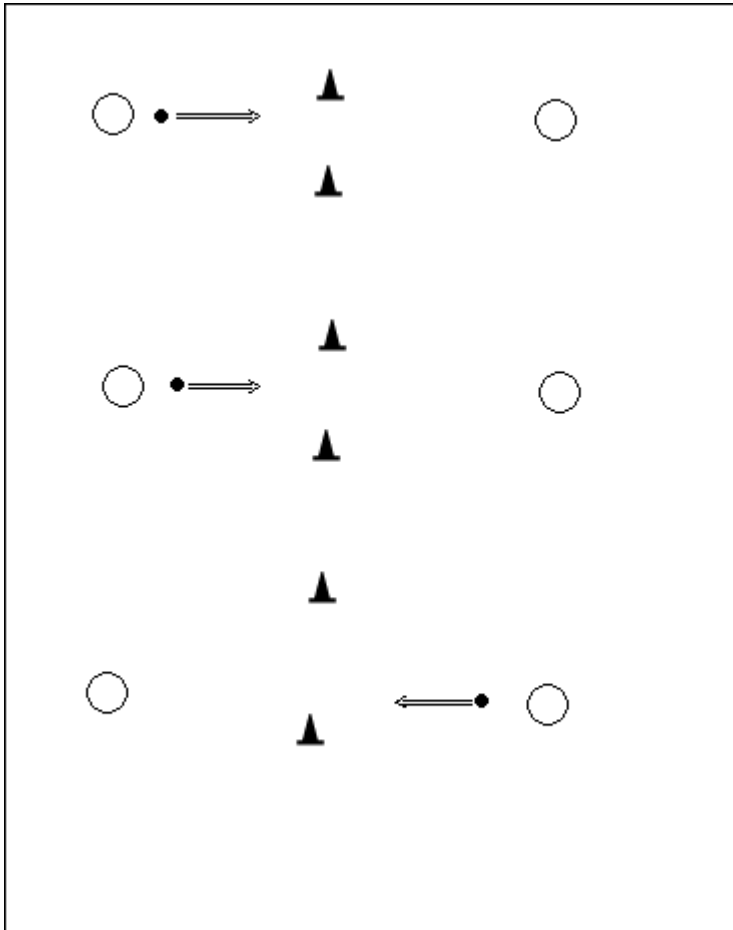
Trains power and accuracy.



HUDSON YOUTH SOCCER U8 Coaches Manual



PASSING THROUGH GATES



PASSING THROUGH GATES

Setup- split group into pairs. Use cones to create gates about three yards apart.

Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups

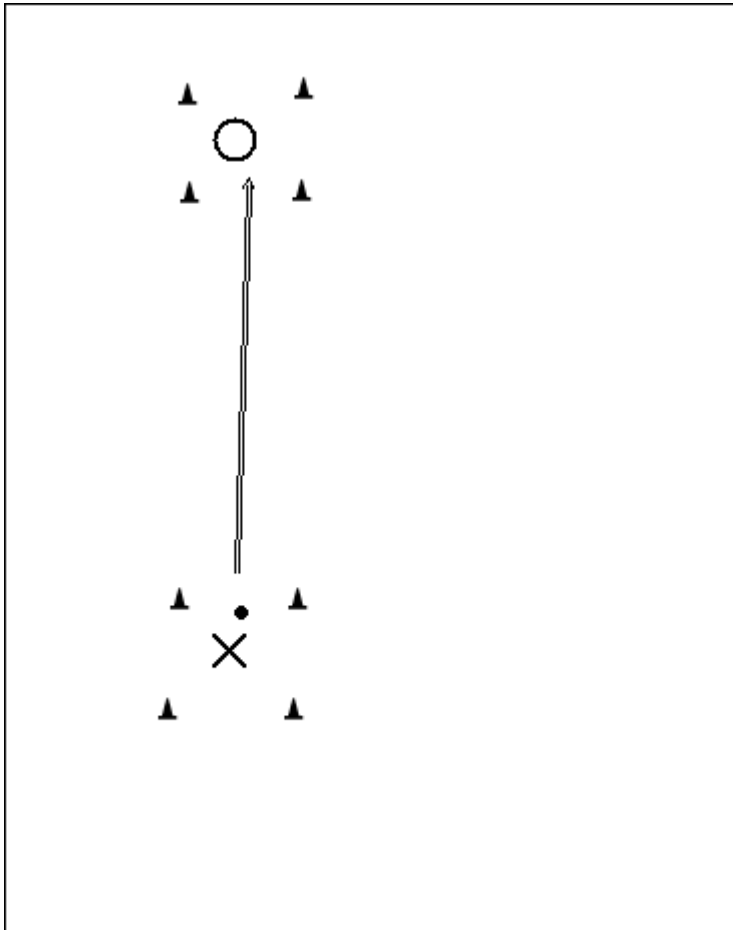
Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players.



HUDSON YOUTH SOCCER U8 Coaches Manual



RECEIVING DRILL



RECEIVING DRILL

Setup- two small grid 2 yards X 2 yards about 15 - 20 yards apart.

The Drill- Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

Variations- Must receive ball within "2 touches" or players serving the ball may "baseball throw" the ball to challenge player collecting the ball.

Spread Out

Set up- two teams in field with one soccerball.

The game- to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

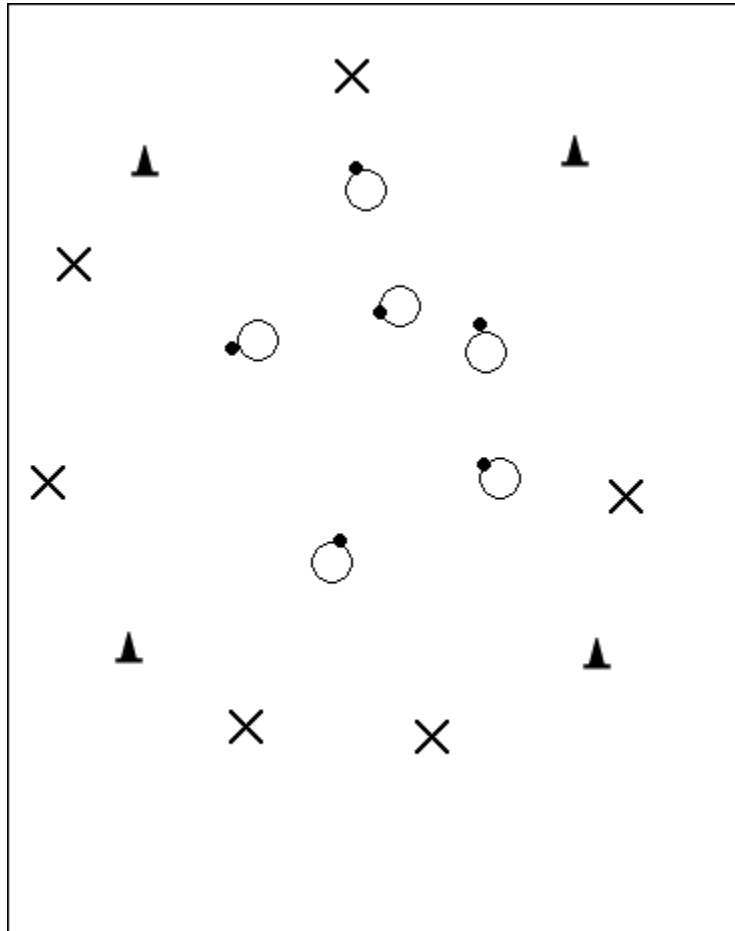
Progress to a soccer style game of keep away



HUDSON YOUTH SOCCER U8 Coaches Manual



WALL PASS DRILL



WALL PASS DRILL

Setup- Large field with 4-8 players inside the field with soccer balls and 4-8 players on the outside of the grid without soccer balls.

Drill- players on the inside dribble towards players on the outside and perform a give and go pass.

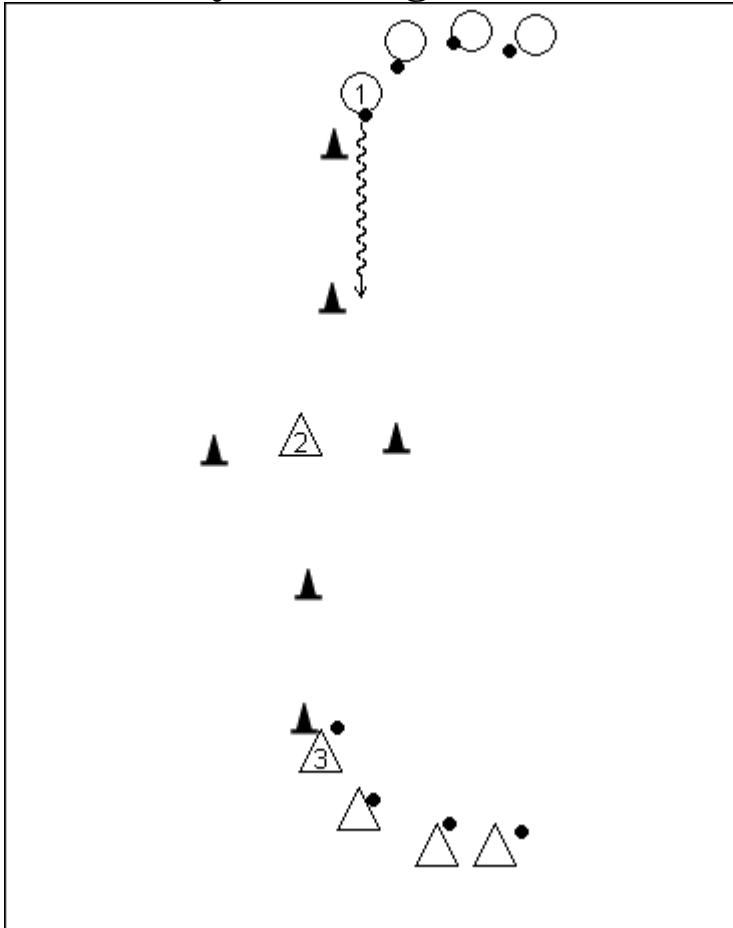
Coaching points- players inside switch directions.

Variations- Add defenders in the middle.



Shooting Games

Breakaway Shooting Game



Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

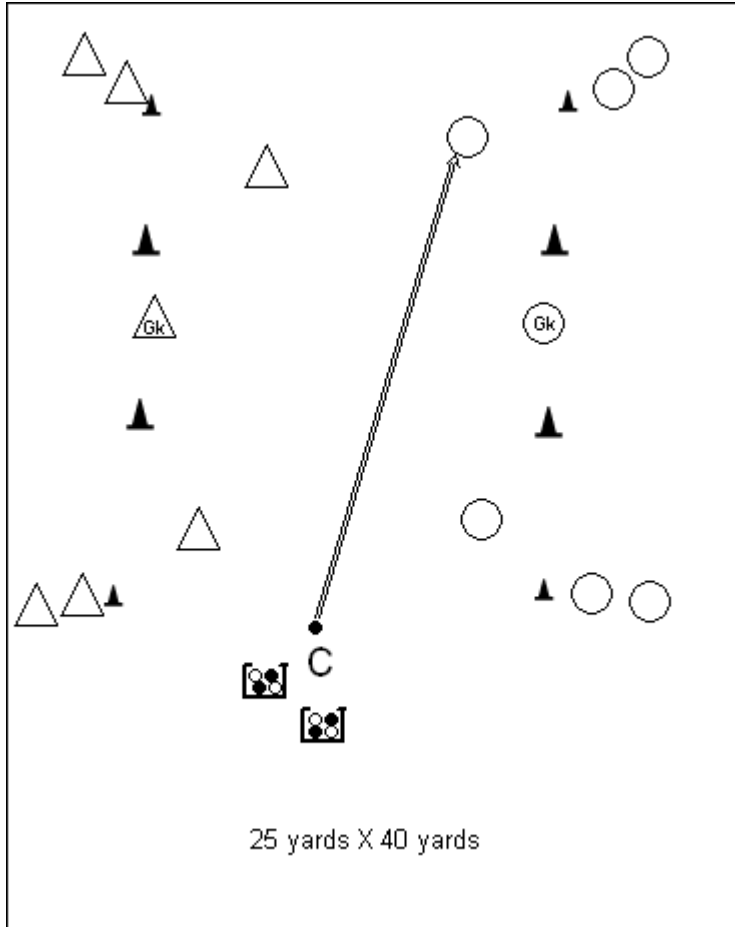
Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.



HUDSON YOUTH SOCCER U8 Coaches Manual



FOUR CORNER SHOOTING GAME



FOUR CORNER SHOOTING GAME

Setup- Field 25 X 40. Regular sized goals and goalies. Cones at each corner.

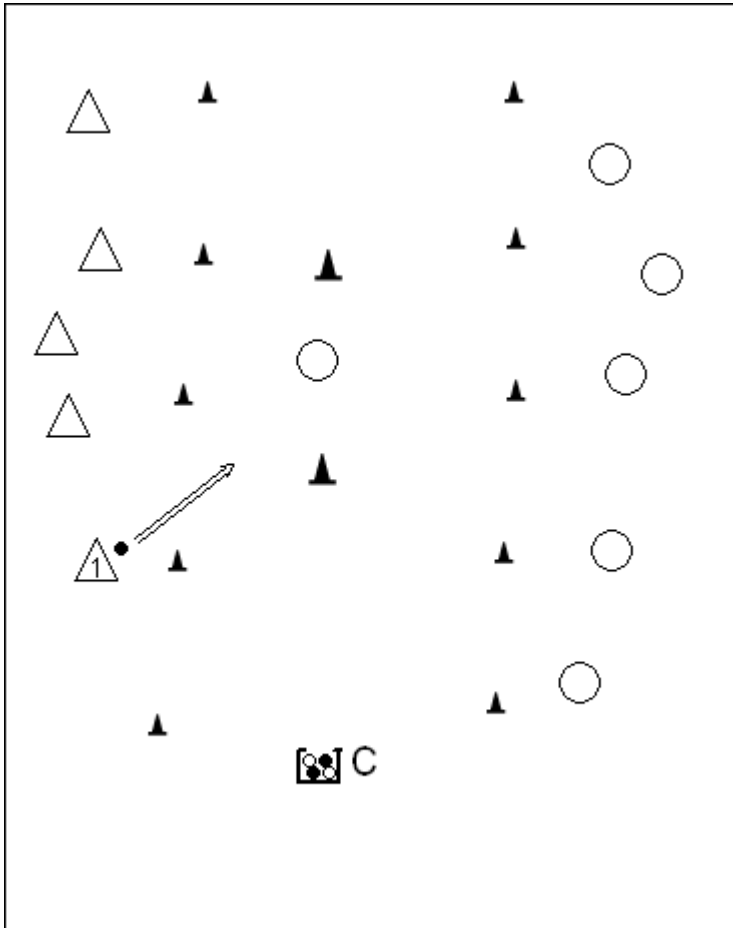
The Game- the coach serves a soccer ball to either of two far players. In this example he served it O. O can either "one touch shot", dribble and shoot, or pass to his team mate. Once there is a shot or ball goes out of bounds, the players leave the field and switch lines.

Coach serves another ball to one of the far corners.

Coaching point keep the lines short and have plenty of soccer balls available



THE SHOOTING GAME



THE SHOOTING GAME

Setup- create two lines about 30 yards apart. Use cones to make a goal in the middle.

The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot, now becomes the keeper and Player 1 goes back with his team.

Eventually becomes a fast paced shooting game.



HUDSON YOUTH SOCCER

U8 Coaches Manual



Coaching Links

ASSOCIATIONS

Mass Youth Soccer
NSCAA
US Soccer
US Youth Soccer

www.mayouthsoccer.org
www.nscaa.com
www.ussoccer.com
www.usyouthsoccer.org

COACHING TIPS

Better Soccer More Fun
How To Play Better Soccer
Soccer Coaching 101
John Smith
Footy4kids
Fine Soccer

www.betersoccermorefun.com
www.howtoplay.com/soccer/
www.coachingsoccer101.com
www.johnsmithsoccer.com
www.footy4kids.co.uk
www.finesoccer.com

Drills/Games

And-again
Decatur Sports
Eteamz
Soccer Help
Soccer Coaching

www.and-again.com
www.decatursports.com
www.eteamz.active.com/soccer
www.soccerhelp.com
www.soccercoachingnotes.com