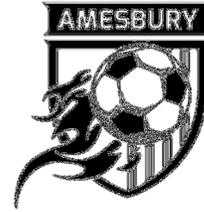


U8 Kickin' It!
Week #1 –Get them dribbling!



Session Objectives/Focus Areas:

Engage players and learn names

Have Fun

Soft Touches (keep it close) & Dribbling with Both Feet

Order of Activities:

1. Warm Up: (coach's choice)
 - a. Body Part Dribble
 - b. Red Light Green Light
 - c. Paint the Field
 - d. Hit the Dirt!
2. Station Dribble (Ice Cream Dribble)
3. Sharks & Minnows (Fishy/Fishy Cross My Ocean)
4. Coach's Choice of Dribbling Games listed above (if needed)
5. Scrimmage (last 15 minutes)

Detailed Plan: Descriptions of Activities and Coaching Tips

1. Warm Up Options: For U8's any dribbling warm up is a good chance to mix in variations. For example, "Left foot only." Or, "use the outside of your feet."

a. **Body Part Dribble:** Free dribble- call out a body part. Kids have to put that part on the ball. Add variations based on the week or age level (left foot only). "Put your elbow on the ball!"

b. **Red Light/Green Light:** Green is fast dribble, yellow is slow. Red is stop or freeze. Tell players that on Red Light they need to do a Captain's Pose (put their foot on top of the ball to stop it and rock the ball back and forth)-- arms out straight or on hips. To make it fun the coach can add a rule. For example, Pink Light = Dance around the ball or Purple Light = make a crazy face.

c. **Paint the Field:** Each player has a ball and it becomes a can of spray paint in their favorite color. Now they have to paint a small area of the field with their ball. Reinforce keeping the ball close to their bodies as they dribble. What color are they painting with? Be demonstrative. Ask player to make the spray sound and pretend you can see the colors on the field.

d. **Hit the Dirt!:** On half the field players do a free dribble. When the coach yells, "Hit the Dirt!" they dive to the ground. Like with body part dribble the coach should add variations and rules.

Break for water.

2. **Stations (Ice Cream Dribble):** Set up 4 squares (roughly 3 yds x 3 yds in size) about 20-30 yards apart (you can use the four corners in half a field). The objective is for players to dribble

as quickly as they can to each area and do the Captain's Pose when they arrive. If you have enough cones you can color code each area (one colored cone per station will do). Gather all players into one square and call out the next stop. You can have a player call out a combo of colors. Make it fun by replacing colors with ice cream/snack flavors. For example: Red is strawberry short cake, Yellow = Lemonade, Blue = Blueberry Yogurt, Green = Mint Chocolate Chip ice cream. During the first week, just engage the kids and focus on having fun. In following sessions you'll want to add dribbling rules/restrictions or have players make a move while dribbling. Focus on soft touches and using both feet. You can add rules while progressing. For example, "Go to the blueberry station and only use your left foot."

3. Fishy Fishy Cross My Ocean (Sharks and Minnows): Players all line up with a ball on the end line. The coach or one or two selected players can be the shark(s). The shark calls out, "Fishy fishy, cross my ocean!" Players try to dribble to the opposite end line without the shark kicking away their ball. If the ball is kicked away, the fish becomes a shark. Play until one or two player(s) remain---you can restart and have the winner start as the shark. Have players focus on keeping it close (not kicking and chasing). Model/demonstrate the proper way to dribble close.

4. Free Dribble Game (if you need another activity before the scrimmage)---choose from one of the warm up activities that you did not use earlier. Body Part, Red Light/Green Light, Paint the Field, or Hit the Dirt! This will allow the coach to emphasize using multiple surfaces of the foot, keeping it close, and will make kids familiar with one more warm up to be used at a later session.

Distribute Pinnies & water break.

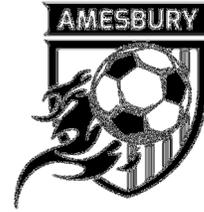
Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule---don't touch the ball in the arc (hot larva rule).
4. Goal Kicks---offense outside first line, defense at mid-field---this is consistent with new summer ASA rules for U6/U8.
5. Restarts from kicks only (no throws).

U8 Kickin' It!
Week #2 –Ball Close & Eyes Up



Session Objectives/Focus Areas:

Dribble and Look Up
Soft First Touch/Keep it Close
Dribbling with Both Feet
Use multiple foot surfaces
Dribble Away From Pressure
Maintain Possession

Order of Activities:

1. Warm Up: (coach's choice)
 - a. Body Part Dribble
 - b. Red Light Green Light
 - c. Paint the Field
 - d. Hit the Dirt!
2. Statue Tag
3. Kick The Coach
4. Crab Soccer
5. Scrimmage

Detailed Plan: Descriptions of Activities and Coaching Tips

1. **Warm Up:** See Week 1 Tips on Body Part, Red Light/Green Light and Paint the Field
2. **Statue Tag/Freeze Tag:** Coaches try to tag the players' balls with the coach's ball---then the player has to freeze, hold their ball over their head, spread their legs and call out for help. They must wait for a team mate to pass a ball through their legs to un-freeze them. Encourage players to dribble with both feet and keeping eyes up. Communicate and call for help.
3. **Kick the Coach:** Like a game of tag but players try to use their ball to hit the coach's ball or the coach's legs. Kids love this game. Stay in a small grid (half the field or less) or you can use the center circle if numbers are low. Ask players to keep track of how many times they are able to "Kick The Coach".
4. **Crab Soccer**—In ½ field grid, one or two players are the Crab (or It). Everyone dribbles away from the crab, and the crab tries to steal players' balls and clear them from the grid. If the ball goes out, that player becomes a crab. Play until everyone is a crab and restart. No player is "out"—everyone is active trying to maintain possession or steal the ball.
5. **If needed for 5 minutes-- Traffic Light:** Each coach needs 1 red and 1 green cone. Players line up on the endline with a ball. Coach has a green cone and red cone behind

his/her back. When the coach holds up green, players move forward. When the coach holds up a red, they must stop. When the coach holds up both green and red together they must race back to the start line. The player to get back first gets a point. Key Points: Eyes up. The coach should start the game by yelling out the color of the cones being held up, but then progress to doing it silently and emphasize dribbling with eyes up.

Scrimmage: Distribute Pinnies & water break.

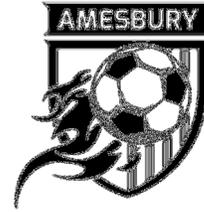
Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule—don't touch the ball in the arc (hot larva rule).
4. Goal Kicks—offense outside first line, defense at mid-field—this is consistent with new summer ASA rules for U6/U8.
5. Restarts from kicks only (no throws).

U8 Kickin' It!
Week #3 –Passing & Receiving



Session Objectives/Focus Areas:
Soft Touches—dribble, pass, trap
Maintain Possession
Inside of Foot for Trapping
Inside of Foot for Passing

Order of Activities:

1. Gate Dribble
2. Partner Pass
3. Gates with Bandits
4. Egg Hunt
5. Kick the Coach (if needed)
6. Scrimmage

Detailed Plan: Descriptions of Activities and Coaching Tips

1a. **Warm Up:** See Week 1 Tips on Body Part, Red Light/Green Light
1b. **Gate Dribble.** Coach randomly places multiple pairs of “gates” in a grid. Place cones about 4-6 feet apart. Focus on keeping eyes up so kids don't crash. Players dribble through the gates to get a point. Do it for a minute or two then ask players to do it again and beat their previous total. You can add or vary rules.

2. **Partner Pass:** It is important that U6/U8 players get some direct instruction in passing/receiving. Coaches should pair up and demonstrate or partner with a player to demonstrate. This isn't a really “fun” game...keep it brief (5 minutes), you can cycle back to this in upcoming weeks.

Using cones already set up from the gate dribble, partner up players at a pair of gates. Use 1 ball per pair. Have them pass the ball through the gate to their partner. Trap with the inside/Pass with the inside. Coaches should move around, group to group and help out. Practice with both feet. This is an unnatural motion for young players. Trap the ball before passing. Plant foot and do not use the toe. Progression for older players: Move to an open gate and score points for passes made within a set period of time.

3. **Gates with Bandits**—(U8) Focus on maintaining possession (and the bandit should focus on stealing the ball). In half the field, players do the gate dribble. 1 or 2 players (or coach) starts out as the bandit(s). Players with balls try to dribble through gates to “score points” while avoiding the Bandit. The Bandit tries to get possession from any player with a ball---if/when that happens, he/she becomes the new Bandit. NOTE—Instead of clearing the ball out of the grid the bandit steals the ball and becomes an offensive player. (This is a lot like Pirates of the Pugg, if you know that game). Players should continue to try to dribble through gates while being attacked by the bandit. Play until most/all have had an opportunity to be the Bandit.

4. Egg Hunt (Scoring Goals)---If Time Allows: Objective: Players' balls are Easter Eggs and the goal is the basket. Line up players on the end line and randomly put all balls all over the field (around mid-field). Use any extra balls that you have. When the coach yells "Egg Hunt" players sprint to get any ball, dribble down field, and score on the pugg net. (NOTE: Some young players (U6) have a hard time with using other balls or sharing their ball---emphasize that they will get their ball back). It is good for players to have awareness and look around for an available ball. Restart and play several times.

Scrimmage: Distribute Pinnies & water break.

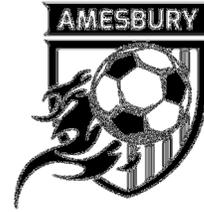
Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule—don't touch the ball in the arc (hot larva rule).
4. Goal Kicks—offense outside first line, defense at mid-field—this is consistent with new summer ASA rules for U6/U8.
5. Restarts from kicks only (no throws).

U8 Kickin' It!
Week #4



Session Objectives/Focus Areas:

Dribbling Technique
Maintain Possession
Kicking with Laces

Order of Activities:

1. Warm Up
2. Crab Soccer
3. Clean the Yard
4. Capture the Balls
5. Scrimmage

Detailed Plan: Descriptions of Activities and Coaching Tips

1. **Warm Up: Coach's Choice**—Body Part Dribble, Red Light/Green Light, Hit the Dirt. Focus on soft touches, using both feet, keeping eyes up.
2. **Crab Soccer:** This should be a quick transition if you played it in the 2nd week. The focus is on maintaining possession of the ball. Keep the ball under control, body position to keep the “Crab” away from the ball. Play in ½ field, center circle or small grid. One or two players are the Crab (or It). Everyone dribbles away from the crab, and the crab tries to steal players’ balls and clear them from the grid. If the ball goes out, that player becomes a crab. Play until everyone is a crab and restart. No player is “out”—everyone is active trying to maintain possession or steal the ball.
3. **Keep Your Yard Clean:** Before playing the game, the coach needs to demonstrate how to kick a soccer ball properly. Most players, even up to U8 will toe the ball when the need to take a goal kick or shoot on net. They need to see and practice proper technique. Like the passing drill weeks earlier, this is a focused skill area. However, this game should be fun to play. The Coach should demonstrate kicking before describing the game.

Gather Players around the Pugg net (so you can kick it hard and not have to chase it).

1. Plant foot beside the ball. 2. Body position centered & over the ball (not leaning way back). 3. Strike the ball with laces/toe pointed down. *4. Kicking leg should follow through, and ideally land on the kicking foot.

Keep Your Yard Clean: (Kicking Drill): This game is simple, fun, and easy to adapt to account for various team sizes. You can progress or add rules such as only using the left foot, practicing throw in's (U10 and above). 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 his 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. Emphasize proper kicking technique. No Toes!

4. **Capture the Balls:** Good for U6 or U8. Warning: Prepare young players that we are sharing balls. (Some are very attached to their ball and may get upset when another player uses it.) Set up three or four stations of cones---a square area about 4 yards by 4 yards (it helps to color code the grids so you have a green team, blue team etc.) and evenly distribute players to be part of a team at each home station. Use half a field or a little more. Place all the balls in the center of the space. When the coach says to begin, players run to the center and try to dribble or pass as many balls as they can to their own grid. Players can steal balls from any team to their own home station. Rules: Do not allow players to defend the balls within their own grid – No Hens (no sitting on the balls). Play for a couple minutes: Freeze—count up tallies, continue. The score constantly fluctuates. This is a good game to focus on using space, stealing from all locations and working with teammates.

5. **Scrimmage: Distribute Pinnies & water break.**

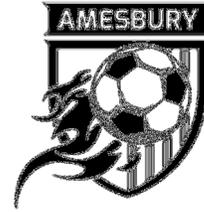
Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule—don't touch the ball in the arc (hot larva rule).
4. Goal Kicks—offense outside first line, defense at mid-field—this is consistent with new summer ASA rules for U6/U8.
5. Restarts from kicks only (no throws).

U8 Kickin' It!
Week #5 –Dribble Past and Around Defenders!



Session Objectives/Focus Areas:

Passing Technique
Movement in Different Directions
Maintaining Possession

Order of Activities:

1. Warm Up
2. Cone Kicking (Passing Game)
3. Pirates of the Pugg
4. Scrimmage

Detailed Activities and Coaching Points:

1. **Warm Up: Coach's Choice**—Body Part Dribble, Red Light/Green Light, Hit the Dirt. Focus on soft touches, using both feet, keeping eyes up.
2. **Cone Kicking:** (U8): Partners aim at a ball propped up on top of a cone. Station players about 10 yards apart, with the cone in the middle. The center cone has a ball on top of it. One player tries to knock down the soccer ball off the center cone with a pass. 1 point if successful. The teammate resets the center ball and then takes their turn. Play to 3 points. Keys to look for: passing technique. Pointing plant foot in proper direction, striking the ball with inside of foot.
3. **Pirates of the Pugg:** U8: The objective is similar to Gates with Bandits. Use ½ of the field with Pugg nets on the sidelines. One player is the Pirate (without a ball). Have the pirate hold on to a pinnie so everyone can keep track & to make it more fun. All other players have a ball (the treasure) and try to keep their ball away from the pirate. The pirate attempts to steal any ball, and score on either net. If the pirate steals the ball, but the original player gains back possession, the pirate must continue to look to steal another ball. If the pirate gains possession and scores a goal (either net) the player who lost possession becomes the pirate. Pass the pinnie to that player. You can play with multiple pirates at the same time. Encourage players who lose possession to quickly transition to a defensive player, trying to prevent the pirate from scoring and trying to win the ball back. Help players follow the flow of the game, in particular, when the pirate scores a goal, the coach should quickly facilitate the transition of which player(s) have just become the pirate. Warning: You will also have to encourage young players to use any ball on the field. Kids are used to using their own ball for drills, and in this game, after stealing a ball and scoring, players will end up dribbling other player's balls.
4. If time allows, **Coach's Choice** of either the Egg Hunt, Traffic Light, Fishy/Fishy.

5. Scrimmage

Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule—don't touch the ball in the arc (hot larva rule).
4. Goal Kicks—offense outside first line, defense at mid-field—this is consistent with new summer ASA rules for U6/U8.
5. Restarts from kicks only (no throws).

U8—Week 5

U8 Kickin' It!
Week #6 –Coach's Favorites & Scrimmage

Session Objectives/Focus Areas:
Have Fun and Engage the Players

Recommended Overview:

Body Part Dribbling (quick warm up)
Kick the Coach
Pirates of the Pugg
Capture the Balls
Scrimmage

