

U8 Recreational Partner Curriculum





Practice Session Structure



- In accordance with US Soccer's new development model, we strongly encourage using the **PLAY, PRACTICE, PLAY** structure for your practice session
- *Play-Practice-Play* is a Grassroots developed philosophy designed around a player-centered approach to coaching. Taking a player centered approach places the needs and motivations of the player at the forefront of a coach's approach to coaching his or her players. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible. This approach differs from traditional practices that may have children standing in lines, running laps and participating in drills that don't resemble the game of soccer.



STAGE 1: PLAY

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first *Play* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

Practice Session Structure

STAGE 2: PRACTICE

In the second phase of *Play-Practice-Play*, children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition.

Practice activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.



STAGE 3: PLAY AGAIN!

The final stage of *Play-Practice-Play* is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application of the *Practice* phase in the final *Play* phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.



PRACTICE SESSION STRUCTURE



PLAY

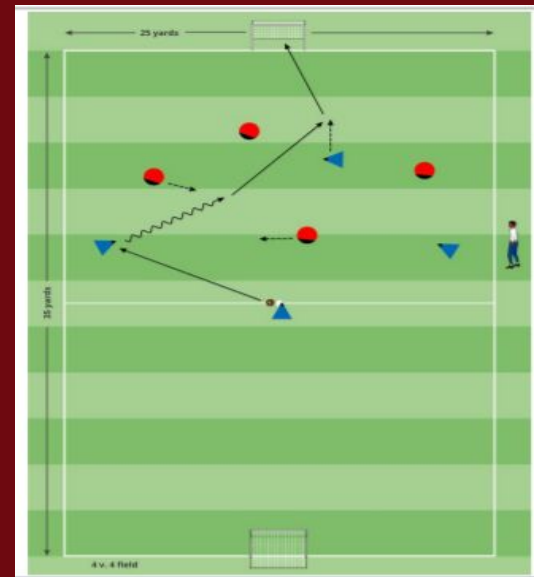
Every practice session will begin with a simple 3v3 game (set up 2 fields if necessary for the size of your group). (this is called Play Phase 1)

PRACTICE

CORE ACTIVITY
WEEKLY
TRAINING TOPIC

PLAY

Every practice session will end with a simple 4v4 game (set up fields if necessary for the size of your group)





Practice Session Structure

- ❖ The next 10 slides will diagram and show the PRACTICE phase of the training session. As previously mentioned, each practice will begin with a 3v3 game and end with a 4v4 game.
- ❖ For the first 5-8 minutes of the practice phase, coach will introduce and teach that weeks group of moves. (on each of the following slides). This will be in a 1v0 scenario where every player has a ball at his/her feet and has no opposition/pressure. **ENCOURAGE YOUR PLAYERS TO USE THESE MOVES ONCE THEY ADVANCE INTO THE CORE ACTIVITY OF THE PRACTICE PHASE!**
- ❖ The activity you see in the following slides will be executed for 8-12 minutes (with appropriate water breaks as appropriate) **IN BETWEEN** the 2 "play phases".
- ❖ Each practice structure is as below:
 - PLAY (3v3)
 - PRACTICE (as seen on that weeks slide)
 - PLAY (4v4)



WEEKLY FOOT SKILL TOPICS

Week	Skill Group	Skills
1	Brazil	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
2	Italy	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
3	Germany	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
4	France	1) Side step fake, 2) Scissors 3) Attacking Rivelino
5	Spain	1) Matthews, 2) Fake Matthews, 3) Preki 4) Maradonna
6	Brazil (revisit)	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
7	Italy (revisit)	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
8	Germany (revisit)	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
9	France (revisit)	1) Side step fake, 2) Scissors 3) Attacking Rivelino



Week 1

Foot Skills and Dribbling to keep possession

Moves Group: Brazil

CORE ACTIVITY

- 1) Spin back
- 2) Inside foot cut
- 3) outside foot cut
- 4) Conti

4th Activity *Frog Attack*

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.

Progressions: Add a ball (for the players, not the frogs)





Week 2

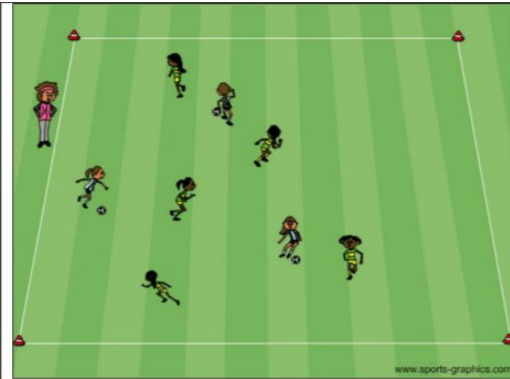
Foot Skills and Sheilding

Moves Group: Italy

- 1) V Pull back
- 2) L Turn
- 3) Cruyff
- 4) Revelino

CORE ACTIVITY

- two or three players are "it" to start, and have balls
- if you are "it", try to dribble and hit others with passes below the knees
- players who are not "it" may run and jump to avoid being hit
- if you are hit with a pass, you become "it" too



- keep ball rolling
- eyes up to find space and who is "it"
- change direction and speed fake passes



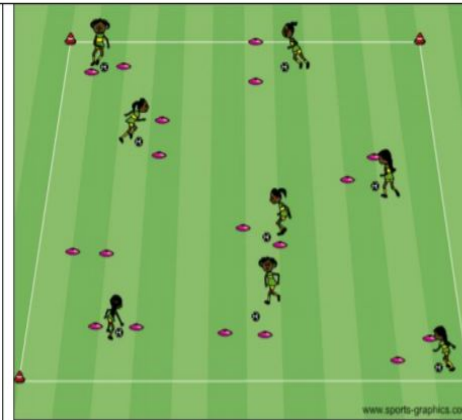
Week 3 Foot Skills and Turns

Moves Group: Germany

- 1) Zico
- 2) Inside Beckenbauer
- 3) outside Beckenbauer
- 4) Tony Currie

CORE ACTIVITY

- every player with a ball
- one more gate than the number of players
- must dribble through free gate
- 1 point for each gate
- play again, improve by 1 point



- see ball through bottom of eyes
- keep ball rolling
- use foot brake
- different surfaces



Week 4

Foot Skills and Shooting

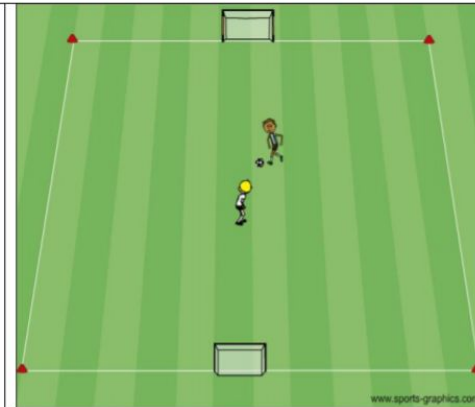


Moves Group: France

- 1) Side step fake
- 2) Scissors
- 3) Attacking Revelino

CORE ACTIVITY

- a. two goals (3 steps each) on a line 5 steps apart
- b. defender must keep one foot on line between two goals
- c. defender can stand in either goal
- d. attacker scores by dribbling through either goal
- e. play 30 to 45 seconds & switch roles



- a. keep ball rolling
- b. defender comes past your hips, change direction & speed
- c. when in close, body between ball & defender
- d. arms up to feel pressure
- e. mentality of trying new moves



Week 5

Foot Skills and Dribbling to Penetrate

Moves Group: Spain

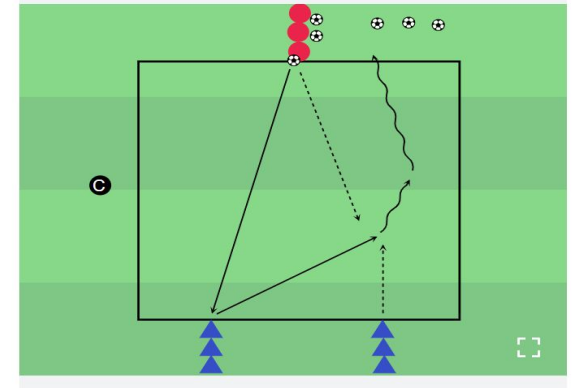
- 1) Matthews
- 2) Fake Matthews
- 3) Preki
- 4) Maradona

CORE ACTIVITY

Divide the team in 2 groups - half on the attacking side in red pennies and half on the defending line in blue pennies. The first defender plays the ball out to one of the attacking players and approaches to defend. The attacking players must work as a team to progress the ball around the defender to the touch line. The defender will attempt to clear the ball away. Once the drill rep has ended, the players return to the side.

COACHING POINTS

1. Attack: How can the attacking players draw the defender out of position?
2. Attack: How can the attacking players progress the ball around the defender?
3. Attack: What should the player without the ball be doing?





Week 6

Foot Skills and Dribbling to keep possession

Moves Group: Brazil

- 1) Spin back
- 2) Inside foot cut
- 3) outside foot cut
- 4) Conti

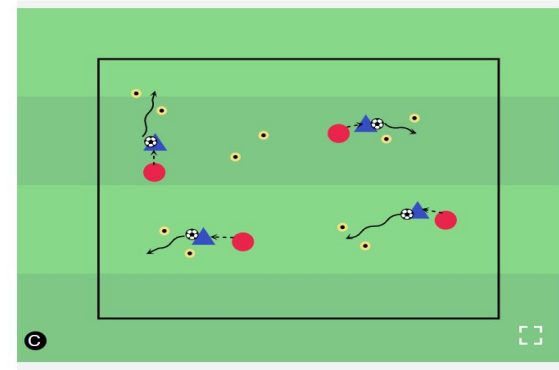
CORE ACTIVITY

INSTRUCTIONS

Set up a series of cones (2 cones +1 gate) around the grid.
Divide the group into pairs - one with the ball and one without.
Player with the ball dribbles around the grid and attempts to score through the gate.
Player without the ball defends and attempts to steal the ball. If successful, they become the offensive player.
The player who lost the ball must become a defender and must try to steal the ball from another offensive player.

COACHING POINTS

1. What happens when a defender approaches?
2. How do we know when and where the defenders are?
3. What are we doing with our eyes?





Week 7

Foot Skills and Sheilding



Moves Group: Italy

- 1) V Pull back
- 2) L Turn
- 3) Cruyff
- 4) Revelino

CORE ACTIVITY

If the coach says, "ONE" before he/she kicks the ball, one player from each team chases after the ball (1v1) as explained above. If the coach calls out, "TWO" before he/she kicks the ball, two players from each team chase the ball and play 2v2.



Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.

Q.: If the defender is off to one side could you make a fast pass to the coach?

A.: Yes, it's called a passing lane.



Week 8 Foot Skills and Turns

Moves Group: Germany

- 1) Zico
- 2) Inside Beckenbauer
- 3) outside Beckenbauer
- 4) Tony Currie

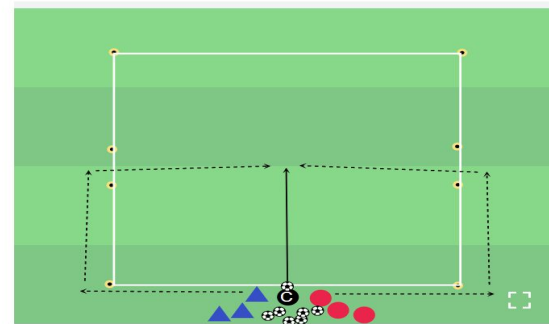
CORE ACTIVITY

INSTRUCTIONS

Set Up: Teams are split evenly into 2 groups. Coach is between the groups with the balls. Coach plays the ball into the center of the field to begin the activity. One player from each team will sprint through their goal to the ball. The players will play 1 v 1 to goal. Activity ends when a goal is scored or the ball is played out of bounds. Progress to 2v2 or 3v3.

COACHING POINTS

1. Develop reaction time by anticipating when the coach will play the ball
2. Emphasize high work rate
3. Use technical skills to quickly beat your opponent





Week 9

Foot Skills and Shooting

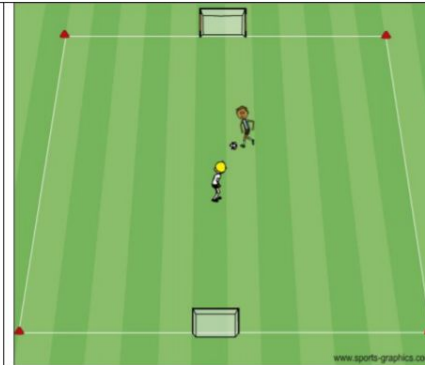


Moves Group: France

- 1) Side step fake
- 2) Scissors
- 3) Attacking Revelino

CORE ACTIVITY

- a. two goals (3 steps each) on a line 5 steps apart
- b. defender must keep one foot on line between two goals
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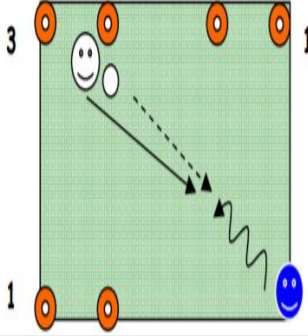
Week 10

Foot Skills and Dribbling to Penetrate

Moves Group: Spain

- 1) Matthews
- 2) Fake Matthews
- 3) Preki
- 4) Maradona

CORE ACTIVITY

MATCH RELATED ACTIVITY		
	<ul style="list-style-type: none">* Players work in 1 v 1's in a 12 yard x 12 yard area* Three goals are set up in three corners of the grid* Defender stands in one corner and the attacker stands opposite* Defender plays the ball to the attacking play* The attacking player can score one point by dribbling in a side goal or 3 points for beating and going past the defender* Switch roles after each turn	<ul style="list-style-type: none">* Positive First Touch* Attacker the defender to the side* Bend knees* Disguise your movement* Accelerate to the side and behind



BRAZIL



<https://www.youtube.com/watch?v=72sfTtSgy0A&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=1>

<https://www.youtube.com/watch?v=9dk83zQgw6w&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=2>

<https://www.youtube.com/watch?v=hCKDksCnxM0&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=3>

<https://www.youtube.com/watch?v=jcm7BXuISJA&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=4>



ITALY



<https://www.youtube.com/watch?v=SYaNh1pQfxk&list=PL2iQQZdqSA8lRjX2l2M-oQkHYw1xf3V1R&index=6>



GERMANY



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FRANCE



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SPAIN

