

U8 Coaches Training Manual

Cheltenham Jayvees

Number One objective – make soccer fun!!!

Coaching Rules

- 1) Keep the coaching from the sidelines to a minimum. These children are too easily distracted during the game.
- 2) Do not tell them when to shoot the ball. They need to learn this by playing the game.
- 3) Coaches need to **stay off the field.**
- 4) Play everyone equally. If a player melts-down, substitute them. However, if a player is off picking daisies, keep them in for their time. Be encouraging to get them involved into the game, but don't push.
- 5) Keep all conversations with the children positive. This includes how the parents cheer for the kids. Please remind parents that theirs is a role of encouragement. Remind the parents not to coach from the sideline.
- 6) FORGET ABOUT TACTICS. Positioning and Team Play concepts should be started. However, use the game time to teach the benefits of staying spread apart and passing to teammates.
- 7) This age starts the use of throw-ins to restart play. Keep parents away from sidelines to allow the players room to make the throws. Be a bit generous with calling the ball out to allow the flow of the game to continue. All balls over the end lines are restarted with a goal kick.

EQUIPMENT

- 1) All children must have shin guards or they can not play. **NO EXCUSES.**
- 2) Socks must cover the shin guards.
- 3) Team jersey. Any warmer clothing such as sweat shirts or under armor needs to be worn under the team jersey.
- 4) **NO JEWELRY OF ANY KIND IS ALLOWED.** Check for the rubber band bracelets and earrings at every game.
- 5) Children must bring a ball to every game. The practices will always involve games where each child needs a ball, and we do not have enough to go around.
- 6) Water.

Ice and other first aid supplies are available at the snack stand.

PLAYERS SKILL DEVELOPMENT OBJECTIVES

At this age, all of the skills listed below need to be developed with both feet. Where at earlier ages, the children were introduced to using both feet in the practices, at this age the better players should be comfortable playing the ball with both feet for most of the age appropriate skills.

- 1) Dribbling
 - a) Touch the ball with the inside and outside of the foot and the laces. Light touches to keep the ball close.
 - b) Focus on keeping the ball close to their body and under control.
 - c) Stopping the ball with the sole of the foot and the inside and outside of the feet.

- 2) Shielding
 - a) Introduce the techniques of preventing the defenders from gaining possession of the ball.

- 3) Footwork
Review / Reintroduce
 - a) Review the Whoops, Yahoo, Sponge Bob (Scissors) and inside cut for the children who are new to the club or who are yet to grasp these higher level skills.
 - b) Advance juggling skills – keeping ball in air for up to five touches. Can start using the head. Demonstrate getting ball up from the ground (don't expect the children to be able to do this; this is to expose them to the technique).
 - c) Stomp
 - d) Outside cut
 - e) Stop / Start move

- f) Fake Whoops
- g) Cruyff (advanced)

New

- h) Step-over
 - i) Lateral fake.
 - ii) Reverse direction fake.
- 4) Passing & Receiving
- a) Passing with the inside of the foot. Add passing with the outside of the foot (demonstrate the technique).
 - b) Receiving the ball with inside of foot. Receiving the ball is like catching an egg. Add receiving the ball with the outside of the foot (advanced).
- 5) Game Play
- a) Encourage the children to spread apart as this will encourage passing and will introduce the children to positional play. **INTRODUCE POSITIONAL PLAY (OFFENSE / DEFENSE)**. But, be sure that the defensive players remain engaged in the play and support their teammates. They should not be more than ten to fifteen yards behind the front group of the mid-field line.
 - b) Encourage passing back to players behind, square to players beside, and cross to players on the other side of the field.
- 6) Expectations
- a) Players should consistently remain separated, eliminating the beehive style of play.
 - b) Team Play will be developing. All players will be passing. Players will begin to understand when to

dribble and when to pass. Need to discourage the “Kick and Chase” style of play. Coaches need to encourage that all kicks need to be to a teammate.

- c) All of the children will be stopping the ball with the soles of their feet. It should be about 80/20 with the kids that try to use the basic footwork skills during the game. The better players will be starting to use the more advanced footwork skills during the game.
- d) Continue the development of ball skills with both feet.