

SOAR training

U8 Manual

KEY TERMS AND PHRASES TO USE

D. T. T.

(Developing Touch and Technique.)

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

SHOOTING

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

PASSING

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

GAMES

- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.

EIGHT WEEK SCHEDULE

| WEEK | FORMAT | PRACTICE | GAME |
|------|--|---|--------------------------|
| 1 | INTRO. | BASIC FOOT SKILLS Basic Faith Skills (5mins) | 4 * 10 MIN. INTRA GROUP |
| 2 | INTRO. | BASIC TECHNIQUE –PASSING Basic Technique – Prayer | 4 * 10 MIN. INTRA GROUP |
| 3 | CONTROL | CONTROL AND TURNING Self Control and turning from Sin | 4 * 10 MIN. INTRA GROUP |
| 4 | PASSING | PASSING GAMES Passing your troubles | 4 * 10 MIN. INTRA GROUP |
| 5 | SHOOTING | TECHNIQUE AND GAMES Shooting for Heaven | 4 * 10 MIN. INTER GROUP |
| 6 | MISC. | DEFENDING AND GOALKEEPING Keeping the Faith | 4 * 10 MIN. INTER GROUP. |
| 7 | TEAMWORK | COMBINING SKILLS LEARNT Fellowship | 4 * 10 MIN. INTER GROUP. |
| 8 | FESTIVAL OF FUN Festival of Faith! | | SERIES OF GAMES |

LESSON PLANS: BASIC PASSING

PROGRAM TEACHING PLANS

KEY TO DIAGRAMS.

A, B, C Etc.

Player.



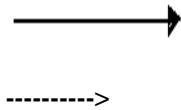
Playing area.

O

Ball.

X

Cone.



Movement of ball.
Movement of player.

TRAINING SESSION #1: BASIC FOOT SKILLS

WEEK 1.

WARM - UPS: 10 - 15 MINS.

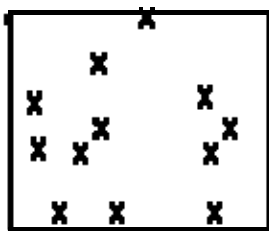
BALL GYMNASTICS:

Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

On Toes. Tick-Tock. Pass the ball from inside of left to inside of right. Hat Dance. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

TECHNIQUE: 10 - 15 MINS.



approx. 10 by 10
size to age + ability

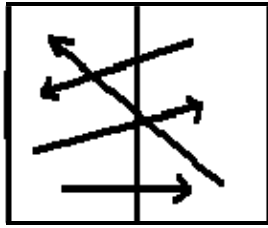
SQUARE ACTIVITIES.

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, X Tick-tock, etc.

Other Commands. Body Parts. Touch ball with that BP.

Find Spaces. As kids move their ball inside square they try to find as much space as possible. On Coaches' command the player with most space is winner.

2 Squares A. Add a 2nd square and have players on command move ball into new square.



2 Square C.

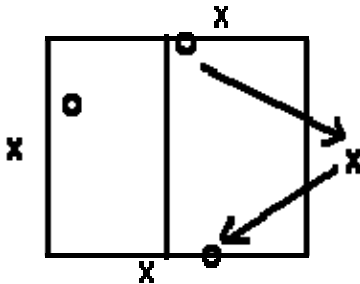
2 Squares B. Split kids into 2 groups, 1 in each square, on size to age + ability command they leave their ball and switch squares to find a new one.

2 Squares C. Same as above but take the ball with them, avoiding bumping in the middle.

Lose your Shadow. In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of partner. Switch between Leader and Shadow.

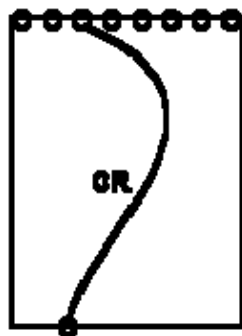
GAMES 1: 10 - 15 MINUTES

(Set-Up)
Musical Soccer Balls
 (x=cones)



GAMES 2: 10 - 15 MINUTES

TMNC set-up



Island is approximately
 10-12 yds by 15-20 yards.

GAME: 15 - 20 MINUTES

SQUARE GAMES:

Pac Dudes. Kids inside square dribble around, 1 player (GHOST) outside square. On command Pac Dudes the for Musical Soccer Balls. Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts. U7 all have go as Ghost. U8 have 2 Ghosts.

Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put their foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides.

TEENAGE MUTANT NINJA CRABS.

Players start at end of the Island with their Soccer balls. Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end (Beach.) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner.

Emphasize. close control and movement from side to side to get past the crabs.

WATER BREAK: RECAP: GAME PREP:

Use this time to recap on the practice and to organize for the game.
Play 4 vs 4 for both U8 and U7. Do not use GK's and all players are allowed in the penalty arc.

TRAINING SESSION #2: BASIC PASSING

WEEK 2.

WARM - UPS: 10 - 15 MINS.

TEAM GAMES.

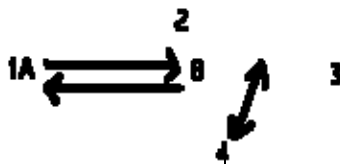
Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners.

Pass and Stop. In pairs players are 3yards apart. Player 1 passes and player 2 stops ball. Player 2 runs backwards and player 1 forwards to pass ball again. Repeat for length of field then return with player roles switched.

Golf. Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

TECHNIQUE: 10 - 15 MINUTES

VARIOUS.



1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball first.

2. In 3's approximately 5 yards apart with 2 balls. A passes to B. B A B C stops ball and passes back, then turns to face C, who passes in. Repeat and rotate player B.

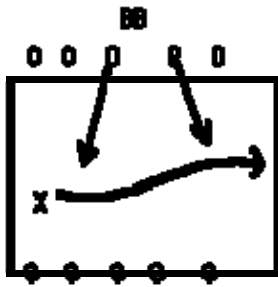
3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to be in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs 1A B 3 to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

GAMES 1: 10 - 15 MINUTES

BRITISH BULLDOGS.

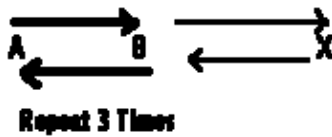
Set up Island like TMNC. Have players start at one end with all the balls lined up along the two sides. Coach starts as British Bulldog.



On command players have to run to other end of field, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat until everyone is hit.

Winner starts as BB for next game.

GAME 2: 10 - 15 MINUTES



Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

Passing Circle. Set up 2 circles. Player A is in center and other players have to pass to one another. Player A has to try and intercept. All players have a go as A. How many passes can be made without A touching ball.

WATER BREAK:

RECAP:

GAME PREP:

Use this time to recap practice and to prepare for practice.

GAME: 15 - 20 MINUTES

Play 4 vs. 4 for both U8 and U7. Do not use GK's and all players are allowed in penalty arc.

TRAINING SESSION #3: CONTROL

WEEK 3.

WARM UPS: 10 - 15 MINUTES

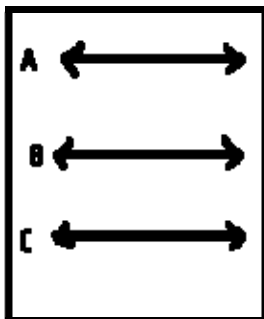


PASSING GAMES

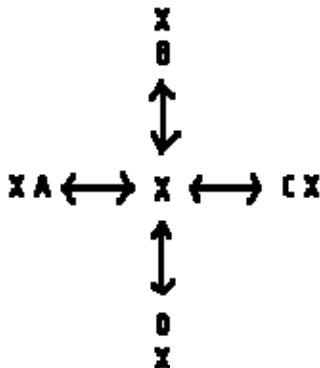
Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When finished sit down in line.

Recap. BALL GYMNASTICS.

TECHNIQUE: 20 - 25 MINUTES



OR:



COERVER MOVES.

U7B

1. Roll
2. Cut (inside & outside)
3. Cryuff
4. Barnes

U8B

1. Roll
2. Cut (inside & outside)
3. Cryuff
4. Barnes
5. Step 1 & 2
6. Scissors

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot (LUNGE), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approximately five minutes of freedom. In half field get them moving with the ball trying new tricks, moves, or coervers.

GAMES 1: 15- 20 MINUTES

1 v. 1' s.

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about one yard apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by one of the cones while 'losing' B. Start without ball to get the idea of body movement. Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

WATER BREAK:

RECAP:

GAME PREP:

If Spare time, recap Coerver moves.

Use this time to recap practice, and to organize for the game.

GAME:

4 @ 10 MINUTE QUARTERS

For U7 play 4 vs. 4, inc. GK.

For U8 play 5 vs. 5, inc. GK.

Only GK's are allowed in penalty arc.

TRAINING SESSION #4: PASSING + JUGGLING

WEEK 4.

WARM UP: 10 - 15 MINUTES

VARIOUS:

Recap. Coerver moves. Allow players freedom to try and practice moves. assist and re-demonstrate where necessary.

Tag. Area of half the field, players in pairs, 1 ball per pair, playing shadow ball. On coaches command the Shadow has 3 seconds to get away. Player has to pass ball at his shadow. Scoring for U8 is through legs, for U7 within 1 yd or a hit. Switch and repeat. Keep running score.

**TECHNIQUE:
20 - 25 MINUTES - JUGGLING**

Start with feet. Hold ball in hands. Drop ball onto laces and try to catch. Repeat with other foot. Then kick, let it bounce, and kick again. Increase number of kicks. *Advanced players shouldn't let bounce.*

Emphasize: Be relaxed. Don't throw ball. Focus on Ball. Bend knee to strike. Keep ankle solid (don't flick). Controlled kicks.

Thigh. repeat above procedures. Use thigh not knee.

Head. Repeat above procedures. Keep head back, eyes open and looking at ball, and neck tight.

Tony Head. Now try combinations of the above. Try to meet Tony Head. (TOE - KNEE - HEAD)

NETBALL

Set up. 3 vs. 3 in each half of field.

Objective. Players have to get ball to an end zone, by passing it with their hands.

Rules. Players cannot be tackled. Players cannot move when they have ball in hands. Must roll ball to other players to move ball forwards. (U8's can also Basketball pass). To score a player must receive ball standing in end zone.

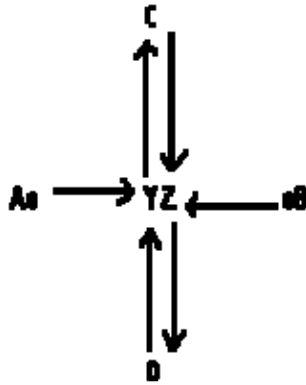
GAMES 1: 15 - 20 MINUTES

Star Game. Rotation Clockwise

Star Game.

Rotation Clockwise. Emphasize, passing to players, moving to ball to receive.

SET UP: In groups of 6 have 4 players at points and 2 in center, and 2 balls. Players A and B at opposite points of start with a ball each, and a center player faces each one of them. On the coach's command of "left" or "right", the ball is passed to Y and Z. They pass to the next player in the direction the coach has indicated. They continue passing around in



the direction until they catch the other player. Switch center players.

Emphasize: Turning body and ball, accurate passes.

WATER BREAK:

RECAP:

GAME PREP:

If spare time repeat a previous weeks game.

Recap practice and organize for game.

GAME:

4 * 10 MINUTE QUARTERS.

Set conditions for first 3 quarters.

1 and 3: 3 passes = goal

2: Try to beat defender with move.

TRAINING SESSION #5: SHOOTING

WEEK 5:

WARM UP: 10 MINUTES

TWO GROUPS.

Coerver: Half the group practices Coerver moves in half of the field.

Juggling: The other half of the group practices juggling. Change after 5 - 7 mins.

TECHNIQUE:
10 - 15 MINUTES SHOOTING

Striking with laces.

1. Circle around coach. players sit in crab position. Try to kick back into coaches hands.

2. This time players are standing and drop ball onto their foot. Same objective.

3. Same but in pairs approx. 5 yds apart.

4. Now drop ball and try and get through partners legs.

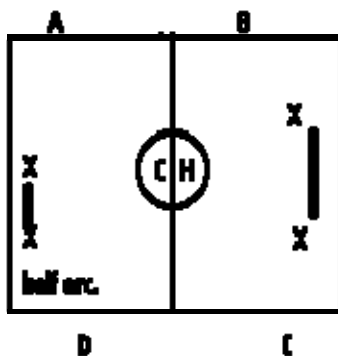
5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs.

6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx.

Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

GAMES 1: 20 MINUTES

Numbers Game



PASS and SHOOT:

Set up Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before arc and aim for corners. 10 points for corners, 5 points for center.

NUMBERS:

Set up. 4 groups of players. Each group numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .

(SEE DIAGRAM.) Set up. 4 groups of players. Each group numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .

(SEE DIAGRAM.) Set up. 2 lines of players facing goal

on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before arc and aim for corners. 10 points for corners, 5 points for center.

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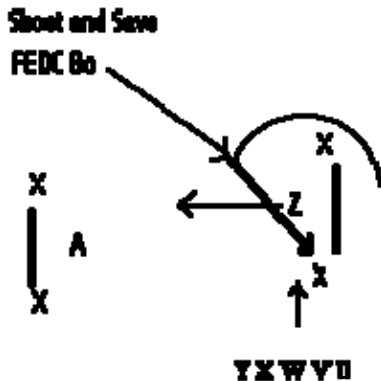
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Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .

(SEE DIAGRAM.)

GAMES 2: 10 - 15 MINUTES



SHOOT and SAVE:

Set up. Bring goal to half way line (GET ASSISTANCE.). GK in each goal, and players in line outside left post. Balls in both goals.

Play. Player takes ball and dribbles towards goal opposite. Shoots before arc. He then goes to end of other line. GK now becomes forward and goes to and shoots. Front of the line replaces in goal.

Players in line can assist collecting balls. Repeat rotation at other end.

Water Break:

Recap:

Game prep:

Use this time to recap, and organize for game.

GAME:

4 * 10 MINUTE QUARTERS

Inter group games.

Sub and rotate positions equally per quarter. If one team is much stronger than other, swap some of the players.

Encourage skill and passing at all times.



TRAINING SESSION #6: MISCELLANEOUS

WEEK 6

Warm up: 5 - 10 mins.

2 groups.

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

TECHNIQUE AND GAME:
25 MINUTES

DEFENDING:

1 v 1. In squares have 2 pairs working. Defender has to try and win ball. When does, swap roles.

Progression. In squares. 2 pairs. 1 player from each pair at opposite sides of square. 2 balls. Pairs alternate turns. A passes to B, who controls. A follows pass and is defender. tries to force out of square or win possession. A and B swap roles after each turn.

GAME:

Set up. Divide field into 4 qtrs. using cones. Coach on center spot. One defender on goal line in each segment. Other players in 4 groups on half way line.

Play. Attackers take ball to defenders. Defenders job to force ball back to half way line. Attacker has to stop ball on goal line. Attacker becomes defender.

Progression. Only half 2 sections and play 2 vs. 2.

Emphasize: Don't back away, don't rush in, stay goalside, chase back if beaten, timing, jockeying, staying low, forcing wide.

TECHNIQUE AND GAME:
25 MINUTES

GOALKEEPING:

Prep. With no ball, players on half way line facing 1 goal. On command, run forwards, backwards, left and right. Always face same goal. Emphasize on sideways running, bring feet together and then apart.

Pairs. Approx. 5 - 7 yds apart with 1 ball. Each player in goal of approx. 12ft. Players serve to one another.

1. Rolling to feet.
2. Throwing to chest.
3. Rolling to side (close)
4. On knees. Roll further to corners.
5. Variety of above.

Emphasize: Not stepping back, on toes, get body behind ball, hold

to chest, scooping to collect ball, keeping legs together.

GAME.

Repeat any shooting game that uses GK repetitively. Or add GK to a shooting drill.

WATER BREAK:

RECAP:

GAME PREP:

Use this time to recap practice, and to organize for game.

GAME:

4 * 10 MINUTE QUARTERS

Set Conditions in 1st and 3rd qtrs.

1st. Select a passing condition. i.e. 3 passes = goal.

3rd. Select a control condition. i.e. limit 3 touches.

TRAINING SESSION #7: TEAMWORK

WEEK 7

WARM UP: 10 - 15 MINUTES

TEAM GAMES

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. (see week 3 W-up.)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as above.

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

TECHNIQUE: 10 - 15 MINUTES

WALL PASS

Set up. Same as Shoot and save (week 5) but use full field, and coach is in center circle. Balls in goals.

Play. Similar as shoot and save but player is served ball by GK. Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression. Use player for the wall pass. Don't dribble on return pass.

GAME 1: 10-15 MINUTES

ENGLAND Vs. AMERICA

England vs. America

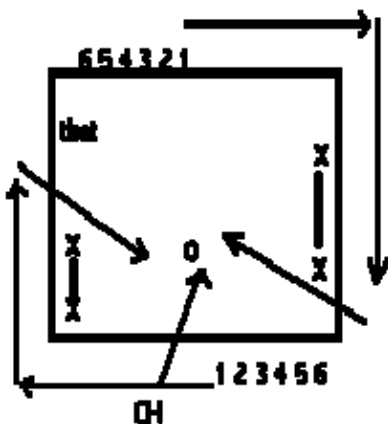
Set up. Half field. Divide into 2 groups. Put cones on corners.

England Vs. America. Teams set up on half way on opposite sides facing opposite goals.

Players on each team given #'s 1 thru 6.

Play. Coach calls a # and serves ball into field. The players with that run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. ie. have to make a pass. etc.



GAME 2: 10 - 15 MINUTES

PLAYERS CHOICE.

Recap the major skills developed over the weeks. Allow players to choose favorite game or games.

WATER BREAK:

Organize for game.

GAME PREP:

GAME:

Allow free play. Encourage team work.

4 * 10 MINUTE QUARTERS

TRAINING SESSION #8: FUN FESTIVAL

Week 8.

This is an end of season finale.

All groups U6 and U8 will play a series of four @ 20 minute games, with 5 minute water breaks between games.

A final game of Coaches vs. Coaches will be played.

This is followed by presentations to all players.