

SEACOAST



COMMUNITY PARTNERSHIPS

U8 AGE GROUPS

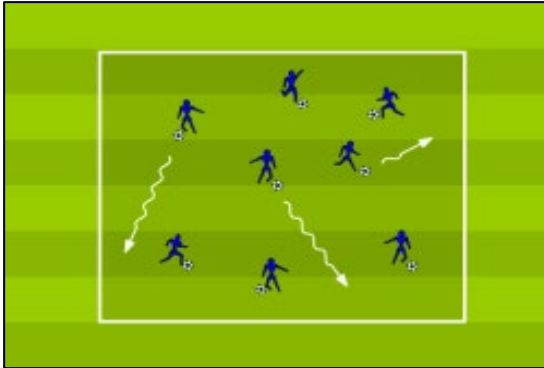


LESSON PLANS



U7/U8 Academy Week 1

Warm Up: Number Sequence

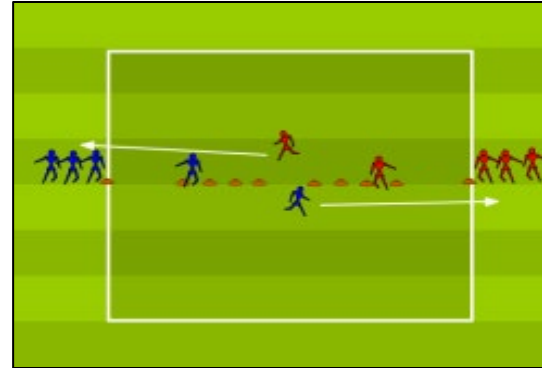


Coaching Points:

- Use all parts of feet. - Small touches.
- Keep head up. - Keep ball close to feet.

- Players move soccer ball around area listening to coach's command.
- Coach will assign a touch technique to each number.
- Give no more than 5 numbers & call each in random for players to perform.
- Perform technique for around 10 seconds before making them dribble once more.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. - Don't rush perform correctly.

- 2 lines 25 ft. apart with fast feet cones placed in center.
- 1st player from each line will perform fast feet through cones and move to the right to join the end of the opposite line.
- The next player in line will go once the player in front reaches the 3rd cone.
- Alternate the fast feet movements every minute.

Technique: Passing



Coaching Points:

- Use inside of foot to pass.
- Point standing foot to target.
- Strike center of the soccer ball.

- Split into groups of 3 or 4.
- Player makes pass to partner ahead of them & must follow pass.
- Player must take 2 touches. 1 to control the second to pass.
- Progressions:**
- 1 touch.
- Make area larger.
- Make a new combination.

Skill Based Activity: Doctor, Doctor



Coaching Points:

- Keep head up. - Change of direction.
- Communication. - Inside to pass ball.
- Spatial Awareness. - Keep ball close to feet.

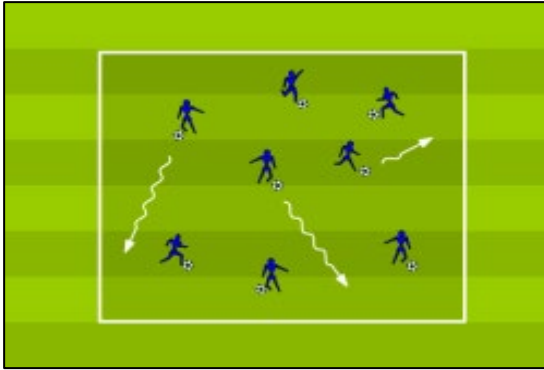
- Each team has 1 or 2 doctors who are safe within their office.
- Teams try to kick their soccer balls (from the knee down) against the opposing team.
- If you get hit you must sit down & can only be saved by the doctor.
- If the doctor is hit outside the office, the players must try & defeat the rest of the team.

- End with Scrimmage (5v5).



U7/U8 Academy Week 2

Warm Up: Learning Skills



Coaching Points:

- Use all parts of feet. - Be creative.
- Keep head up. - Keep ball close to feet.

- Players dribble soccer balls around area.
- On a coaches' command players will perform a soccer skill i.e. Cryuff etc.
- Coaches must show players the correct technique & make sure that all players are following suit.

Progressions:

- Have player make a skill up to start introducing creativity.

Fast Feet:

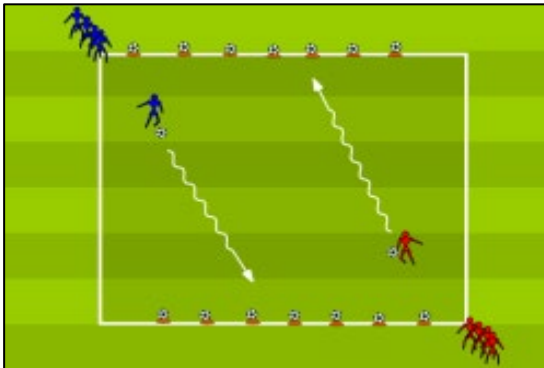


Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. – Fast Feet through cones.

- 2 lines.
- Sprint to fast feet cones, then sprint to furthest cone before jogging back.
- Perform each fast-foot movement for around a minute.
- Each player sets off after player in front reaches 3rd cone.

Technique: Dribbling



Coaching Points:

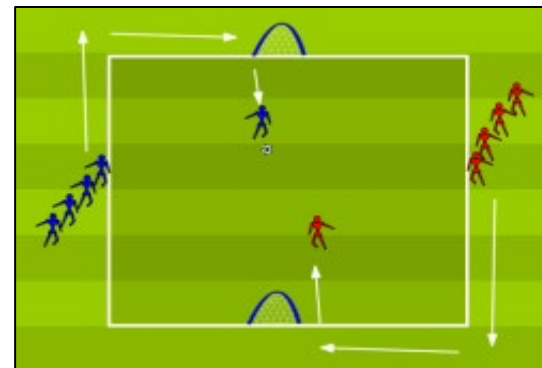
- Use laces to push soccer ball into space.
- Use inside & outside when getting closer.
- Inside of the foot to pass ball against cone.

- Split into 2 teams.
- 1 at a time, players dribble their soccer ball up the field and try to knock down tall cone/ soccer ball on cone.
- Player only gets 1 attempt then heads back to their line.
- Next player sets off as soon as player reaches half way mark.

Progressions:

- Set up a time limit to reach opposite side.

Skill Based Activity: 1v1



Coaching Points:

- Acceleration. - Dribble fast not slow.
- Close touches. - Players should not hesitate.
- Skills to bypass player 1v1.

- 2 teams set up on either side of area.
- On coaches command a ball will be thrown into the center where the first 2 players from each line will run to their goal before trying to get to the soccer ball.
- Players will play 1v1 until ball is dead.
- Keep the tempo high.
- **End with Scrimmage (5v5).**

U7/U8 Academy Week 3

Warm Up: Stationary Balls



Coaching Points:

- Use all parts of feet. - Acceleration.
- Keep head up. - Close control on ball.



Coaching Points:

- Use inside of foot to pass the ball.
- Keep head up to move to new spaces.
- Sprint into new spaces after making pass.

- Soccer balls are stationary.
- Players move from ball to ball performing a soccer movement.
- Change each movement after a minute.
- Toe taps, side to side, knee taps etc.

Progressions:

- Set a challenge to end warm up: 2 toe taps at 12 soccer balls in 27 seconds. Make sure all finish!
 - All players work in a 25x25 square.
 - 4-5 balls are placed in the square & players must pass & move within the square.
 - After making a pass players must move into new space.
 - If pass isn't on player must dribble until pass is open.
 - Ball must stay within square.
- Progressions:**
- Set a challenge i.e. pass for 2 mins without making a mistake.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Acceleration. - Fast change of direction.



Coaching Points:

- Acceleration. - Dribble fast not slow.
- Close touches. - Players should not hesitate.
- Skills to bypass player 1v1.

- Split players into groups of 4 or 8.
- Each player will perform fast feet exercise for 40 seconds. Then rest for 40 more seconds.
- 1. Player moves into middle cone.
- 2. Player moves back to original outside cone.
- 3. Player moves to cone to the right.
- 4. Repeat process at next

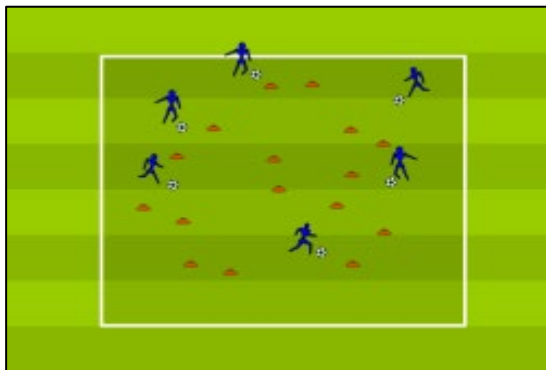
- Coach starts with a soccer ball all others are in a square.
- Coach tries to pass soccer ball to hit a player.
- If you are hit you become a frog like the coach.
- Play until 1 fly is left.

Progressions:

- Players use weaker foot.
- **End with Scrimmage (5v5).**

U7/U8 Academy Week 4

Warm Up: Gates



Coaching Points:

- Use all parts of feet. - Acceleration.
- Keep head up. - Close control on ball.



Coaching Points:

- First time shot, use laces to generate power.
- Swing hips to generate power.
- Use inside of foot for 2 touch finish.

- Scatter gates around a large square.
- Players dribble their soccer balls through as many gates as possible.

Progressions:

- Players must perform a different soccer movement at each gate i.e. Cryuff turn etc.

- Challenge the players to dribble through a certain number of gates within a certain time.

- Separate players into 4 lines.

- Player next to goal plays a pass into person ahead for them to shoot on goal (first time).

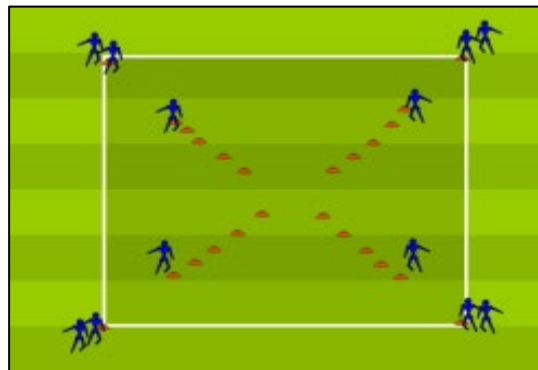
- Player follows pass & joins line.

- Shooter joins line from where he received pass.

Progressions:

- Player takes a touch before shooting with inside of foot. More accurate & aim for corners.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed - Low to the ground for balance.



Coaching Points:

- Fast play, be aware. - Be vocal throughout!
- Use inside or laces for shot.
- No toes!!!!

- Split players into 4 groups situated at 4 ends of the square.

- Players will perform fast feet movements & then sprint to the back of their line.

- Each player sets off as soon as the player in front reaches the 4th fast feet cone.

Progressions:

- Player joins line ahead of them after fast feet cones.

- Players still in center behind cone.

- Coach passes a ball in for first player to shoot.

- If you score join back of line, if you miss or gk saves you go in goal & gk goes to the back of the line.

- If you score person in goal is out & next person in line goes in goal.

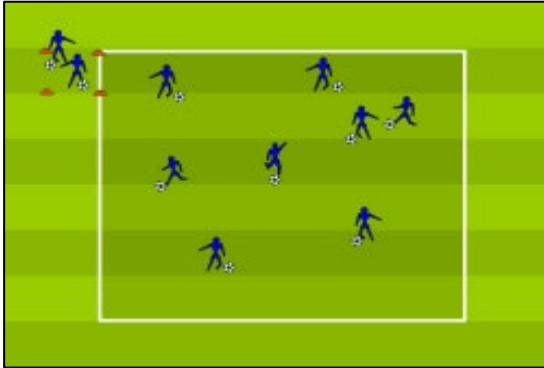
- Fast paced game to encourage quick shots.

- End with Scrimmage (5v5).



U7/U8 Academy Week 5

Warm Up: King Of The Ring.



Coaching Points:

- Protect your ball by placing yourself between the ball & defender.
- Butt out for protection.



Coaching Points:

- Defender sprints toward attacker, once close slow down & force them to the side.
- Don't over commit!!!

- Players each have a soccer ball & dribble around area.
- On coaches' command of "go" players will dribble their ball whilst trying to kick the other player's soccer balls out of the square.
- If your ball leaves the square you must do a challenge in the square.

Progressions:

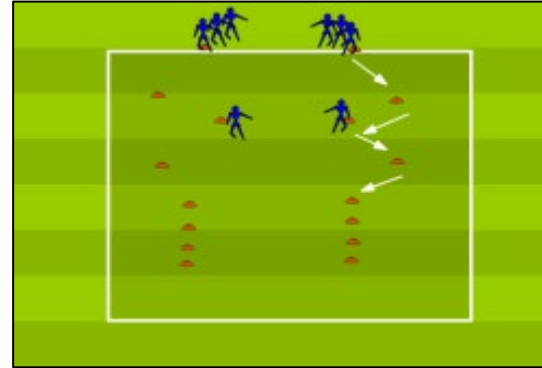
- If your ball is knocked out you are out for good until 1 player is left standing.

- Split field into 2 halves with 4 pug nets.
- Players will go 1v1 against each other.
- Focus on defending team.
- First defender must apply pressure and try to steal ball.

Progressions:

- Once player steals ball they can try to score on opposing net.
- Rotate attackers and defenders.

Fast Feet:



Coaching Points:

- Be on toes.
- Use of arms to generate speed.
- Speed
- Low to the ground for balance.



Coaching Points:

- Players must defend as taught (in fast, then slow down once close).
- Force attacker away from net.

- 2 groups, players perform zig zag movements before reaching fast feet cones.
- The next player in line starts the exercise once the player in front reaches the fast feet cones.

Progressions:

- Change zig zag movements i.e. backwards then forwards or side shuffle etc.

- 2 teams, each player has a number 1 through 5.
- Coach calls number, the player that represents that number runs around their goal and enters field.
- Coach passes ball into play to create a 1v1 scenario.
- Play until ball is scored or ball is put of play.

Progressions:

- Call more than 1 number.
- **End with Scrimmage (5v5).**



U7/U8 Academy Week 6

Warm Up: Running With The Ball.



Coaching Points:

- Use laces to run with the ball. – Head up.
- Inside & outside of feet to dribble.



Coaching Points:

- Head up, be aware of space.
- Run with the ball in space.
- Dribble in traffic. - Communication.

- Players each have a soccer ball & dribble around area.
- When a player finds space, they must use their laces to push soccer ball ahead of them. This is called running with the ball.
- Players should still have control of soccer ball when touch is made into space.

- Dribble in traffic, run with the ball in space.

- Still provide touch techniques via numbers.

- 2v2 in center of area.

- 4 goals on each side of the square.

- Coach will pass a ball onto play, player must look to dribble through a goal and stop ball for a point.

- Speed of play should be fast & new ball should be passed in ASAP by coach.

- Switch players around after every 2 minutes.

- Players behind goals pass ball back to coach.

Fast Feet:



Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed - Low to the ground for balance.



Coaching Points:

- Head up. - Communication.
- Time of run. - Change of speed.
- Dribble in traffic, run with ball in space.

- Place cones around area in a fast feet format.

- Use 4 or 5 cones per fast feet layout.

- Player will run randomly around area performing fast feet movements at each cone.

- Change fast feet movements after every minute.

Progressions:

- Set a challenge to see who

- 2 teams play against each other with a middle boundary line.

- Players need to steal soccer balls from their jail and dribble it back to theirs.

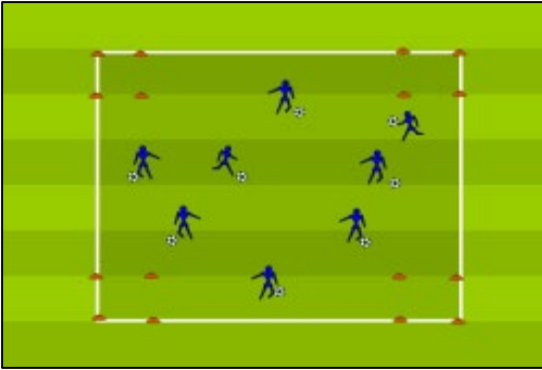
- Once you cross the boundary you are not safe.

- If you get tagged once you pass the boundary you go to jail.

- The only way you can leave jail is if someone on your team tags you out.

- **End with Scrimmage (5v5).**

Warm Up: 4 Corners.



Coaching Points:

- Use laces to run with the ball. – Head up.
- Inside & outside of feet to dribble.

- Players dribble ball around in area producing different types of skill.
- Coach should number each corner.
- When a number is called player should dribble to that corner quickly.
- Once in a corner, players must perform a soccer movement.

Progressions:

- Opposite direction for numbers etc.

Fast Feet:



Coaching Points:

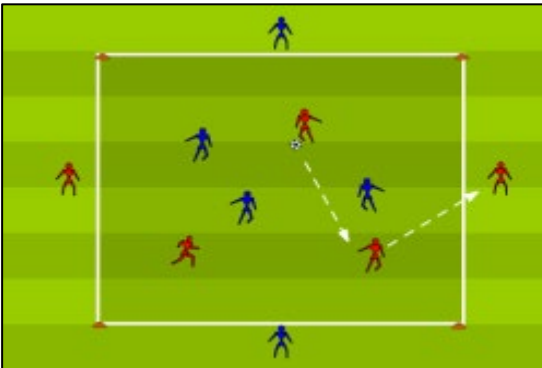
- Be on toes. - Use of arms to generate speed.
- Speed -Low to the ground for balance.

- 2 lines. Players split up 50/50.
- Players will perform fast feet movements through cones before running to soccer ball where they will perform a touch technique.
- Change movements after every minute.

Progressions:

- End with a relay race & make it a competition.

Technique: Passing & Moving.

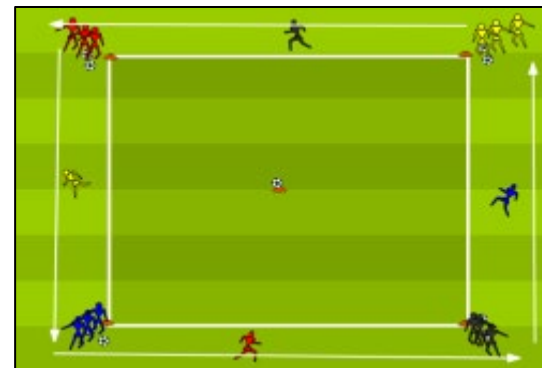


Coaching Points:

- Movement off the ball, DON'T STAND STILL!
- Communication. – Control ball with inside.
- Pass ball with inside.

- 3v3 or 4v4 in center of square.
- 4 players on the outside, 2 from each team face each other on opposite sides.
- To score a point, players must move the soccer ball from one side of the area to the other.
- If the defending team steal the ball they must try to keep possession.
- Rotate players from the outside after every 2 minutes.

Skill Based Activity: Cone Ball.



Coaching Points:

- Head up when kicking ball.
- Use inside of foot to pass.
- Touch soccer ball to the side before passing.

- Players are split into 4 teams positioned on each corner of the square.
- Players are numbered in order 1 through 4 or 5 etc.
- When a coach calls a number, the player must stand up and run around the square until they reach their line.
- Once they arrive back to their line they must try and hit the soccer ball in the middle by passing the ball from outside the square.
- **End with Scrimmage (5v5).**



U7/U8 Academy Week 8

Warm Up: Skills.

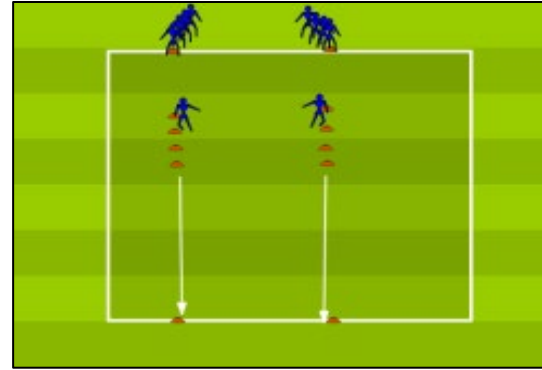


Coaching Points:

- Use laces to run with the ball. – Head up.
- On toes when performing skills.

- Players dribble ball around in area producing different types of skill.
- On coaches' command players will perform a particular skill when a number is called.
- Players must understand skill before you move onto the next one.

Fast Feet:

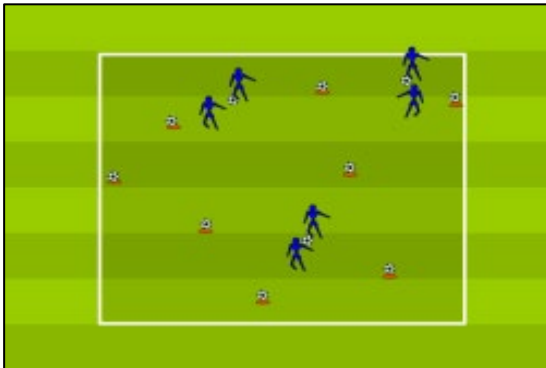


Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed - Quick change of speed.

- 2 lines. Players split up 50/50.
- Players perform fast feet movement through cones then sprint to final cone.
- Players then slow jog back to their lines.
- Players must show a change of temp from sprint to slow jog.
- Make sure that they do not run 1 pace, they need to change their speed.

Technique: 1v1.



Coaching Points:

- Encourage skill to go past defender.
- Change of direction.
- Protect soccer ball by shielding.

- Players are paired up so they can play 1v1.
- Each pair are assigned a tall cone, or ball on cone.
- The player with the ball tries to knock the cone down, the player defending is trying to steal the ball.
- If defender steals ball they can try to knock down the cone.

Progressions:

- Players can go to any cone.

Skill Based Activity: Numbers Game.



Coaching Points:

- Encourage player to use skill 1v1.
- Dribble at player fast not slow.
- Attacker should not hesitate.

- 2 teams, each player has a number 1 through 5.
- Coach calls number, the player that represents that number runs around their goal and enters field.
- Coach passes ball into play to create a 1v1 scenario.
- Play until ball is scored or ball is put of play.

Progressions:

- Call more than 1 number.
- **End with Scrimmage (5v5).**