



HFC U-8 Resources: Saturdays 10:45 AM – 12:00 PM

Time:	Activity:	Description:
10:35 – 10:45 AM	Coach Arrival/ Set-Up	<ul style="list-style-type: none"> ● Coach Arrival ● Material/Equipment Set-up (SEE SCHEDULE FOR FIELD LOCATION) ● Teams on Fields 10 will need to pick up assembled net from CC-3) ● The Team on Field 11 (PRACTICE TEAM) picks up a pugg not from the shed ● See instructions on how to assemble the Bownet.
10:45 – 11:10 AM	TEAM PRACTICE	<ul style="list-style-type: none"> ● Check for shin guards ● Coaches work on soccer drills focusing on basics like dribbling, kicking, passing, throw ins, etc. ● See U8 Sample Practice Activities ● Practice should consist of approximately TWO drill activities (10-15 minutes in length) ● Allow for Water breaks between activities
11:10 – 11:15 AM	Game Prep	<ul style="list-style-type: none"> ● Players return their soccer ball to parents at the final water break! ● COACHES FROM BOTH TEAMS - Talk to each other about how many players you both have to determine 4 v 4 or 5 v 5 format. See When to Play 4 v 4 and When to Play 5 v 5 Section on Important U8 Coaching Resources Document. ● Review Game Rules/Focus Skill(s)/etc. ● Assign “Loose” Field Positions at starting position (2 front/2 back) ● Think about how you will organize players on the field (who will play first shift, who will sit out, ordering player for substitution, etc.).
11:15 AM – 12:00 PM	GAME First Half: <ul style="list-style-type: none"> ● 11:15 – 11:35 AM Half Time: <ul style="list-style-type: none"> ● 11:35 – 11:40 AM Second Half: <ul style="list-style-type: none"> ● 11:40 – 12:00 PM 	<ul style="list-style-type: none"> ● 4 v 4 Format or 5 v 5 Format -See When to Play 4 v 4 and When to play 5 v 5 Section on Important U8 Coaching Resources Document. ● NO goalies (please discourage players from positioning themselves directly in front of the net primarily). Move the BALL not to the NET; “Don’t Run Away from the play!” ● ALL Players should be encouraged to get involved in the game/play. ● Be sure to provide players equal playing time. ● REFER TO “Rules of Play for U-8 (Summary)” Document for U8 Rules of the Game. ● Half time should be used to take a drink break AND motivate/encourage players.
12:00 PM	Wrap-Up	<ul style="list-style-type: none"> ● . Wrap-Up – De-Brief with your team to talk about what they did well and skills they showed in the game. ● Shake Hands/Good Game to opposing team. ● Teams on Field 10: Fold the Bow-nets, put them in the bag, and return to the shed (see instructions on how to take down/put away the bownet) ● Team on Field 11 (Practice Field): Fold-Up Practice Pugg Net & return to the shed.

Game Monitoring/Refereeing:

- During the game, one coach from each team should be on the field to support the players and “referee” the game.
- The other coach from each team should remain on the sideline with the players. (See Parent & Player Seating for U8) to determine where your players should be during the game.
- Coaches can swap roles after half-time if they choose!

If a team is short a coach for a game:

- you can recruit a parent from your team to help out.
- There should not be more than TWO coaches on the field in total (unless a player needs assistance/encouragement) which should be faded over time.

If a both teams are short a coach for a game:

- Both teams can recruit a parent from their teams to help out.
- If another parent is not available to help out. ONE Coach should monitor the game on the field, and the other coach can handle the substitutions for BOTH teams on the sidelines.
- At least ONE of the official “HFC Coaches” should be on the field to monitor the game.

When to play 5 v 5:

- **If ONE (or Both) Team(s) has 9-10 Players present:**
a 5 v 5 format must be played by both teams.

When to play 4 v 4:

- **If BOTH TEAMS have 8 or FEWER players present**
a 4 v 4 format must be played

How can I rotate all the players in and out fairly?

- **An easy way to ensure all players have equal playing time**, assign each player on your team a number (you don't need to tell the player their number). Then play in 4's or 5's based on the format you are playing (i.e. 4 v 4 format)
 - **8 players present for a 4 v 4 match –OR 10 players present for a 5 v 5 match:** divide team in two groups – A Group/B Group Rotate back and forth as to which group/squad is in at 5-7 minute intervals.
 - **8 players present in a 5 v 5 match (i.e. other team has 9 or 10 present) ---** Shift One – Players 1, 2, 3, 4, 5; Shift Two – 6, 7, 8, 1, 2 (1 & 2 stay on); Shift 3 – Players 3, 4, 5, 6, 7 (6 & 7 stay on); Shift 4 – Players 8, 1, 2, 3, 4 (3 & 4 stay on), etc. substituting at 5-7 minute intervals.

**** it's not a bad idea to have a piece of paper to jot down the players present and the order you'd like to play them and assign a number. (This can be done by one coach during the game prep while the other coach is talking with the players). Consider good combinations of players – who works well together, who is better to be separated? Etc.*