

U8 Priorities

The pleasure of learning while acquiring certain skills

Training priorities for the category

Technical	Tactical	Physical	Psychological	Games
Passing	Finding space	Coordination	Having fun	5 vs 5
Control	Finding teammates	Agility	Being valued	1 vs 1
Movement with the ball	Offering support		Self-esteem	Relay races
Dribbling	Positions			
Shooting				

The challenges for the coach

At this age, kids progress at different rates, but every single one of them deserves good support. The coach will become a mentor to the kids and therefore it is important to be positive and show how much fun soccer is.

Soccer Chelsea wants to continue establishing an environment where it's fun to play. That is why we are implanting a new flow to the U8 category. Starting in June, on the week night practices, there will be a 10 minute warm-up period, followed by a game composed of 4 periods of 10 minutes. During those short game periods, we want the coaches to let the kids play. At this age, they start to comprehend the game and start developing their own creativity. If the coach is constantly yelling instructions, the kids will not learn autonomy on the field. During the pauses in between the periods the coach will be able to give advice to help the players.

1

DEVELOPMENT

This is the age where a player will increase his skills the most.

2

ESTEEM

It is the moment where kids need to be valued and encouraged.

3

ADAPTATION

There is a difference in the level of play, it's the coach's job to adapt to the situation.

The ball



At this age, every child should have a ball at his feet during the exercises.

Positions



Players should try every position in order to see the game from all perspectives.

Positivity



Kids respond to a positive vibe.

The basic techniques

Coaches must start to be demanding about the development of technical abilities.

Passing

Passing is mostly done with the inside of the foot, although it can also be done with the outside. The pass is useful to move the ball quickly. The supporting foot must be beside the ball and pointing in the direction that you want the ball to go. The foot that is hitting the ball must be «locked» which means that the ankle stay solid so that there is power in the movement of the ball. If the foot hits the ball a little under the center of the ball it will have a tendency to lift up but if it's hit straight in the middle, it will be straight and strong. After passing, the player must move in order to be available for his teammates.

Controlling the ball

It's the motion that a player executes when he receives the ball. If it's a pass, the player will normally control with the inside of the foot. He must go towards the ball in order to be the first there, lock his ankle and absorb the ball by doing a little backwards movement on reception. If the ball is airborne, he can execute control with his chest, his thigh or his head. It's not recommended to practice headers because of the risk of concussion. The player will

automatically develop the reflex to do it in games.

Movement with the ball

The player must keep the ball close to his body and lift his head to look up. There is no need to look down at the ball. All the surfaces of the foot can be used.

Dribbling

It is the action of outplaying an opponent. It is composed of a feint followed by a change of pace in order to bypass the opponent completely. The player must start practicing these moves early but, of course, they will not be able to succeed right away. It's important that they try because it will become useful in the near future. On YouTube you can easily find some videos about the different feints and moves used to bypass a player. Invite the parents and the kids to go take a look.

Shooting

Shooting is the kids favorite technical motion although it can be difficult to get it just right. The player has to put his body over the ball for precision and transfer weight on the supporting leg. The shot must be executed using the laces or the inside of the foot like a pass to increase the precision.

SOCCER CHELSEA IS HERE FOR YOU

During the season a technician will be assigned to your category. He will be giving the coaches comments, suggestions and will be able to provide specific exercises on different themes.

If you need more information, our technical director Patrick Woodbury will gladly help. You can always reach him by email: patrick@soccerchelsea.ca