

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.



U7 & U8
10 Week Curriculum

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Key Qualities of a Youth Coach

Personality

Of great concern is that lack of teaching or playing experience makes a poor coach. The ability to demonstrate is not a necessity of good coaching. Experience is a powerful tool but it's not nearly as important as personality. Personality will determine coaching success, whether the outcome is a fun game free of physical and mental pressures or the building of a strong, cohesive team.

Enthusiasm and Interest

During a training program, assume the role of a salesperson. Once interest has been developed, motivating players will be a simple task. It's also important to be receptive to a player's needs and input regarding team objectives no matter what their age. Being open to questions from players will ensure that they'll maintain interest.

Persistence and Patience

Ignoring or not recognizing a player's inability to perform a task is asking for trouble. Setting impossible goals frustrates novice players. The player's desire to learn diminishes when he or she can't perform. Skill development is built on player motivation and must be built up from practice session to practice session.

Ability to Keep Priorities

It's best to plan a step-by-step method of learning that meets the needs of all the players. Players must be guided through each new experience or drill, and have sufficient opportunity to put previous lessons into practice. Only when each player understands and has mastered a skill should a new one be introduced.

Single-mindedness

Taking a genuine interest in the player's physical skills and social and moral conduct is critical. Sportsmanship, team play, and positive attitudes must be stressed. Honesty with the players and being sensitive to individual needs and anxieties goes a long way. Rewards come when players show gradual increasing demonstration in complete play. Strength of character in defeat as well as in victory is a great foundation for a player's future years.

Empathy with the Learning Process

Understanding the learning process will help achieve solid player and team development. Inspire the players to learn through motivation, involvement, demonstration, and guidance. To learn, the player must actively participate in an exercise designed to change his or her way of thinking and acting. Not only must the player receive new skills by observing and listening, he or she must also be encouraged to use these skills and ideas in practice. When the player is able to utilize what's been shown, heard, or read is the learning process complete. Telling is not coaching and learning requires active experience.

Imagination

Stimulating and motivating players makes practices enjoyable and rewarding. Situations should be created that challenge the players imaginations, appeal to their pride in personal performance, and serve meaningful game drills.

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Key Qualities of a U7 & U8 Player

- Enjoy playing in pairs
- Are now able to take another's perspective.
- Still unable to think abstractly – be patient.
- Cooling system still less efficient than adults – still make sure to give frequent water breaks.
- Still prefer playing to watching – keep everyone active during practice.
- Limited attention span
- Have an understanding of time and sequence – “if I do this, then that happens”.
- Some now have a third or fourth speed in addition to stopped and as fast as possible.
- Very aware of adult reactions – be very aware of your reactions.
- Seek out adult approval and need reassurance – be supportive.
- Begin to become aware of peer perception – a social order is beginning to develop.
- Wide range of abilities between children at this age
- Beginning to develop motor memories
- Some become more competitive
- Less active imaginations than U6 players



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U7 & U8 Curriculum

Week 1 – Running with the ball & Foot Skills

Week 2 – Passing, Control and Introduction to Turning

Week 3 - Shooting

Week 4 – Dribbling & Ball Familiarity

Week 5 – Movement to Create Space & Possession

Week 6 – Positive Dribbling

Week 7 – Receiving and First Touch

Week 8 – Shooting under Pressure

Week 9 – Introduction to Defending

Week 10 – Fun Dribbling Games



Age Group-
Ability Level-

U8
Beginners

Equipment Needs-

12 cones
1 ball per player



Objective of the Practice Session-

Running with the ball & Foot Skills

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED



Age Group-
Ability Level-

U8
Beginner

Equipment Needs-

Cones, Pinnies, Balls, Goals



Objective of the Practice Session-

Pass, Control and Introduction to Turning

WARM-UP/ ACTIVATOR

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>6 players on the outside of the square, 6 players in the middle. Inside players move towards outside players and ask for the ball. Outside players make a short 5 yards pass. Inside player controls, passes back then moves to another outside player.</p>	<p>Check to receive the pass. Quality of the pass (Inside of the foot). Surface used to receive the pass. Bend the knees, and accelerate into space.</p>		5 max

TECHNICAL DEVELOPMENT/ SKILL BUILDING

<p>Inside players run to outside player to receive the ball whilst then turning to pass to a different outside player. Outside players start with the ball. Progression – add a defender to make more game realistic.</p>	<ul style="list-style-type: none"> Look up to see where a pass can be made. Communication to ensure player is ready for the pass Look around before turning to see where defender is Direction of turn will affect what part of what used to push away with on the turn 		10 max
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CONDITIONED GAMES/ SMALL SIDED

<p>Players pair up in the middle, one attacker and the other a defender. Attacker has the ball Servers can move up and down on the outside Attacking players play it in to the server, who can play it back to the attacking player in any fashion.</p>	<ul style="list-style-type: none"> Head Up Movement after the pass Protect the ball, be aware where the defender is Body Shape Communication 		10 max
<p>4 v4 plus Goalkeepers Players are restricted to staying in their own halves Defenders play the ball into the attackers, who try to turn and score Attackers can play back to defender Defenders can shoot if ball is laid back</p>	<ul style="list-style-type: none"> Movement into space to receive the pass, get in front of defender or around the back if a ball can be played into space. Emphasize points from previous drills <p>Guided Discovery Question (To be asked of players during the session) What can you do as a target player to go directly yourself into the scoring zone on receiving the pass?</p>		20 max



Age Group-

U8

Equipment Needs-

12 cones
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Shooting

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Delivery</p> <p>Game starts with one defender without a ball.</p> <p>Green players run around the area trying to keep their ball safe. If the defender wins the ball and kicks it in the goal the green becomes a defender. The game continues until one offensive player remains</p>	<ul style="list-style-type: none"> Shoot using the inside of the foot, heel down toe up. Lean over the ball to keep the shot low Standing foot by the side of the ball 		10 max
	<p>Shooting Zones</p> <p>2 teams, 1 team in each zone. Each player has a ball. Players try to shoot the ball into the opposition's zone. After 1 minute the team with the least balls in their zone wins.</p>	<ul style="list-style-type: none"> Shoot using the inside of the foot, heel down toe up. Lean over the ball to keep the shot low Standing foot by the side of the ball 		10 max
TECHNICAL DEVELOPMENT/SKILL BUILDING	<p>Alamo</p> <p>2 goals with 2 defenders. Green player must shoot at a goal whilst the yellow defenders try to stop the goal. As soon as a player shoots at one goal they then must shoot at the other goal before they can shoot at the same goal again.</p> <p>Game starts with one ball.</p>	<ul style="list-style-type: none"> Shoot using the inside of the foot, heel down toe up. Lean over the ball to keep the shot low Standing foot by the side of the ball 		10 max
	<p>Scrimmage</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max
CONDITIONED				



Age Group-
Ability Level-

U8
Beginners

Equipment Needs-

12 cones
1 ball per player



Objective of the Practice Session-

Dribbling & Ball Familiarity

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Dribbling through the Gates</p> <p>Players run with the ball through the separate gates of cones.</p> <p>Players get a point every time they run through a gate. Ask the children who can run through the most gates which will add competition and increase effort level.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Look up to see where the next gate is Use different the inside, outside and laces of the feet when dribbling 		5 max
	<p>Car Wash</p> <p>Players run around the coned area 'highway' and follow the coaches commands. 'Car Wash' 'Gas Station and 'It's Raining'</p> <p>As a progression the coach will shout Lightening where one of the players will be chosen to kick other player's balls off the 'highway'. Players can get back into the game by performing 5 'tick tocks'.</p>	<ul style="list-style-type: none"> Gas Station – Run to red square and perform toe taps. Touching the top of the ball with the right foot and then the left in quick motion. Car Wash – Run to blue square and roll the top of the ball forward and backwards with one foot Raining – Move feet around the ball one at a time making big circles (windshield wipers) Tick tocks – Using the inside of the feet touch from right foot to left then left to right. 		15 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Sea Monster</p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> Keep the ball close to feet when running with the ball Keep head up Encourage players to run around the sea monster Stay inside the coned area 		15 max
	<p>Scrimmage</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		10 max
CONDITIONED				



Age Group-
Ability Level-

U8
Beginners

Equipment Needs-

12 cones
1 ball per player



Objective of the Practice Session-

Movement off the ball & Creating Space

WARM-UP/

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>Tom and Jerry</p> <p>Players in pairs run around. Player without the ball run away from the player with the ball. When the coach shouts stop. Both players stop and then the player with the ball attempts to kick the ball through their partners legs</p>	<ul style="list-style-type: none"> Keep head up to see where the partner is moving Encourage using the inside of the foot when kicking the ball Keep the ball close to feet using soft touches. 		10 Max
<p>Triangle Passing</p> <p>1 Ball between 2. Players stand on a corner of the triangle. As soon as they pass to their partner they have to move to the free corner.</p>	<ul style="list-style-type: none"> Keep head up to see where the partner is moving Encourage using the inside of the foot when kicking the ball Fast movement into space to get open for a pass 		5 max
<p>Movement into space</p> <p>Yellow player is a defender. Green players attempt to keep the ball. The players can only pass down the line not across the box. Therefore players need to move to the spare corner to give the player with ball the option of 2 passes</p>	<ul style="list-style-type: none"> Keep head up to see where the coach is moving Encourage using the inside of the foot when kicking the ball Fast movement into space to get open for a pass 		10 max
<p>Scrimmage</p> <p>Red cones in the middle of the field used as a wall where the ball cannot cross. Players can move freely over the cones without the ball. The ball must travel either down the right or left.</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Team spread out right and left 		20 max



Age Group-
Ability Level-

U8
Beginners

Equipment Needs-

12 cones
1 ball per player



Objective of the Practice Session-

Positive Dribbling 1 vs 1 & 2 vs 2

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/	<p>Fakes</p> <p>Players run up to a cone and perform a fake. Drop of the shoulder, bend of the knee whilst then pushing away with the opposite foot. Attempting to fake out the imaginary defender</p>	<ul style="list-style-type: none"> • Step to the side of the ball with none kicking foot • Bend the knee and drop the shoulder • Push away with the kicking foot to the other side of the cone 		10 max
	<p>1 vs 1</p> <p>Players line up in 2 lines. Line 1 passes the ball to line 2. The player that kicks the ball must then try and stop the offensive player from reaching the red goals. To score a goal a player must run through the cones with the ball.</p> <p>Progress to blue goals to make it harder for players offensive players to score</p>	<ul style="list-style-type: none"> • Encourage the use of the fake, coaching points above • Pass the ball to the offensive player using inside of the foot. 'A good pass never leaves the grass'. • When space opens up run into as fast as possible. • Push ball out of feet when attacking the space 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>2 vs 2</p> <p>Same as the 1 vs 1 drill now progress to a 2 vs 2. Players now encouraged to run into space however movement of the player without the ball is now important. Player without the ball must try to get open for the pass and move into space</p>	<ul style="list-style-type: none"> • Encourage the use of the fake, coaching points above • Pass the ball to the offensive player using inside of the foot. 'A good pass never leaves the grass'. • When space opens up run into as fast as possible. • Push ball out of feet when attacking the space 		10 max
	<p>Scrimmage</p> <p>Red cones in the middle of the field used as a wall where the ball cannot cross. Players can move freely over the cones without the ball. The ball must travel either down the right or left.</p>	<ul style="list-style-type: none"> • Reinforce all of the above coaching points. • Running into space • Team spread out right and left 		20 max
CONDITIONED				



Age Group-

U8

Equipment Needs-

12 cones
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Receiving and First Touch

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/	<p>Pass and Control</p> <p>Players in pairs pass the ball then run back to the blue cone before moving forward to receive the ball again</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Receiving the ball on the back foot 		5 max
	<p>Pass, Receive and Run</p> <p>Players pass through the gate whilst then controlling the ball and running to the next gate. Receiving player dribbles the ball to the other gate and then passes it back through the second gate.</p> <p>Players work in pairs and are encouraged to switch sides and use both feet to pass and control</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Receiving the ball on the back foot Touch the ball and push to the direction of where the player is running to. 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Passing through the Gates</p> <p>Players team with a partner. As a team they run to a gate with players on different sides. They pass it and then move onto a different gate.</p> <p>Again teams get a point every time they get to a gate.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Look up to see where the next gate is Use different the inside, outside and laces of the feet when dribbling Use inside of foot when passing the ball. Encourage not using the toe 		10 max
	<p>Scrimmage</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max
CONDITIONED				



Age Group-

U8

Equipment Needs-

12 cones
1 ball per player

Ability Level-

Beginners



Objective of the Practice Session- Shooting under Pressure

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Shooting Zones</p> <p>2 teams, 1 team in each zone. Each player has a ball. Players try to shoot the ball into the opposition's zone. After 1 minute the team with the least balls in their zone wins.</p>	<ul style="list-style-type: none"> Shoot using the inside of the foot, heel down toe up. Lean over the ball to keep the shot low Standing foot by the side of the ball 		5 max
	<p>Cross and Shoot</p> <p>2 lines. 1 line with ball and 1 line without. Players run through the gates and then the player with the ball passes to the other player who will then shoot at goal.</p> <p>Progression, add a defender to give the player with the ball the decision of whether to shoot or pass</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Lean over the ball to keep the ball low Push ball slightly out of feet before shooting 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Through the gate and Shoot</p> <p>2 lines. 1 line offensive players who one by one will run through the gate and shoot on goal.</p> <p>The second line one by one players will come out and try and stop the ball going into the goal.</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Lean over the ball to keep the ball low Push ball slightly out of feet before shooting 		10 max
	<p>Scrimmage</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max
CONDITIONED				



Age Group-
Ability Level-

U8
Beginners

Equipment Needs-

12 cones
1 ball per player



Objective of the Practice Session-		Introduction to Defensive Techniques		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Knockout</p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> • Tick tocks – Using the inside of the feet touch from right foot to left then left to right • Keep head up • Keep the ball close to feet using soft touches 		5 max
	<p>Force away from Goal</p> <p>Defender passes the ball to the offensive player. The defender will then attempt to force the offensive player away from the goals</p>	<ul style="list-style-type: none"> • Defensive stance is side on, low and facing away from the goal. • Win the ball by attacking with the leading foot • Defender on toes and knee's slightly bent to change direction quickly 		15 max
	<p>2 vs 2</p> <p>Yellow team to score on goal. Green team act as defensive team.</p> <p>Pressure and cover. One player pressures the ball and the other player acts as cover</p>	<ul style="list-style-type: none"> • Pressure the player with the ball • One defender to pressure, the other defender to act as cover 		10 max
CONDITIONED GAMES/ SMALL I	<p>Scrimmage</p>	<ul style="list-style-type: none"> • Reinforce all of the above coaching points. • Running into space • Use inside of the foot when passing 		20 max



Age Group-	U8
Ability Level-	Beginners

Equipment Needs-	12 cones 1 ball per player
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Objective of the Practice Session- Running/Dribbling with the ball. Fun Games

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Shooting Zones</p> <p>2 teams, 1 team in each zone. Each player has a ball. Players try to shoot the ball into the opposition's zone. After 1 minute the team with the least balls in their zone wins.</p>	<ul style="list-style-type: none"> Shoot using the inside of the foot, heel down toe up. Lean over the ball to keep the shot low Standing foot by the side of the ball 		5 max
	<p>Cowboys and Indians.</p> <p>Players stand on the red line (cowboys). The coach will stand on the side line. Cowboys must try to get from the red line to the blue line without having their ball or lower legs hit by one of the Indians soccer balls. If they do the cowboy then becomes an Indian.</p> <p>Indians must stand outside the coned area.</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Keep the ball close to feet when running with the ball Keep head up to see where the Indians kick their ball 		15 max
	<p>Sea Monster</p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> Keep the ball close to feet when running with the ball Keep head up Encourage players to run around the sea monster Stay inside the coned area 		10 max
CONDITIONED GAMES/ SMALL	<p>Scrimmage</p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max

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"ALL KIDS NEED
IS A LITTLE HELP,
A LITTLE HOPE,
AND SOMEBODY WHO
BELIEVES IN THEM."

- Magic Johnson



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