



TEACHING THE BASICS

Under 7 and 8

Characteristics of U7 and U8

Physical Attributes

- Poorly developed muscles, tremendous energy, strong cardiovascular system

Motor Skills

- Good coordination with some difficulties, enjoys movement

Psychological Aspects

- Looks up to adults or idols, limited social awareness, uncritical of own achievements or other, short attention span sensitive

Competitiveness & Motivation

- Likes competition but it's not the end, pure enjoyment through play , playful games

Coaching Objectives

- Main emphasis on kicking, scoring, dribbling and 1v1
- Many repetitions in practice
- Simplify game to scoring and not be scored on
- Coach the individual player (very simple roles)
- Coach mainly in "WE" have the ball (offense)

Practice Focus

- Proper technique and mostly kicking, scoring and dribbling (1v1)
- Play small sided games such as 1v1 up to 4v4
- 1v1 against defenders and the goalkeeper
- Emphasize individual skills through fun games based on specific themes
- Teach very simple individual defense (stay on your feet, do not swing for the ball)

U7 and U8 Emphasis

Technical

- Scoring- long kicking (instep)
- Dribbling (feints, moves, and cuts)
- Simple principles of individual defense and offence
- Small sided situations 1v1,2v1,2v2,3v2,3v3,4v4
- Goal scoring

Personality

- Sportsmanship
- Communication
- Concentration (paying attention)
- Introduction of the team sport

Physical

- Be aggressive, keep running (do not stand, go after the ball)
- How to use body 1v1
- Coordination

Important Soccer Related Knowledge and Experience

- Rules of the game
- Having fun at practice and games
- Love of the game