**U8 Coaching Goals**

Do not be locked in by the age group while coaching the principles of play. Take a step by step approach toward awareness of and the use of each item. When players can grasp the concepts then coach them. If the players are not ready for an idea it is ok to wait and come back to the concept. If they excel then move on and increase their ability with harder drills to improve skills. Above all have fun!

**Top Goals:**

**The Field:**

Understanding the field markings with correct terms

* + Touchline (Sideline)
  + Centerline
  + Goal line (End line)
  + Center circle
  + Corner arc
* Concept of defending one end and attacking in the other
* Understanding which goal to score in and which goal to defend
  + Should be able to use appropriate soccer terms consistently

**Body movement and agility:**

* Run with start and stop
* Run and change direction
* Gallop
* Skip
* Side step
* Balance on each foot
* Jump on each foot
* Quick feet and cross over

**Mental Conditioning:**

* Unsure confidence
* Work on concentration

**Laws of the Game:**

* Individual and team behavior on and off the field
* Fair and foul play
  + Fouls
    - Slide tackle
    - Hand ball
    - Dangerous play
    - Aggressive play
      * *Kicks or attempts to kick an opponent*
      * *Trips or attempts to trip an opponent*
      * *Jumps at an opponent*
      * *Charges an opponent*
      * *Strikes or attempts to strike an opponent*
      * *Pushes an opponent*
      * *Spitting*
      * *Foul language*
* Basic rules – should be proficient in understanding
* Proficient in indirect kicks
* Begin addressing the offside rules

**Dribbling:**

* Work on basics
  + Keeping the ball close
  + Using all parts of the foot
    - Drills with inside (speed not important)
    - Drills with outside (speed not important)
* Proficient in dribbling with basic turns
* Proficient at running dribble keeping the ball close

**Receiving the ball: Introduce and work on the following**

* Trap/Control with foot
* Trap/Control with thigh
* Trap/Control with chest

**Passing:**

* Work on enhancing the basics
  + Using the correct part of the foot
  + Ball on the ground with inside of the foot at 5 yards
  + Ball on the ground with inside of the foot at 10 yards
  + Ball on the ground with inside of the foot at 20 yards
  + Work on long instep pass/ begin crossing

**Shooting:**

* Introduce basics
  + Using the correct approach
  + Using the correct part of the foot
  + Driving through the ball
* Introduce volley and half volley

**Set Plays:**

* Show competency in
  + Corner kicks
  + Goal Kicks
  + Throw in
  + Free kicks

**Attack Principles:**

* Competent in 1v1
* Introduce more positional play
  + Become competent in 2v1 and 2v2 attack
  + Understand support without the ball
  + Introduction to space awareness
  + Become competent in finishing the ball

**Defense Principles:**

* Continue to improve defending as an individual
* Defending as a group