



Learning Skills - U8 Players

Focus on the basics of soccer and keeping it fun.

Basic skills to learn:

- Dribbling...- keep a ball at the kids' feet constantly stressing touches with all parts of the foot
- Kicking –teach the various ways a player can kick – instep, top-of-foot (laces), outside of foot
- Passing and trapping the ball – using the instep to pass and stop the ball
- Heading – introduce proper technique
- Juggling – introduce touches with feet, thighs, head, chest
- Use of 1 on 1 up to 3 on 3 small-sided games

Re-inforce the rules of soccer and restarts of play:

- When is a ball out-of-bounds and what happens when a ball goes out
- Throw-ins from the sideline
- Corner kicks from the endline
- Goal kicks from the goal box
- Kick-offs – how to start with a good pass

Introduce the goalkeeping position

- Have all players try goalkeeping
- Teach goalie throws and punts

Introduce basic positioning and field awareness

- Offense –give and go, shooting
- Defense - shielding and playing the ball to the outside
- Positioning on field and concepts of play – moving without the ball, spreading the field, using triangles.

Remember – have fun and inspire the kids to want to play more soccer!