

The 8U Player Characteristics

Mental/Psychological (cognitive)

Short attention span, but better than U6
Love to use their imagination...pretend
Limited ability to attend to more than one task at a time
Beginning to solve simple soccer problems (i.e. pass to a teammate)
Some understanding of time and space relations

Physical (psychomotor)

Beginning to develop physical coordination
Improvement in pace regulation
Skeletal system is growing; growth plates near joints
Cardiovascular system is less efficient than an adult's; heart rate peaks sooner and takes longer to recover
Catching skills are still not developed
Improvement in dribbling and kicking
Love to run, jump, fall and roll

Socially (psychosocial)

Self-concept and body image are beginning to develop
Sensitive...dislike personal failure in front of peers
Negative comments from peers and adults carry great weight
Limited experience with personal evaluation...effort is synonymous with successful performance
Inclined more toward cooperative activities (small groups)
Inclined to establish and cooperate with friends
Desire social acceptance; want everyone to like them
Influential person in their life is their father or significant parent
Like to play soccer because it is FUN; intrinsically motivated; play for enjoyment