



Characteristics of the 7U/8U Player (1st & 2nd Grade)

Psychomotor Development

- ❖ Skeletal system is still growing; growth plates are near the joints, thus injuries to those areas merit special consideration.
- ❖ Cardiovascular system is less efficient than in adults; a child's heart rate peaks sooner and takes longer to recover.
- ❖ Temperature regulation system is less efficient than adults; children elevate their core temperature more quickly and take longer to cool down than adults.
- ❖ Improvement in pace and coordination from 5U/6U age group, however the immaturity of a 7U/8U players physical abilities are obvious.
- ❖ Boys and girls are quite similar in physical and psychological development.
- ❖ Beginning to develop some physical confidence.
- ❖ Still into running, jumping, climbing, and rolling.

Cognitive Development

- ❖ The limited ability to tend to more than one task at a time leaves little or no capacity for tactical decision making.
- ❖ Concept of time and space relationship is just beginning to develop and will be limited by the capacity to attend to multiple tasks.
- ❖ Limited experience with personal evaluation.

Psychosocial Development

- ❖ Self-concept and body image are beginning to develop, but are very fragile.
- ❖ Great need for approval from adults such as parents, teachers, and coaches.
- ❖ Like to show off individual skills.
- ❖ There is a desire for social acceptance; they want everyone to like them.
- ❖ Dislike personal failure in front of peers.
- ❖ True playmates emerge with the inclination toward pairs activities.
- ❖ Still lack a sense of pace. Go flat out.
- ❖ Beginning to imitate the world's best players.

Typical Training Session

- ❖ Typically 1 hour long.
- ❖ 2 players, 1 ball. Introduce partner activities.

- ❖ Mixture of individual and partner activities. Introduce maze type games and target games.
- ❖ 3 C's: Communication, Cooperation, and Coordination
- ❖ Conclude with scrimmage.

What 1st and 2nd grader students learn

- ❖ Adding and subtracting, tens and ones, telling time, categories, nouns, verb tense, and time order.
- ❖ Place-value models, contractions, irregular plurals, plants and animals, and historical figures.