



# U8

**1-2 Practices a week**

**45 - 60 minutes**

**Short activities with quick transitions - no more than 10 minutes on an activity**

***85% of Time should be spent on Individual Skills - every kid needs a ball***

**Priorities:**

**Reinforce U6 Priorities**

**Basic goalkeeping - handling**

**Passing over a Short Distance**

**Receiving the ball with the feet**

## **Skills to introduce**

### **Physical Literacy Skills**

#### **Dribbling Skills**

Turns - advanced

Running with the ball - Speed

#### **Passing**

Receiving - Thigh

Ground - inside of foot - 5 - 8 yards

#### **Shooting**

#### **Goalkeeping**

#### **Attacking Principles and Techniques**

Attacking in pairs (2v1 & 2v2)

#### **Defensive Principles and Techniques**

Defending as an individual 1v1 - pressure

#### **Concepts of the Game**

Throw Ins  
Goal kicks

Corners  
Free kicks  
Positions

Penaltys  
Restarts