



U8 Curriculum

**Week 1**

Topic: Dribbling

Warm-up (5 min): Tag**Drill 2 (5 min) : Red Light/Green Light****Setup:** 20x25 field, all players have a ball**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.*Water Break (2-3 min)***Drill 2 (10 min): Pizza Delivery****Setup:** 20x25 field, all players have a ball, multiple pairs of cones one yard apart**Instructions:** Players dribble ball through cones, which are meant to represent houses. One goal each time they dribble between the cones. No hands allowed Pizza Hot. Encourage no more than one person at each house at a time as multiple people at one house leads to squashed Pizza. Make it harder for them by trying to steal their ball (Pizza)**Coaching Points:** Keep head up, keep ball close and under control**Drill 3 (10 min): Shadow Dribbling****Setup:** 20x25 field, instruct players to pair up with every player having a ball**Instructions:** The lead dribbler dribbles around inside the grid while the following dribbler attempts to shadow the lead dribbler’s every move and keeping a good close distance. Change leaders after a minute.**Coaching Points:** Keep head up, keep ball close and under control*Water Break (2-3 min)***Drill 4 (10 min): Numbers Game****Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!**Small Sided Games (10 min): 3v3****Setup:** 20x25, split players into two teams**Instructions:** Rotate players in and out every couple minutes**Coaching Points:** Have fun and encourage your players positively!

**Week 2**

Topic: Dribbling/Turning

Warm-up (5 min): Tag**Drill 2 (10 min): Red Light/Green Light and Introduce the Hook Turn****Setup:** 20x25 field, all players have a ball**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.*Water Break (2-3 min)***Drill 2 (10 min): Hook turn home Base Game****Setup:** 20x25 field, all players have a ball, setup a central circle with cones (home base) and also cones about 20 yards away around the circle, all players start inside the circle**Instructions:** Players should be dribbling inside “home base” and on the coach’s command, all players will dribble at green light speed to outside cones, do a hook turn around the cone and dribble back at green light speed to the “home base”. You can vary with inside and outside hook turns.

Progression: Perform a pullback at the outside cone

Coaching Points: Keep head up and keep ball close and under control**Drill 3 (10 min): Hook Turn Team Race****Setup:** 20x25 field, every player has a ball, divide players into 2-4 teams depending on numbers (about 3-4 players a team), make a circle in middle of field with cones**Instructions:** Players must dribble to middle circle, do a hook turn around one of the cones and dribble back to team, tag a teammate, then that teammate does the same thing, whichever team is done first wins. Vary using inside or outside hooks only.**Coaching Points:** Keep head up and keep ball close and under control*Water Break (2-3 min)***Drill 4 (10 min): Numbers Game****Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!**Small Sided Games (10 min): 3v3****Setup:** 20x25, split players into two teams**Instructions:** Rotate players in and out every couple minutes**Coaching Points:** Have fun and encourage your players positively!



Week 3

Topic: Dribbling/Turning

Warm-up (5 min): *Tag*

Drill 2 (5 min) : *Red Light/Green Light, Review Hook Turn and Introduce the pullback*

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Water Break (2-3 min)

Drill 2 (10 min): *Square Dance*

Setup Create two 10 yard squares with cones about 15-20 yards apart, Put half of the players in each square with every player having a ball

Instructions: The players should dribble around in their square, trying to move into open/empty space. When coach yells “Switch,” all players dribble and run to the other square (without crashing into each other!) Players should be working on hook turns and pullbacks when dribbling in grid.

Coaching Points: Keep head up, keep ball close and under control

Drill 3 (10 min): *Capture the Balls*

Setup: 20x25 field, divide players into 2-4 teams depending on numbers (about 3-4 players a team), make a circle in middle of field with cones, all balls should be in the middle of the circle

Instructions: Players must run to middle circle, do a pull back with a ball and dribble back to team, tag a teammate, then that teammate does the same thing, whichever team has the most balls wins. You can vary by doing a hook turn around a cone before dribbling back to team.

Coaching Points: Keep head up and keep ball close and under control

Water Break (2-3 min)

Drill 4 (10 min): *Numbers Game*

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes

Coaching Points: Have fun and encourage your players positively!



Week 4

Topic: Dribbling

Warm-up (5 min): Tag

Drill 2 (5 min) : Red Light/Green Light and reviewing hook turn/pullbacks

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Water Break (2-3 min)

Drill 2 (10 min): Sharks and Minnows

Setup: 20x25 field, all players (Minnows) have a ball except for one- the SHARK

Instructions: The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.

Coaching Points: Keep head up and keep ball close and under control

Drill 3 (10 min): Star Wars

Setup: 20x25 field, every player has a ball, setup 5x5 squares/zones on each corner of field and one in middle for a total of 5 squares/zones

Instructions: On coach's command, all players have one minute to dribble through as many zones as they can, each zone is one goal and you cannot go through the same zone twice in a row. Progression: Have one defender in each zone; all other players now try to get through the zone without being stopped by the defender

Coaching Points: Keep head up, keep ball close and under control

Water Break (2-3 min)

Drill 4 (10 min): Numbers Game

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes

Coaching Points: Have fun and encourage your players positively!



Week 5

Topic: Dribbling/Shielding

Warm-up (5 min): Red Light/Green Light

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Drill 1 (10 min): Turn and Protect or Get Tagged

Setup: 20x25 field, all players have a ball, except for two taggers

Instructions: On coach’s command, all players have a ball in their hands, the taggers will try to tag the ball. The goal for the players with the ball in their hands is to turn there back (shield) to the taggers so they can’t tag their ball.

Coaching Points: Instruct players to keep their heads and turn/shield the defender from tagging their ball

Water Break (2-3 min)

Drill 2 (10 min): Tigers in the Jungle

Setup: 20x25 field, all players (Minnows) have a ball except for one- the TIGER

Instructions: Each player chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is going to kick the other animals’ balls into the surrounding alligator infested swamp. When an animal gets their ball kicked away they have to dodge the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs. Progressions: Animals dribble using only left foot, outside of feet, etc.

Coaching Points: Keep head up and keep ball close and under control, shield the ball when the Tigers are trying to steal the ball

Drill 3 (10 min): Knock Out

Setup: Create a grid depending on the number of players and have each player with a ball inside the grid.

Instructions: Instruct the players to protect/shield their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. When a players get knocked out of bounds, they must do 10 jumping jacks to get back in

Coaching Points: Keep head up, keep ball close and under control, shield the ball from other players

Water Break (2-3 min)

Drill 4 (10 min): Numbers Game

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes



Coaching Points: Have fun and encourage your players positively!

Week 6

Topic: Passing

Warm-up (5 min) : Red Light/Green Light

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Drill 1 (10 min): Stationary Gate Passing

Setup: 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

Instructions: Players stand about 7 yards away from each side of the gate and must pass it through the gate without touching the cones

Coaching Points: Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

Water Break (2-3 min)

Drill 2 (10 min): Moving Gates

Setup: 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

Instructions: Now partners have one minute to pass through as many gates as they can, players cannot go through the same gate twice in a row.

Coaching Points: Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace, make sure players are communicating

Drill 3 (10 min): Keep your Yard Clean

Setup: 20x25 field, field should be divided in half with cones, two equal teams, one in each grid. All players start with a ball.

Instructions: On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle (2-3 mins), play stops, the team with the least amount of balls in their yard wins.

Coaching Points: Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

Water Break (2-3 min)

Drill 4 (10 min): Numbers Game

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes

Coaching Points: Have fun and encourage your players positively!



Week 7

Topic: Dribbling

Warm-up (5 min) : *Red Light/Green Light*

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Drill 1 (10 min): *Stationary Gates: Shooting Technique (inside of foot and/or laces)*

Setup: 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

Instructions: Players stand about 7 yards away from each side of the gate and must “shoot” it through the gate without touching the cones

Coaching Points: Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

Water Break (2-3 min)

Drill 2 (10 min): *Four Corners*

Setup: 20x25 field, Divide players into four lines, two next to the goal posts and two about 15-20 yards away from goal

Instructions: Player on the goalpost should pass to the player across from them who takes a shot on goal. Those two players then switch lines. After about 5 minutes rotate lines to the opposite side so they can work on both feet (i.e the two left lines move to the right side and the two right lines move to the left).

Coaching Points: Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

Drill 3 (10 min): *Shooting Wars*

Setup: 20x25 field, Divide players into two teams with each player having a ball. Place two goals about 30 yards apart facing each other. Each team lines up on the right side of their goal. Mark a “shooting zone” in the center.

Instructions: First players on both sides start dribbling into zone and shoots. Immediately they should follow their shot and become goalie on goal they just shot on. Both sides should be going at the same time.

Coaching Points: Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

Water Break (2-3 min)

Drill 4 (10 min): *Numbers Game*

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes

Coaching Points: Have fun and encourage your players positively!



Week 8

Topic: Players choice

Warm-up (5 min): Tag

Drill 2 (5 min) : Red Light/Green Light

Setup: 20x25 field, all players have a ball

Instructions: To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

Coaching Points: Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Water Break (2-3 min)

Drill 2 (10 min): Favorite Game

Drill 3 (10 min): Favorite Game

Water Break (2-3 min)

Drill 4 (10 min): Numbers Game

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

Instructions: Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

Small Sided Games (10 min): 3v3

Setup: 20x25, split players into two teams

Instructions: Rotate players in and out every couple minutes

Coaching Points: Have fun and encourage your players positively!