

## U8 Coaching Goals

- Dribbling with both feet
- Shooting (Both feet)
- Passing
- Field Positions

## U8 Drills & Practice Ideas

### Dribbling

1. Killers \*See U6 sheet for details if necessary.\*

### Shooting

1. Crossing the ball: Split the team into two groups. One side has a ball and the other does not. One side starts at mid field and dribbles toward the net. Instead of shooting they cross (or pass) the ball across the field to their teammate who shoots into the net.
2. For a scrimmage idea instead of using the nets, have 3 flat cones at each end of the field. Place a soccer ball on top of each cone. In order to score a point you must knock the soccer ball off the cone with the game ball. The first team to knock all 3 off wins. This teaches the players how to control the ball and aim where they are shooting.

### Passing

1. During a scrimmage have a rule that no one can shoot until the ball has been passed x amount of times.
2. Give & Go: Have players work with partners. Each pair has a ball. Have each player pass to their team mate and then run pass them. Repeat down the field. This gets the kids the idea of not standing still on the field.

### Field Positions (Forwards, Defense, & Midfield)

1. Put cones out on the field during a scrimmage, breaking the field into 4 quarters. This helps the players to learn where they should be on the field and in what situations to go help on the other side. Forwards stay in their boxes, Defense in their boxes, and the mids run the whole field being helpers.