

# Shaler Soccer Club

## Developmental Programs Training Guide<sup>©</sup>

### How to use this guide

- This Training Guide should be followed for ages U7-U8 by coaches, assistant coaches and volunteers.
- Coaches use the same plan each practice to ensure consistent training for each player. Young players are developing and building their strength and ability to pass and receive the ball, please allow players time to grasp these concepts. If a passing distance is too great the players can dribble across then pass.
- Although this guide has been designed and vetted through our Player Development Consultants (PDC) if the players are not responding to a specific activity, adjust to regain engagement and let your commissioner know to reach out to the PDC.
- The program is broken down into the four core focuses each practice. The practices are also on a four-week rotation. This is designed to allow you as the coach to assess improvement as the season goes on.
- The U7-U8 training is built around a player-centered developmental approach. Our philosophy is to create an environment at the early age groups where players can begin to develop an individual mastery of the ball and the creativity that comes with it. This guide will help develop the key technical soccer skills through small sided games and fun interactive training sessions.

### Age group specifics

#### U7/U8

- Size 3 ball
- Games are 5v5 or 6v6 depending on available players. If both teams have enough players, 6v6 will allow players more time on the field.
- Possible team formations. 6v6. (1-2-3) (1-2-2-1)



5v5 (1-2-2)



5v5 (1-3-1)





## Warm Up

## Dribbling/Moves

## Fun Activities

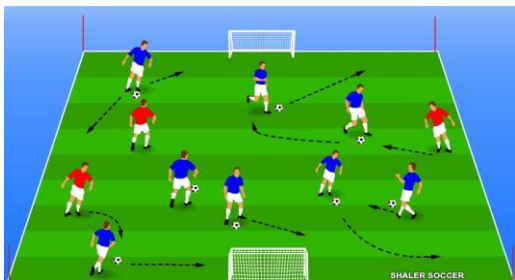
## Small Sided Game

### Freeze Tag: Average Time 10 Min Coned Square

ALL PLAYERS AND COACHES PLAY TOGETHER!  
Phase 1 **Freeze Tag** – no ball

Players run within the square avoiding the coach or other designated “it”. Optional: use pinneys to tag players instead of hands.

### Phase 2 - Keep the Ball



Players now must get away and dribble their ball avoiding the defenders. When a defender wins the ball from an attacker and scores the attacker becomes a defender. Encourage players to win their ball back.

### Coaching Focal Points:

- Keep head up to see where they are going.
- Change directions.
- Move to a space that is free from “it”.
- Recover ball, when possession is lost.

### Touches and Moves: Average Time 10 Min

**Coned Square: Coach shows move first, players repeat.** Perform the actions below within the square as you see fit. Include more commands every few minutes.

**GREEN light** – Dribble inside/outside of foot (Left then Right foot as ordered, big toe little toe, big toe little toe). ALWAYS WORK ON BOTH FEET. Challenge: How fast can they go without running into anyone.

**RED light** – While dribbling, stop (control) the ball quickly using the sole of the foot. Options (continue dribbling, turn or change direction).

**Its Raining** – Tick Tocks to wipe the windows, can we control the ball, keep it between our feet, left to right.

**TURN**– Pullbacks - While dribbling control ball under foot, pull back, rotating hip and body 180\* dribble away in opposite direction. (90\* right or left pullback turn). While dribbling forward control ball under foot, (Right foot pull back, rotate hips right 90\*), then dribble away to right. Repeat with left.

**FLAT TIRE** – Toe Touches to “re-inflate the tire”

**BLUE light** – do a dance around your ball!

**Crazy Traffic** - Inside Roll Right or Left - Using the right then left foot, roll ball towards standing foot (lateral movement). While dribbling, (R) roll inside to (L), dribble. While dribbling (L) inside roll to right.

### Coaching Focal Points:

- Small Touches Fast Feet – keep the ball close
- Big Touches – let the ball move a bit more in front of the player but maintain control (still touching the ball with every foot fall)

### The Great Race: Average Time 10 Min

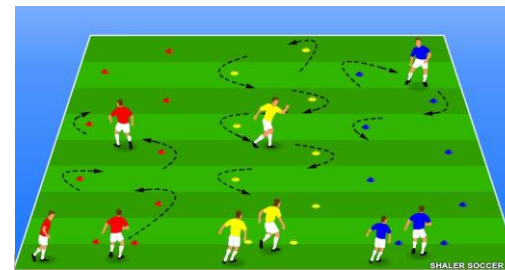
**Team Relay Race : No Ball (Then with Ball)**

**\*Cones can be set up in a straight line or as shown**

**Split group into small teams – No Ball** - Players move through the coned course individually. Forward sprint, left then right lateral movement, backwards running.

**Repeat with ball** - Dribble forward, inside cut left and right around cones. **Lateral Movement Inside Roll**

**Right then Inside Roll Left** through the cones. Players dribble their ball around the cones - how fast, use left foot only, right foot only. **\*\*Be creative and MAKE IT FUN!**



course.

Players sprint through the course to reach the ball.

Players do 10 toe touches then sprint back. Next player goes. (Toe touches and Tick Tocks and Pull Backs)

### Coaching Focal Points:

- Can we control our bodies and change direction at speed.
- Lateral movements, get low bend knees, don't cross legs.
- Backwards running, check over shoulder, low center of gravity, stay off the heels

### U7/U8

5v5 or 6v6 with goalkeepers

U8 Field and goals.

Leave 20 min of practice for the game

**\*\*STOP the play for teachable moments!!!**



5v5 or 6v6 game. Encourage attacking play. Can the attacking players create chances, get open, pass, dribble and shoot? Spread out, utilize space, pass and dribble forward when possible. Exploit opponent when unbalanced to create shooting opportunities.

### Coaching Focal Points:

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## Warm Up

### Stranded on the Island: 10 Min

**Large Coned Square with smaller squares (the islands) within and goals set up along the perimeter**

All KIDS AND COACHES PLAY TOGETHER!

Kid's "swim" dribble around the islands while the coaches' "sharks" move around them. The kids are to avoid the sharks until a coach yells out "Shark Attack!" Kids move to one of the islands to be SAFE, while Sharks try to and capture their ball and place it in one of the goals. Players who have lost their ball, try to win it back before it goes in the goal, if they do not, they now become a shark as well.



Encourage safe players to leave their ball on the island and come out to help their teammates.

#### Coaching Focal Points:

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## Dribbling/Turns/Moves

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**Swab the Deck – Tick Tocks** to wipe the deck

**Raise the Sails – Inside rolls** raise the sails, left foot then right foot.

**Climb the Ladder – Toe Touches** to climb the ladder

**Seagull!** - Lay on top of ball to cover/protect it (goalkeeper skill)

**Sharks!** – While dribbling, Pullbacks to move away from the sharks

**Player Overboard** – All players race while dribbling to the side of the field coach is standing AND stop before going out of bounds.

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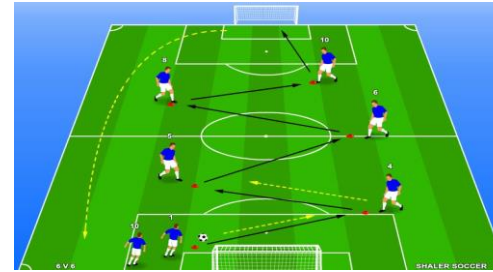
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- Keep body posture over the ball "stay low" and look like a soccer player

## Passing

### Pass follow the pass to goal:

#### Average Time 10 Min

**Place cones close to your formation pattern. Position players on the cones. Pass the ball, then move to that cone. Last player shoots on goal.**



**Phase 2** - Introduce/review the positions, goalkeeper passes to right side defender, then passes to left side defender, then passes to right midfielder, etc.

Optional/extra: Introduce a dribbling opportunity.



#### Coaching Focal Points:

- Control the ball, dribble forward then pass.
- Standing foot "planting foot" should be pointing at the target player
- Lock ankle when passing, strike through ball

## Small Sided Game

### U7/U8

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5v5 or 6v6 game. Encourage attacking play.

Can the attacking players create chances, get open, pass, dribble and shoot?

Spread out, utilize space, pass and dribble forward when possible. Exploit opponent when unbalanced to create shooting opportunities.

#### Coaching Focal Points:

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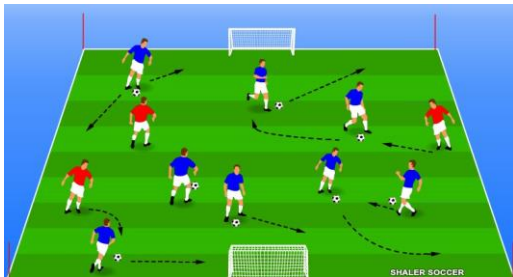
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## Dribbling/Moves

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Coaching Focal Points:

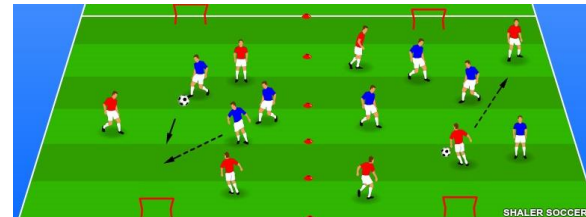
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## Defending

**Numbers games: Average Time 10-15 Min**

Setup a smaller field or two depending on available players within the team (you can use coned goals) **no goalkeepers.**

Players will make two lines near the field(s) and the coach can assign numbers to the players in BOTH lines – be sure both lines are given the same numbers so there they can play each other when their number is called. The coach will call two or more numbers at a time and those assigned to the number(s) called will go into the field. The coach will roll the ball towards the center for the players to play 1v1, 2v2, 3v3....if there is an odd number, you can play 2v1 or 3v2.



Stop the play as needed **to teach the “defender(s)”** (the player(s) who does not get to the ball first that was rolled out) **to close down the space between the goal and the ball OR stop a pass if 2v2/3v3/4v4.** Encourage a move to beat the defender, not just kick it, if needed.

Coaching Focal Points:

- Close down the space as you approach the attacker
- body shape at 45-degree angle to the attacker, body facing and open to the attacking player
- SLOW THE ATTACK, pressure the ball

## Small Sided Game

**U7/U8**

**5v5 or 6v6 with goalkeepers**

U8 Field and goals.

Leave 20 min of practice for the game

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5v5 or 6v6 game. Encourage attacking play. Can the defending team slow down the attack. Don't commit to the tackle early. Slow attackers' approach, keep the attacker Infront of you. Closest player pressures the ball.

Coaching Focal Points:

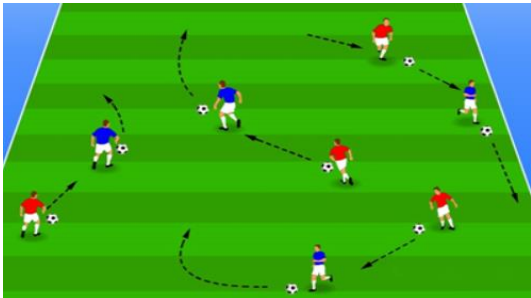
- Slow attackers' approach, keep the attacker Infront of you.
- Disrupt the attack and force the players to drop their heads, force a bad pass, or force them wide away from goal.



## Warm Up

### Follow the leader: 10 Min

All KIDS AND COACHES PLAY TOGETHER!  
Split the players into groups of two or to “find a partner”. Both players will dribble the ball around. Players can “rock, paper, scissors” to see who is the follower/player two. The following player tries to stay as close to the leader/player one as possible. When the coach shouts STOP or FREEZE, both players have to immediately stop, placing their foot on top of the ball. Player one keeps their foot on the ball while player two tries to hit a ball to score a point. Record scores then switch positions, player two is now the leader and player one is the follower. Encourage the players to dribble fast, changing direction left and right. Who can record the most points?



### Coaching Focal Points:

- Encourage the players to dribble fast, changing direction left and right.
- Keep head up to see where they are going.
- Change directions.
- Move to a space that is free from other players/coaches.

## Dribbling/Moves

### Touches and Moves: Average Time 10 Min

**Coned Square: Coach shows move first, players repeat.** To get the players attention, the Captain/Coach yells “Ahoy Mateys!” and players repeat “Aye, Aye Captain” then perform the task the “Captain”/Coach commands...

**Set Sail - Dribble inside/outside, Big Toe – Little Toe.** Can the player dribble the ball, using the inside and outside of the same foot. Right foot then Left foot. Small controlled touches.

**Swab the Deck – Tick Tocks to wipe the deck**

**Raise the Sails – Inside rolls raise the sails, left foot then right foot.**

**Climb the Ladder – Toe Touches to climb the ladder**  
**Seagull! - Lay on top of ball to cover/protect it (goalie/keeper skill)**

**Sharks! – While dribbling, Pullbacks to move away from the sharks**

**Player Overboard – All players race while dribbling to the side of the field coach is standing AND stop before going out of bounds.**

**\*\*New/Challenge: Choppy Water - Inside Chop (Ronaldo Chop) – While dribbling to change direction players, chop the ball behind the front foot. Left and right.**

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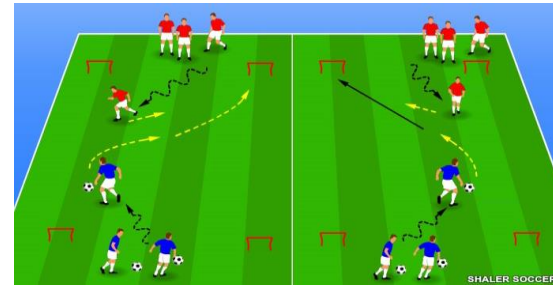
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## Attacking

### 1v1/2v2 to 2 small CONE goals:

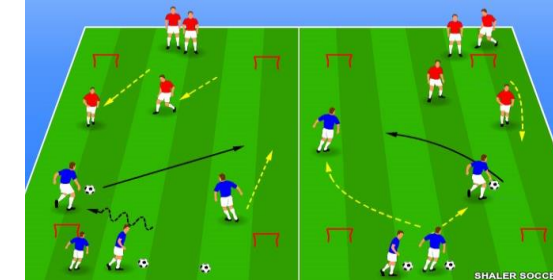
Average Time: 10-15 Min Give both teams the opportunity to attack and defend.

Average Time: 10 Min - 1v1



Start with players compete 1v1 to goal. Encourage players to be creative, use their moves to change direction and beat the defender.

### Phase 2 - 2v2 to small goals



**\*\*Encourage PASSING and teamwork**

### Coaching Focal Points:

- Encourage the fast attack
- Make moves early, quick change of direction
- Take on the defender
- Drive towards one goal then cut quickly towards the other

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### Coaching Focal Points:

- “Can you get Open?” “Can you find Space?”
- Keep the ball in front of the player
- Keep the player between the ball and the goal
- Have child TRY overhead “throw in” but don’t focus on technique



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## Fun Activities

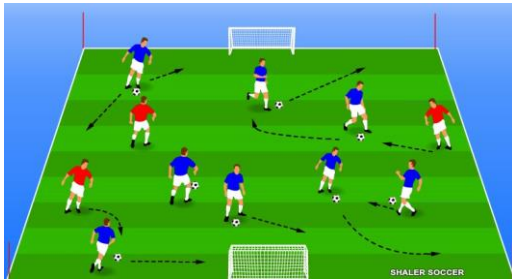
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**Team Relay Race : No Ball (Then with Ball)**

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**Repeat with ball** - Dribble forward, inside cut left and right around cones. **Lateral Movement Inside Roll**

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### Stranded on the Island: 10 Min

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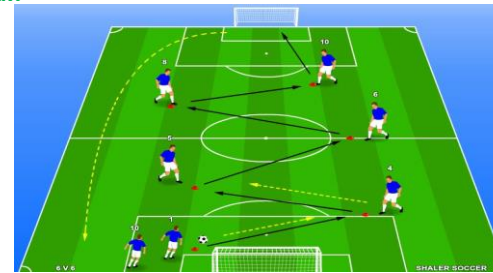
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### Pass follow the pass to goal:

#### Average Time 10 Min

**Place cones close to your formation pattern. Position players on the cones. Pass the ball, then move to that cone. Last player shoots on goal.**



**Phase 2 - Introduce/review the positions,** goalkeeper passes to right side defender, then passes to left side defender, then passes to right midfielder, etc.

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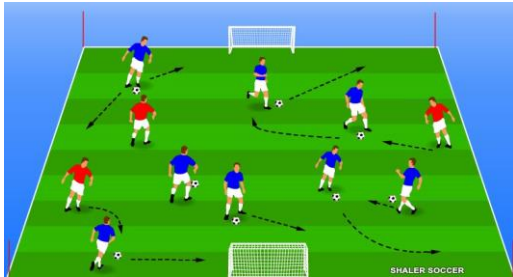
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Leave 20 min of practice for the game

**\*\*STOP the play for teachable moments!!!**



5v5 or 6v6 game. Encourage attacking play. Can the defending team slow down the attack. Don't commit to the tackle early. Slow attackers' approach, keep the attacker Infront of you. Closest player pressures the ball.

Coaching Focal Points:

- Slow attackers' approach, keep the attacker Infront of you.
- Disrupt the attack and force the players to drop their heads, force a bad pass, or force them wide away from goal.

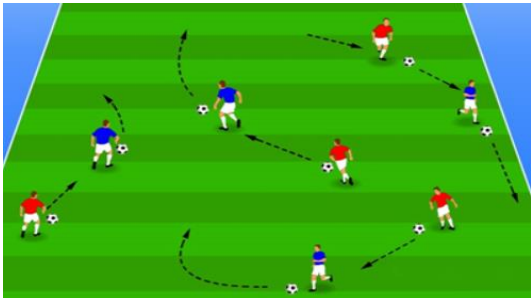




## Warm Up

### Follow the leader: 10 Min

All KIDS AND COACHES PLAY TOGETHER!  
Split the players into groups of two or to “find a partner”. Both players will dribble the ball around. Players can “rock, paper, scissors” to see who is the follower/player two. The following player tries to stay as close to the leader/player one as possible. When the coach shouts STOP or FREEZE, both players have to immediately stop, placing their foot on top of the ball. Player one keeps their foot on the ball while player two tries to hit a ball to score a point. Record scores then switch positions, player two is now the leader and player one is the follower. Encourage the players to dribble fast, changing direction left and right. Who can record the most points?



#### Coaching Focal Points:

- Encourage the players to dribble fast, changing direction left and right.
- Keep head up to see where they are going.
- Change directions.
- Move to a space that is free from other players/coaches.

## Dribbling/Moves

### Touches and Moves: Average Time 10 Min

**Coned Square: Coach shows move first, players repeat.** To get the players attention, the Captain/Coach yells “Ahoy Mateys!” and players repeat “Aye, Aye Captain” then perform the task the “Captain”/Coach commands...

**Set Sail - Dribble inside/outside, Big Toe – Little Toe.** Can the player dribble the ball, using the inside and outside of the same foot. Right foot then Left foot. Small controlled touches.

**Swab the Deck – Tick Tocks to wipe the deck**

**Raise the Sails – Inside rolls raise the sails, left foot then right foot.**

**Climb the Ladder – Toe Touches to climb the ladder**  
**Seagull! - Lay on top of ball to cover/protect it (goalie/keeper skill)**

**Sharks! – While dribbling, Pullbacks to move away from the sharks**

**Player Overboard – All players race while dribbling to the side of the field coach is standing AND stop before going out of bounds.**

**\*\*New/Challenge: Choppy Water - Inside Chop**

**(Ronaldo Chop) – While dribbling to change direction players, chop the ball behind the front foot. Left and right.**

#### Coaching Focal Points:

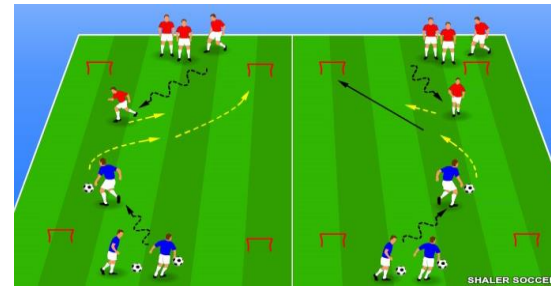
- Provide POSITIVE FEEDBACK, THESE FUNDAMENTAL MOVES ARE CRITICAL!
- Keep body posture over the ball “stay low” and look like a soccer player

## Attacking

### 1v1/2v2 to 2 small CONE goals:

Average Time: 10-15 Min Give both teams the opportunity to attack and defend.

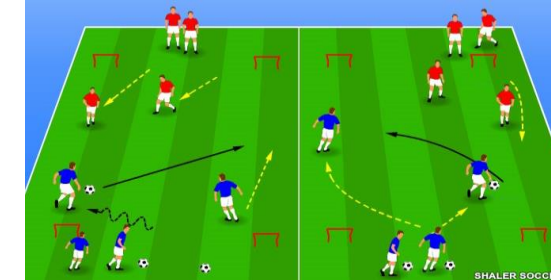
Average Time: 10 Min - 1v1



Start with players compete 1v1 to goal.

Encourage players to be creative, use their moves to change direction and beat the defender.

### Phase 2 - 2v2 to small goals



**\*\*Encourage PASSING and teamwork**

#### Coaching Focal Points:

- Encourage the fast attack
- Make moves early, quick change or direction
- Take on the defender
- Drive towards one goal then cut quickly towards the other

## Small Sided Game

### U7/U8

5v5 or 6v6 with goalkeepers

U8 Field and goals.

Leave 20 min of practice for the game

**\*\*STOP the play for teachable moments!!!**



5v5 or 6v6 game. Encourage attacking play.

Can the attacking players create chances, get open, pass, dribble and shoot?

Spread out, utilize space, pass and dribble forward when possible. Exploit opponent when unbalanced to create shooting opportunities.

#### Coaching Focal Points:

- “Can you get Open?” “Can you find Space?”
- Keep the ball in front of the player
- Keep the player between the ball and the goal
- Have child TRY overhead “throw in” but don’t focus on technique