

8U-10U Coaches Package

FDSA 8U-10U Coaches Plan

Thank you for volunteering to be a coach with the FDSA. Outlined below are a few tips and logistics that help you with your season.

The following “plan” is just that; it is a plan to help you enjoy the soccer season. The early years of soccer should be based around two concepts: FUN and the BASICS.

The FUN part is very easy for the coach. Have a smile and the kids will also have a smile! If you show up to the park with an open, happy mind you will soon find that the players on your team will make you laugh every week. It is an enjoyable experience that will help you grow as a person.

The BASICS part of the season some will find a bit more challenging. This is where the “plan” is designed to help. The plan is here to help you as coaches feel comfortable and confident that you are providing a fun and enjoyable learning environment for the players at this level.

FDSA 8U-10U

Coaches Plan

General:

- Coordinate activities with the rest of your coaching team.
- Confirm vacation schedules and nights you will not be able to attend. If there are nights that no coach can attend, see if any parents are available to run the session. You can also contact the FDSA office and they can try to find a replacement, or you can merge with the team beside you for the evening.
- Ensure that players bring water and a snack with them.
- At your first team meeting/practice this is a good time to let the parents know a little about yourself and what they can do to help. Parents will usually help out if asked....they just need a little “push.” Let the parents know that their assistance would be greatly appreciated and that you will need their help.

Rule #1: be nice and have fun.

Rule #2: if things aren't working give it a minute then move on.

Rule #3: when more than one kid losses focus, change activity

All drills are provided...if you need more ideas please let us know, we are there to help!!!

FDSA 8U-10U Coaches Plan

What Should Players This Age Be Learning?

As a coach at this age group you can be of great help by simply helping the players to develop their individual skill.

- Dribbling
- Receiving the ball
- Passing
- Shooting

There is only minimal need to introduce team play, and often it can be introduced in fun ways like handball and other fun and active games. Do your best to ensure that as often as possible each player has a ball, and they are learning and building the basic individual ball skills. With the foundation of individual ball skills built young players will be more likely to enjoy their involvement in sport and continue participation for the future.

Session #1

8U-10U

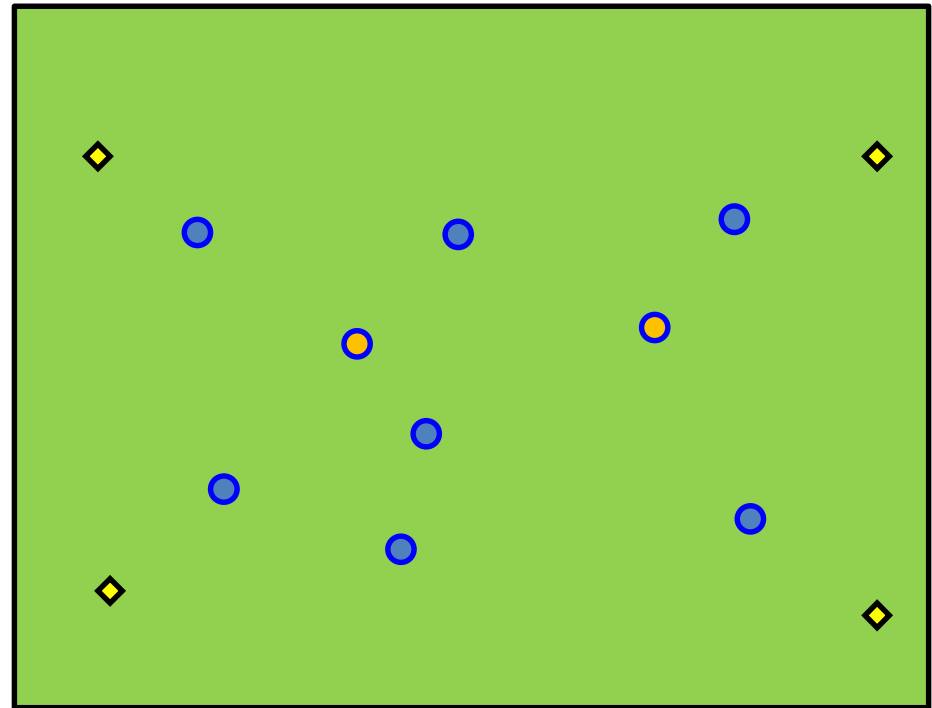
TAG!

Kids love tag games, and they are a great game to make practice fun and exciting. Ask your young player if they have a favorite tag game from school, or the park, and use that. Some suggestions might be.

Activity Description –

- **Freez Tag** – Players playing tag when the “it” player tags a player they are “frozen” in one spot until another player un-freezes them. Players can un-freeze a player by:
 - Running under their arms
 - Crawling under their legs
 - Or other ways (high five etc.)
- **Blob Tag** – Players playing tag when the “it” player tags a player they hold hands or link arms to begin a blob, the 2 players now try to tag other players and add to their blob.
 - Blobs can get as big as coaches want, but at young ages 3 or 4 players is big enough.
- **Tag** – 2 or 3 players are it and they can hold onto a bib when they tag a player they give that player a bib and the tag player becomes it.
- **Other Tag Games** – Anything fun for a tag game you can think of, team tag, capture the flag (use a ball to dribble maybe), tag with a soccer ball.

- Equipment and set up:
- Cones: 4+
- Bibs: 2-4 depending on number of “it” players
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.
- **Bring a big smile and lots of enthusiasm!**



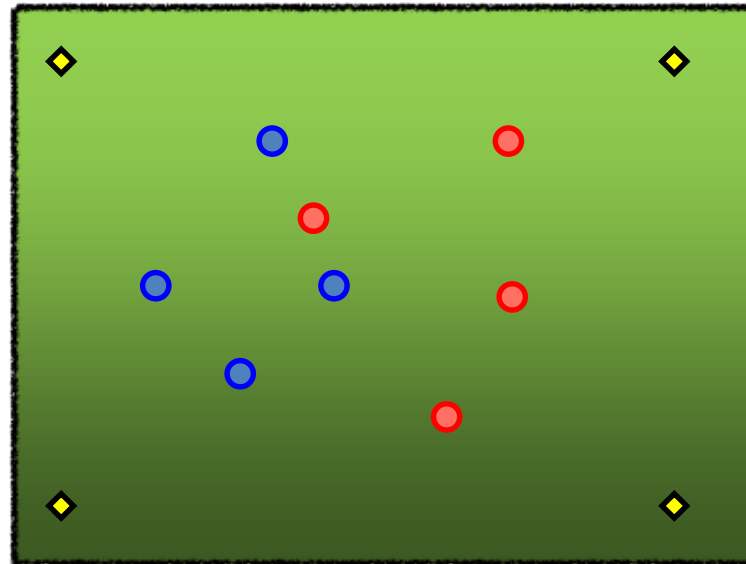
1, 2, 3

- All players have a ball and are dribbling within the grid
 - Coach issues commands that the players must execute while dribbling.
1. Light Jog
 2. Light Run
 3. Full Sprint
 4. Execute a Move
 5. Turn and go in the other direction
 6. Stop
 7. Create your own, choose the activities you think might be fun
 1. Hold the ball between your feet and hop
 2. Do a summersault
- Coaches will give players idea on what to do for a move but allow kids to be creative and execute move on own.

Coaching Points

- **Keep Head up while dribbling**
- **Keep the ball under control**
- **Accelerate after attempting move**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



Raccoon Tails

Red Team: Start with a pinny, tucked into their shorts, like a tail. Try to avoid the blue players who will try to grab the tail. If they lose tail, they become a blue player.

Blue Team: Attempts to steal the tail from a red player. If successful they tuck tail in and become a red player.

Competition -- Coach will yell "stop" or blow whistle and check to see who has a tail before starting again.

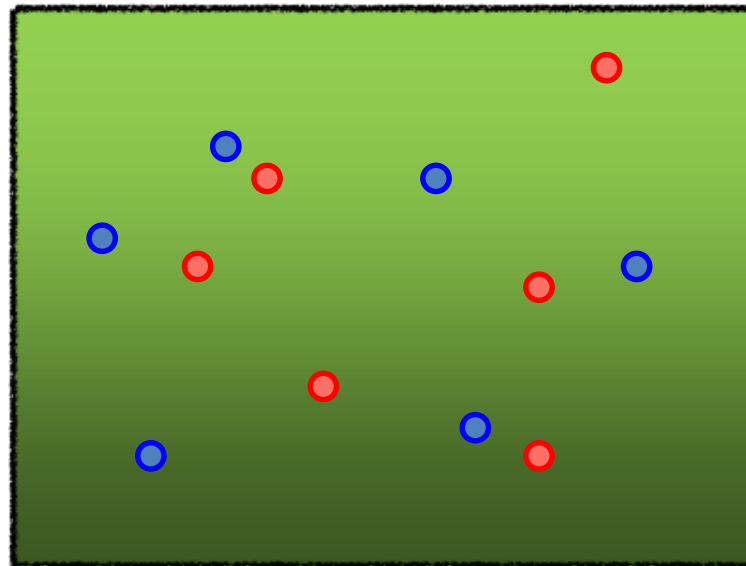
Variation

- All players have tails, players attempt to collect as many tails as possible
- 1 player starts as "it" as they steal tails they are joined by new "it" players.
- **Play this game with and without a soccer ball.**

Coaching Points

- **Stay low and balanced in order to react to opponents movement.**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



Numbers Game

- Coach starts with the balls.
- Players are numbered 1 - 4
- Players start on belly, when coach calls number and plays ball in. Players get up and attempt to win the ball and score on net.

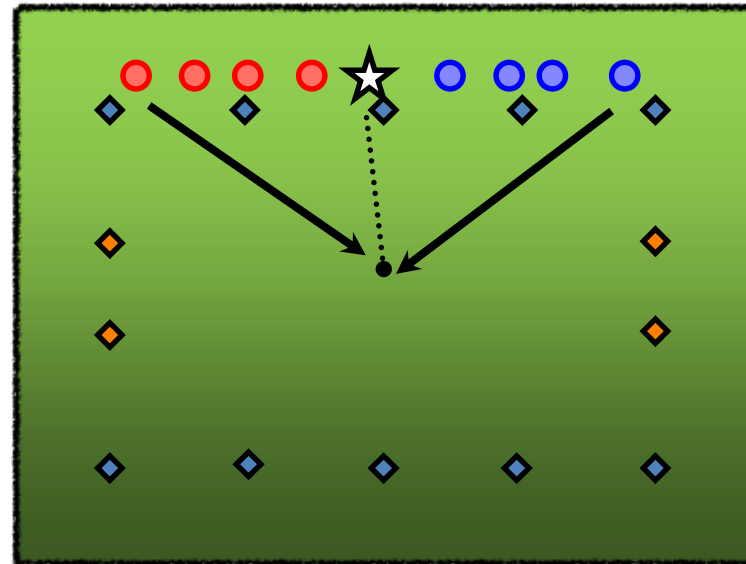
Progression

Call multiple numbers

Coaching Points

- **Encourage Attackers to take on opponents**
- **Defenders should run back and recover even when beaten.**
- **Defender should stay on feet, in good defensive position.**

- Equipment and Setup
- Mark out a 20 by 25 m grid
- Divide players into 2 teams, and assign each player a number
- Each team attacks a goal.



Session #2

8U-10U

Anatomy Dribbling

All the players have a ball, dribbling within the grid.

- The coach will call out a specific body part and the player will have to stop the ball with that body part.
- Body parts to use: Heel, sole, laces, toe, thighs, rear, stomach, elbow, shoulders, forehead.

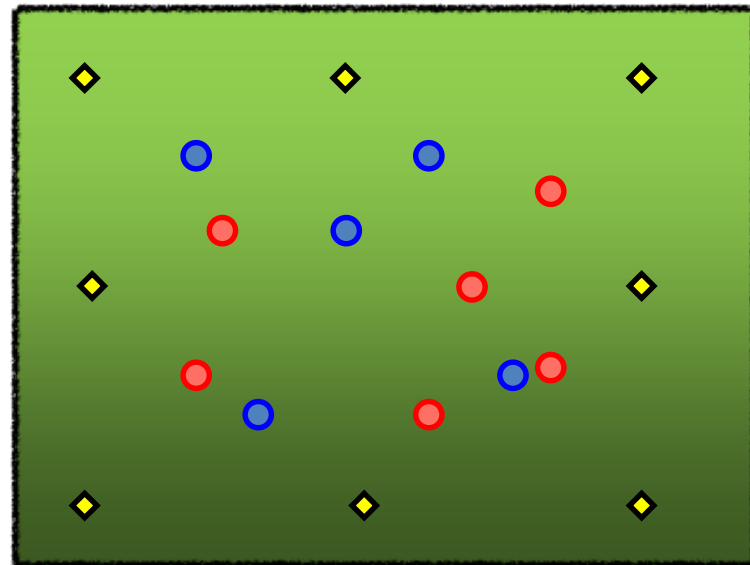
Progression

- Use more than one body part.

Coaching Points

- **Keep close control of ball**
- **Eyes up seeing ball and space**
- **Avoid running into others**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



North, South, East, West

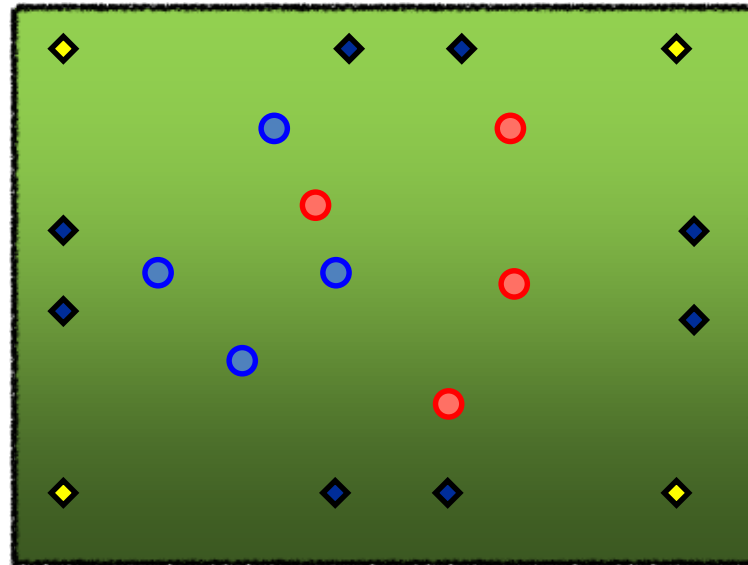
Use only North and South to begin with.

- When coach yells “North”, the kids must dribble through the North goal and then make their way around the outside of the grid and come back through the South goal.
- Vice-versa if coach calls “South”
- Once comfortable with North and South, coach can introduce East and West.
- Once players used to game coach can try to fool the players by pointing at a gate but yelling the opposite.

Coaching Points

- **Keep Head up while dribbling**
- **Keep the ball under control and close to their feet.**
- **Encourage a quick reaction to the commands**

- Equipment and set up:
- Cones: 12+
- Players: 5-20
- Set Up: Mark out a 12x12 to 15x15 field with enough cones to make the area clear to the players. Add 1 small 4 m gate on each side of the grid (shown in blue)



Turn and Burn

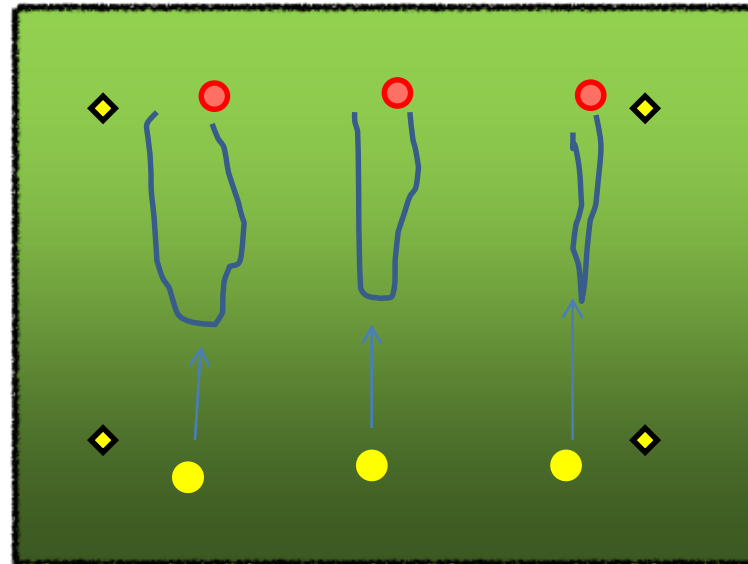
Red players start on one side of the square with a soccer ball, yellow start on the opposite side of the square facing the red players.

On coaches command red players start to dribble toward yellow players who stay on the end of the square. When coach shouts “turn and burn” the yellow players run and try to tag the red players. The red players need to turn as quickly as possible and try to get back to where they started.

Encourage players to try different methods of turning:

- Inside/outside of foot
- Pull back (foot on top of ball)
- Stop ball and bring it back.

- Equipment and set up:
- Cones: 4+, 4 traffic cones (for gates in black)
- Players: 5-20
- Set Up: Mark out a 15x15 field with enough cones to make the area clear to the players.



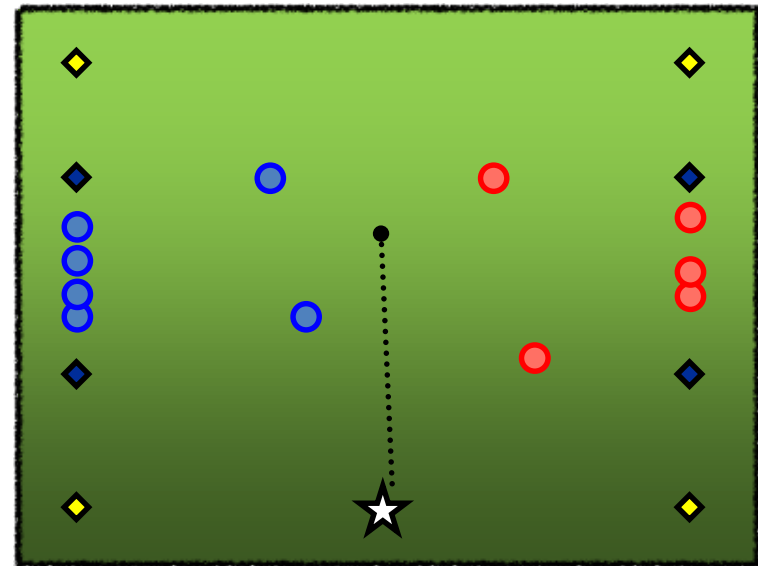
Noah's Lark

- Equipment and Set Up
- A field that is 20 by 25 m with a net at either end.
- Divide players into 2 teams

- 6v6, with partners assigned on each team: each partner given a number from 1 to 3.
- Coach shouts number 1-3 and rolls ball into play
- The two pairs with that number come out of the goal to compete against each other.
- Remaining players must stay on goal line and defend goal without using hands. Goals can only be scored below knee height.
- When ball goes out of play coach can serve another ball in to another pair
- Ball can be played back to "goalkeepers", no more than two touches
- Do not let goalkeepers move off the goal line, penalty shot if they do.

Coaching Points

- **When Defending one player needs to challenge for the ball, other provide cover by marking the dangerous space.**
- **Encourage dribbling, passing and shooting for attackers**



Session #3

8U-10U

Kings Court Passing

- 2 players attempt to knock over the cone in the center.

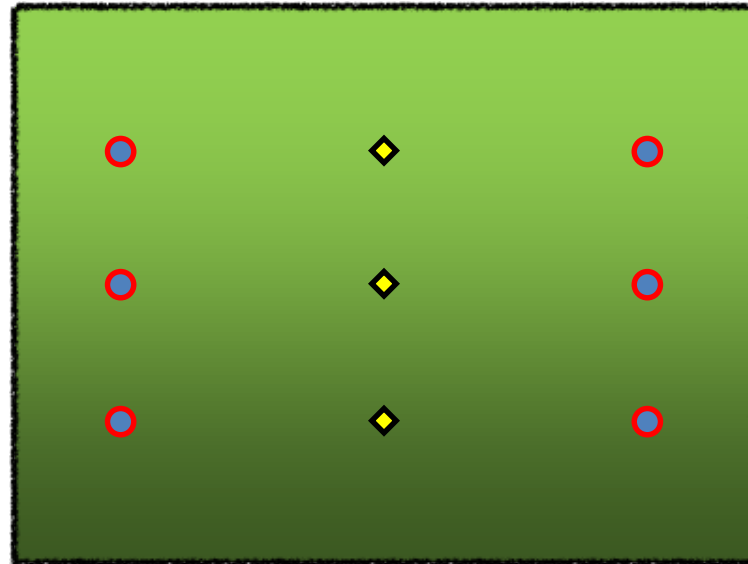
Progression

- Left foot only, right foot only.
- This drill can also be done with gates rather than one cone.

Coaching Points

- **Encourage approaching ball at 45-degree angle to open hips**
- **Toes up, ankle locked.**
- **Use in the inside of foot as striking surface.**

- Set up a series of cones 10-16 m apart
- Have players stand opposite the cones facing each other.
- Using 1 ball players take turns trying to knock over the cone in the middle.



Handball

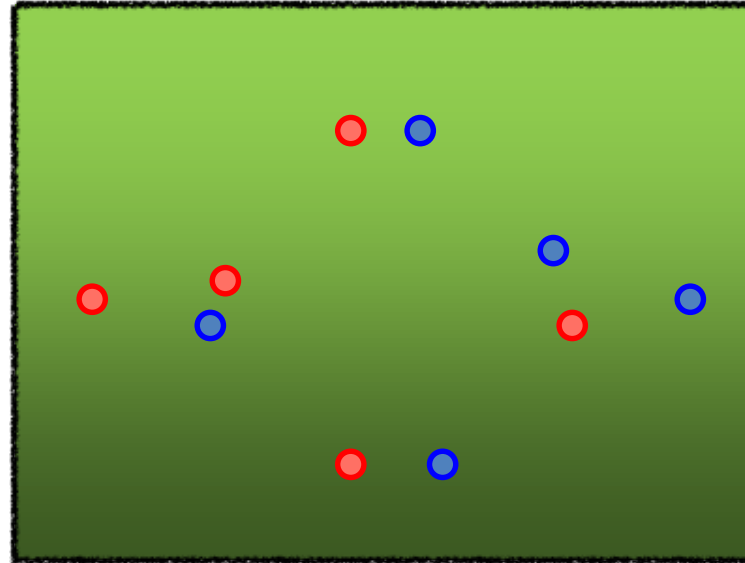
Players play handball by throwing and catching the ball to move it around the grid. Players have a limited amount of steps with the ball in their hands, and have to throw and catch.

- Make 10 consecutive passes in order to score a point.
- If you drop the ball the other team gets possession.

Coaching Points

- **Proper hand position – make a “W” behind the ball when catching it**
- **Body behind the ball to best catch it**
- **Move ball quickly, and move after you pass**

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



5v2

- Split players into 2 teams of 5.
- 5v2 in the grid. 5 attempt to keep possession away from 2. Start with handball rules, throwing and catching the ball.
- A “mistake” occurs when 5 lose ball and the ball is kicked out of play by the 2.
- Defenders can switch when 5 make a mistake or they can change on fly if tired.
- Switch roles after 4 mistakes have been made.

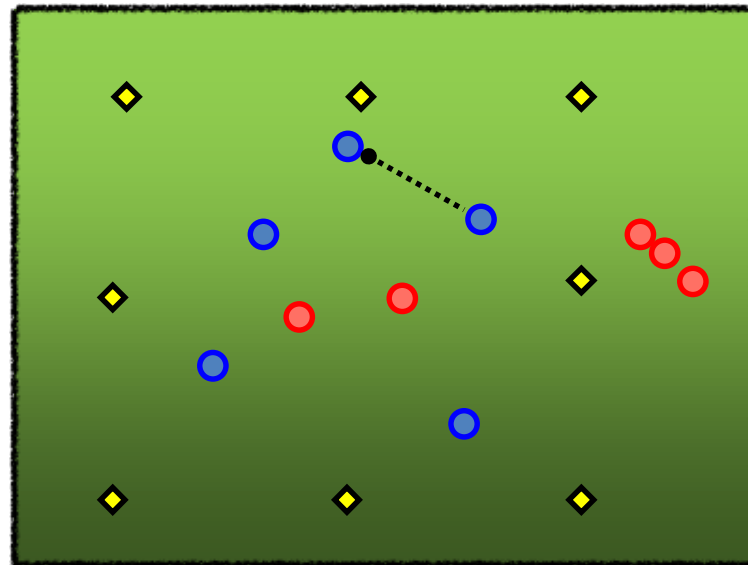
Progression

- *Change Available Space*
- *Have players pass ball using feet*

Coaching Points

- **Get players to work “Off the ball” at creating passing angles for player with ball.**
- **Encourage use of the space.**
- **Encourage good passing technique, pace of pass and good first touch.**
- **Player “On the ball” should be able to hold up ball if players “Off the ball” not available.**

- Equipment and set up:
- Cones: 4+
- Players: 8-10
- Set Up: Mark out a 20x20 grid



Hit the Cone

4 Cones along end line players try to knock over for a point.

Progression

-Add 3 touch rule to encourage lots of passing.

-Add Goals and GK

Coaching Points

-Encourage 1v1 Opportunities.

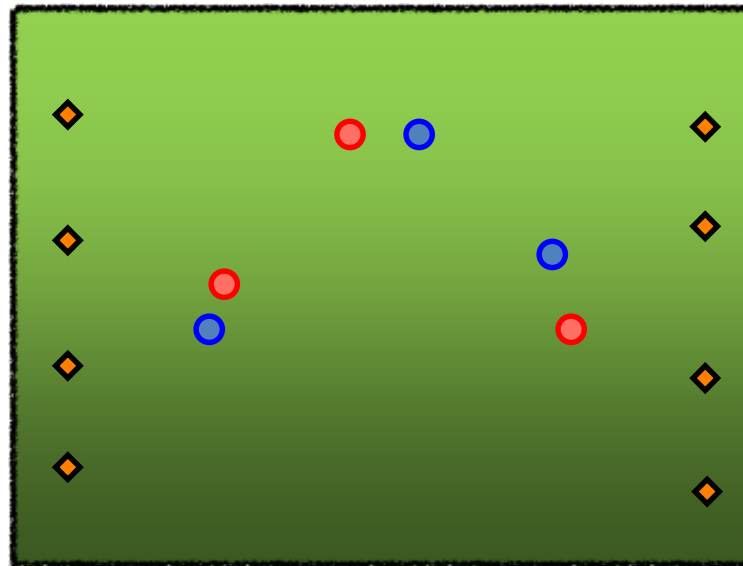
-Encourage change of pace on and off the ball.

-Communication

-Positive attacking play

-Encourage dribbling into space

- Equipment and Set Up
- Line 4 cones up along each end line with a ball on top of each cone. Players attack 4 cones and try to gain a point by passing a ball to knock a ball off the cone.



Session #4

8U-10U

4 Grids

Players dribble within their grid, moving and turning on the ball.

- On coaches command the players move to the next grid in the clockwise direction.

Progression

- Becomes a race, players must hustle to next grid, first team to have all players in the grid get a point.

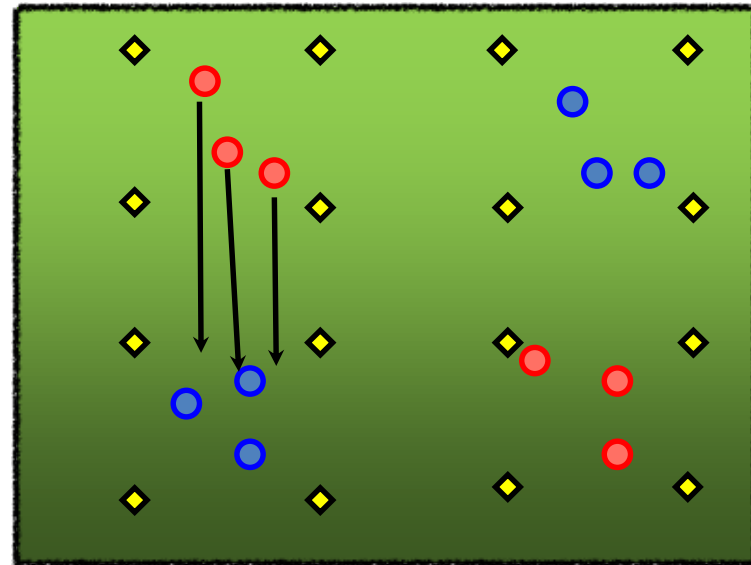
Coaching Points

- **Keep ball under control.**
- **Change of pace**
- **Keep the ball close and in your feet within the grid**
- **Big touches when moving between grids**

Advanced – Have 1 player from each grid in the middle, and on the coaches command players have to dribble to any other grid (place a limit on the number allowed in each grid (ie 8 players and 4 grids would be 2 per grid))

- Players in the middle steal ball and dribble it into grid to be safe
- When player has their ball knocked out they become it also.

- Equipment and set up:
- Cones: 4+
- Players: 5-20
- Set Up: Mark out 4 – 6x6 grids with enough cones to make the area clear to the players



Two Goal Game

- Coach plays ball into red.
- Red attacks one of the two nets and tries to dribble through
- Blue tries to defend both nets and if they win possession must get the ball to the coach.
- Teams return to their teams lines

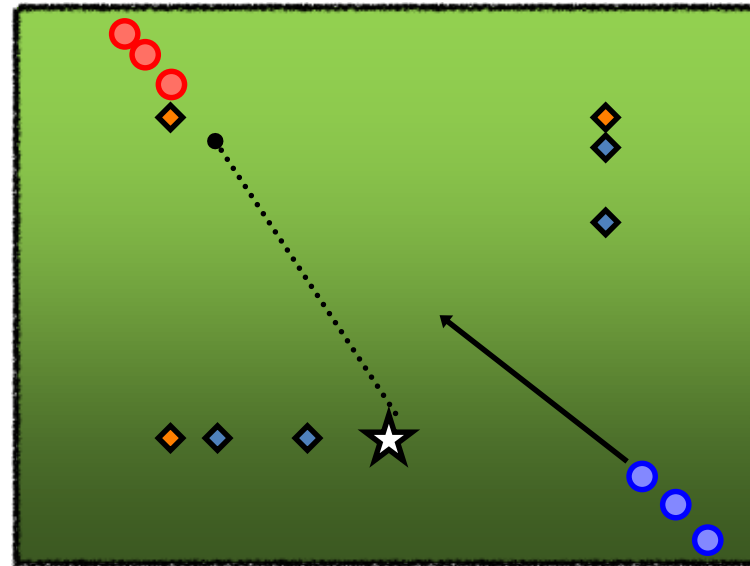
Progression

- Keep track of points that each team gets

Coaching Points

- **Good first touch and attack a net**
- **Change of pace to beat defender**
- **If defender blocks one net, change direction (and pace) and attack the other net.**
- **Keep ball close and under control**

- Equipment and Set Up:
- Players: 8-10
- Set up a square with 2 small nets (in yellow) facing the cone of the attacking team.



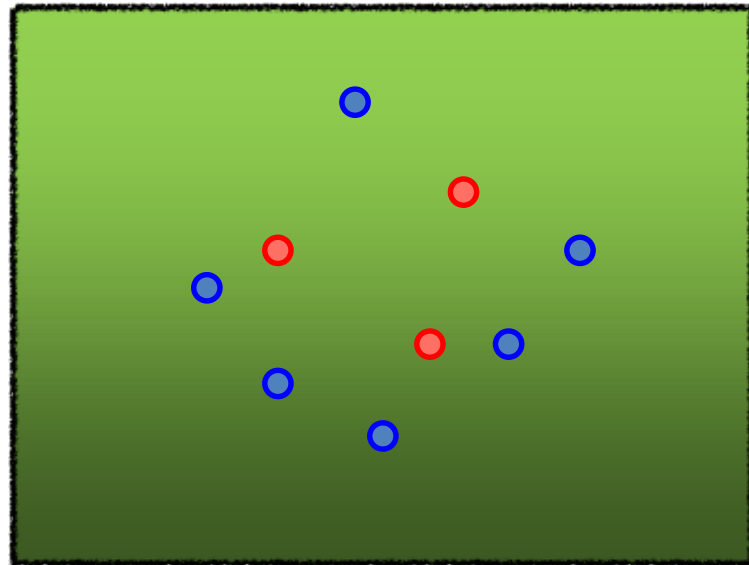
Who's Ball IS It?

This is a simple game for the players and for coaches the biggest requirement is encouragement and enthusiasm to make it work.

Have a little more than $\frac{1}{2}$ of your players start with a ball (if 8 players have 5 with a ball 3 without). For the players with the ball they try and keep the ball while the players without the ball try to get a ball from one of the other players. Once a player steals your ball you need to go find someone else and take their ball.

Encourage the players, and praise good dribbling, or good defending. Remind players with out a ball to find a player they can get one from.

- Equipment and set up:
- Cones: 4+
- Players: 8-10
- Set Up: Mark out a 15x15 grid



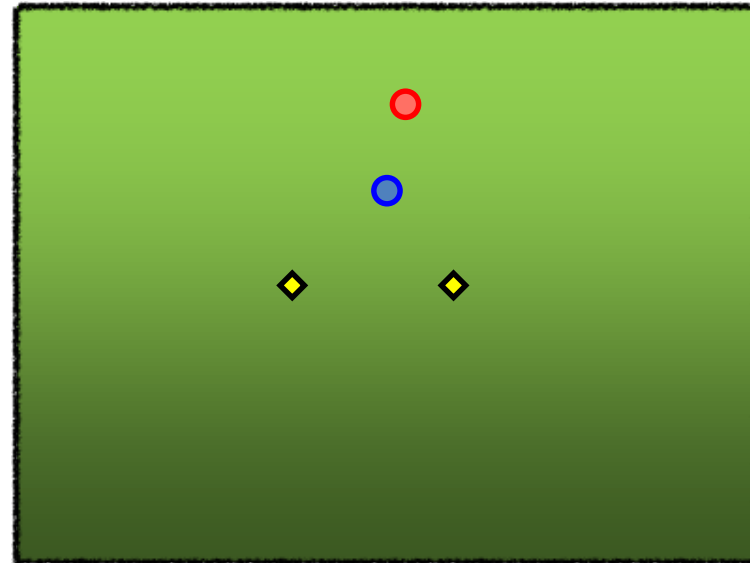
1v1 Battle

- Players play 1v1, trying to score through a “two-sided” goal. No out-of-bounds. The player in possession of the ball is the attack, the other player is defender.
- Games last one minute.

Coaching Points

- **Attackers - Try to face the defender, when possible change speed, change direction, shield the ball.**
- **Defenders - Steer attacker away from goal, tackle when ball is exposed, get goal side when possession is lost.**

- Equipment and Set Up:
- Player divided into pairs with a small 3m net for each pair.



FDSA 8U-10U Coaches Plan

As coaches these are simply a base of quality activities that are easily set up and run with any team, but coaches with almost any experience level. The key is that these are simple and fun for the players. As the coach if you are excited about the running of these activities you will find that will rub off on your players.

As a coach remember to check back regularly as we will continually update these documents with extra's, suggestions from other coaches and other handy tips to help make your season as successful as possible.

Extra Activity Ideas

This section is filled with extra activities that you can include in your training sessions at any time.

Nuts and Squirrels

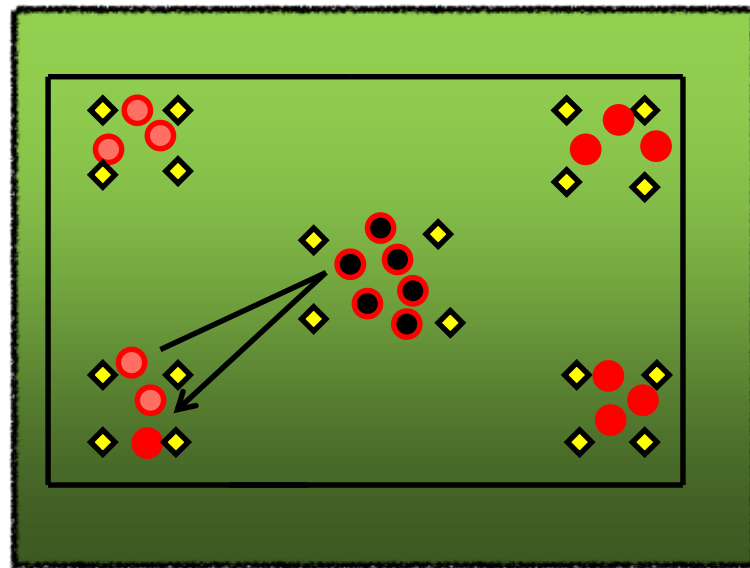
This is a fun and energy filled game for the players they get lots of practice dribbling and running.

Set Up: The nuts (balls) all start in the middle of the square. The Squirrels all start in their nests.

On the coaches command squirrels are allowed to leave their nest 1 at a time to go get a nut. They have to bring the nut all the way back to the nest before the next squirrel can go. Once all the nuts are gone from the middle the squirrels can steal nuts from other nests until the coach says stop.

Encourage playres to dribble quickly but under control and to stop the ball in the nest each time.

- Equipment and set up:
- Cones: Lots
- Players: 5-20
- Set Up: Mark out a 12x12 field with enough cones to make the area clear to the players.



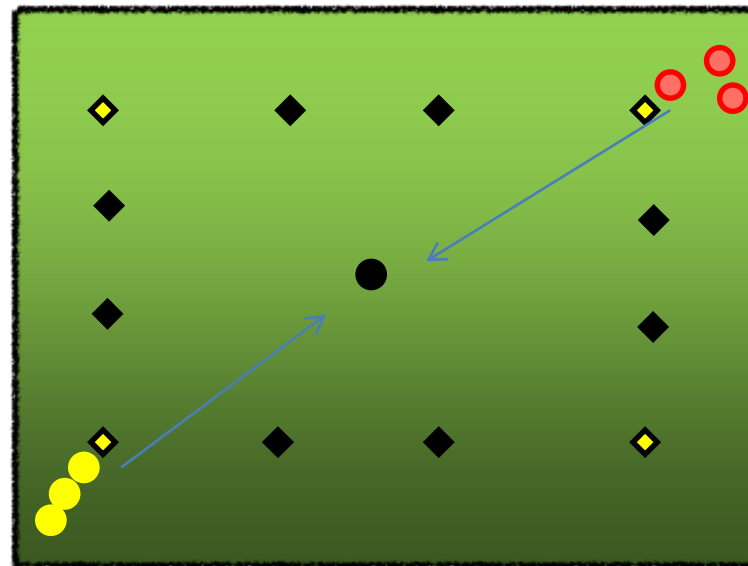
4 Goal Game

This is a great game to encourage players to be creative and have confidence with the ball. Players get to celebrate the success of scoring.

Have players line up in opposite corners. On coaches "go" command the players enter the grid and try to win the ball. The player who wins the ball can then score on any of the 4 goals. If the defending player gets the ball they can then score on any of the 4 goals.

Once players are comfortable, coach can start to call multiple players from each corner, with 2 or even 3 coming from each corner to make it 2v2 or 3v3.

- Equipment and set up:
- Cones: 4+, 4 traffic cones (for gates in black)
- Players: 5-20
- Set Up: Mark out a 15x15 field with enough cones to make the area clear to the players. Have a 2-3m goal on each sideline 4 total goals.



Numbers Game to 1 goal

This game is a fun 1 on 1 game that allows players lots of success scoring and encourages players to be competitive with one another.

Have 2 teams of 3-6 line up on the goal line. Number the players on each team 1-3 so that each number has a corresponding player on the other side (hint: try and match up players with appropriate partners).

Coach calls a number between 1-3, and the player from each team with that number runs out around the cone at the end and then tries to get the ball in the middle, and score on the goal.

Coach can then call 2 or 3 numbers to create a 2 on 2 or 3 on 3 for the players.

- Equipment and set up:
- Cones: 4+, 4 traffic cones (for gates in black)
- Players: 5-20
- Set Up: Mark out a 15x15 field with enough cones to make the area clear to the players. Have 1 goal.

