Best Practices
Coaching Guidelines for Development League U8

Mission:
• Provide players an opportunity to play soccer
• To foster a love of the game of soccer

Style of Play:
• Have Fun! - Attacking soccer!
• Make soccer decisions only - dribble, pass, shoot

Practice Guidelines:
• Use Play - Practice - Play Model
  o Play 1 is 1v1 or 2v2 games
    ▪ Can be played in a variety of games - 2 goal, 4 goal, endlines, endzones, etc
  o Practice can be realistic to 4v4 or fun games
  o Play 2 is 4v4 or smaller
• High Energy - Have Fun!
• NO LINES - NO LAPS - NO LECTURES
• Set up all your activities before training begins
• Short quick transitions and water breaks (if needed)
• Size 3 ball
• Training topics should just focus on attacking
• Positive Reinforcement, Guided Questions, and Key Words are the preferred coaching toolkit options

Game Guidelines:
• Games should be played 4v4 or smaller
• Play in a 1-2-1 or 2-2 formation
• Work towards 75% playing time for all players
• Position Rotation (can take a game to game approach or overall season approach)
• Minimize coaching from sideline
• 1-2 halftime coaching points maximum

Goals:
• Focus on technique
• Introduce the concept of spacing - dribble to or stand in space
• Creativity
• Retention rates above 75% for next season

Coaching Points:
• Creativity is encouraged and celebrated
• Take players on, it's okay to be selfish
• Use both feet
• Dribbling Technique
• Spread out
• Support the attack
• Create Passing Options
• Passing Technique