

Best Practices

Coaching Guidelines for U7/8

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
 - Play 1 is 1v1 or 2v2 games
 - Can be played in a variety of games - 2 goal, 4 goal, endlines, endzones, etc
 - Practice can be realistic to 4v4 or fun games
 - 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

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

