

Crested Butte U8's Seasonal Plan



Created by
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CRESTED BUTTE
Parks & Recreation

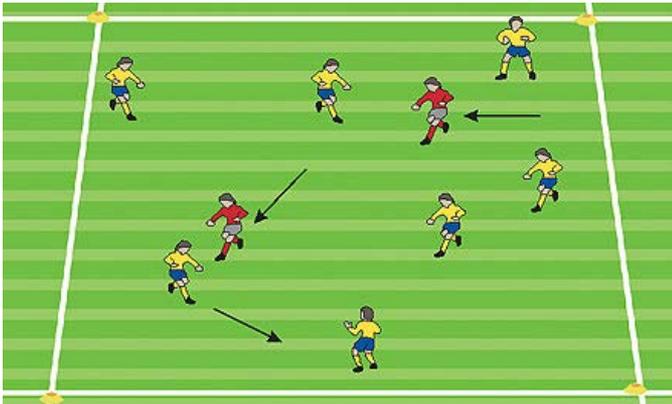
I decided to make a seasonal plan for the U8's for the 7 weeks I'm in CB. All the sessions are planned out but

obviously things are most likely to change and therefore these sessions will have to be adapted but I will let you know beforehand if there are any changes in good time. The day before I will email out the session in more depth and easier to understand, any questions email me tlewis4@uclan.ac.uk

Not expecting you to read all this! Just wanted to get it all out there so everyone was in the know.

Also for 5-10 mins at the start of the session before the warm up shown on each session. My plan is to get the kids in groups between the coaches and do a ball control session. Just toe taps and side to sides etc. Get them used to the ball before every session and improve them over the weeks with the ball! Then do the warm up shown on the session or if you feel you have a different warm up you would like to do then by all means go for it!

Week 1 and 5 Session 1– Fundamentals – Dribbling, Passing and Shooting

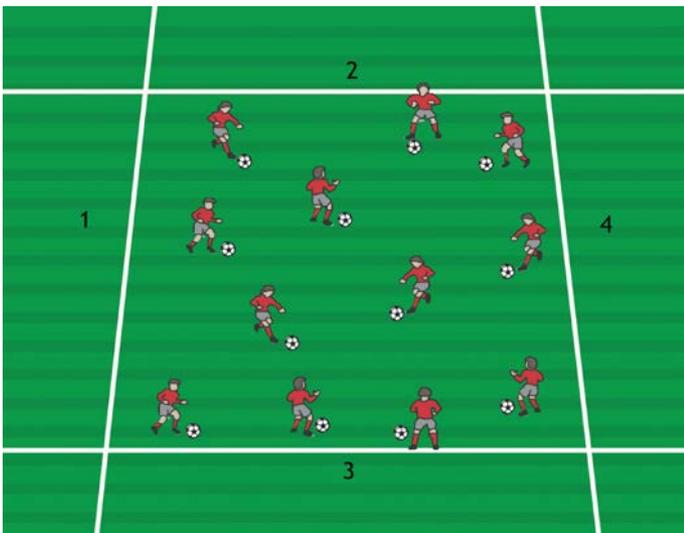


Warm up – Freeze Tag

All of the players run around the inside of a 20yd x 20yd grid, weaving in and out of each other.

Two players wearing contrasting color pinnies will chase after them and try to tag them. Once they are tagged they are “frozen” and must remain stationary until one of their teammates can run up to them and tag them to “unfreeze” them. **Coach Notes:** The players should try to use quick changes of direction and changes of pace to avoid being tagged. Once tagged, they should communicate with their team mates to come and unfreeze them. All of the players run around the inside of a 20yd x 20yd grid, weaving in and out of each other.

Two players wearing contrasting color pinnies will chase after them and try to tag them. Once they are tagged they are “frozen” and must remain stationary until one of their teammates can run up to them and tag them to “unfreeze” them.



The grid is numbered 1, 2, 3, and 4. The coach will shout out a number and all players must dribble to that number of the grid. For example if the coach shouts “1” then all players must dribble to the number “1” side. The coach will call out each number as many times as they please but players must dribble as fast as they can towards that side of the grid. All surfaces of the feet must be used as well as changing direction on the coach’s command.

Change the game by saying when you say a number they have to dribble to that part of the grid doing a certain move e.g. bottom of the foot, side to sides

Coaching Points:

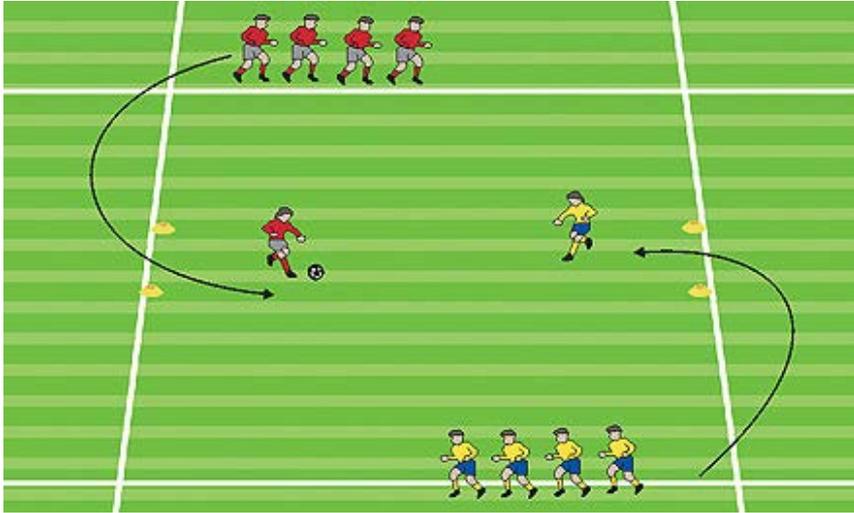
Encourage the players to dribble as fast as possible

Use as many surfaces of the foot as possible

Do not “kick” the ball; push it out in front of you

Keep your head up so you don’t run into anyone

Week 1 and 5 Session 1– Fundamentals – Dribbling, Passing and Shooting

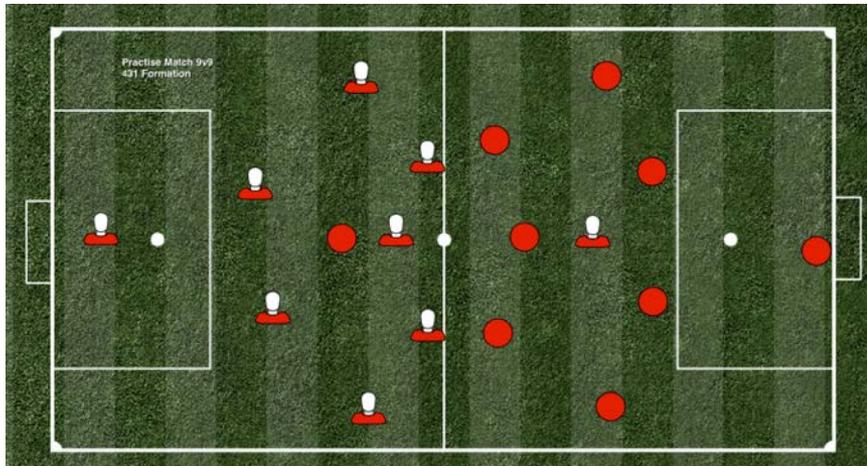


Numbers Game

Divide the players into two teams and give each player a number. Both teams should have matching numbers. If you have an odd number of players, designate one player to have two numbers. Set up 3 yard goals on either end of a 20yd x 25yd field.

The coach will throw a ball into the middle of the field and call out a number. Those corresponding players run from half way, through the back of their own goal and will attempt to score in the opposite goal.

Coach Notes: Change the players' numbers every few minutes so that the same players do not compete against each other every time. Progress to calling out more than one number and explain how passing to an open teammate can help their team win the game.

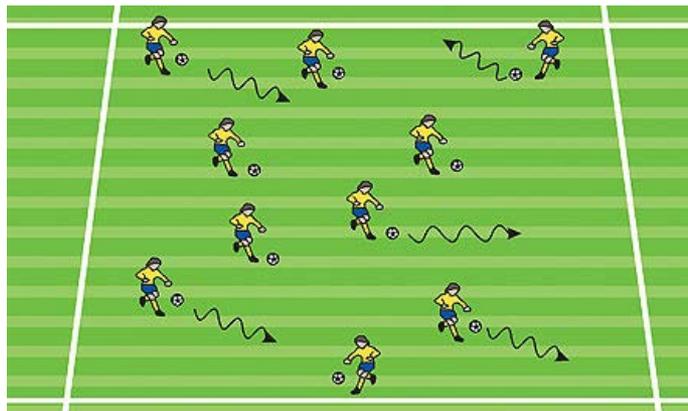


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Week 1 and 5 Session 2 – Fundamentals – Dribbling, Passing and Shooting



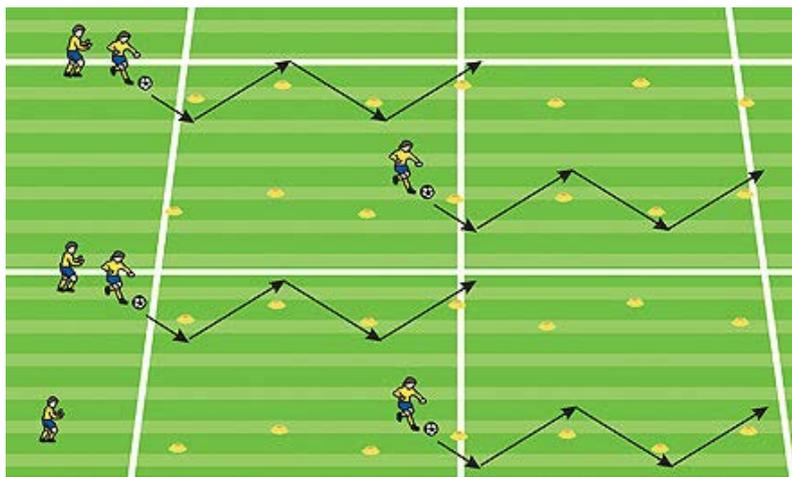
Warm up

Each player dribbles a ball around a 20 yard square large grid taking care to keep away from each other by turning, cutting, and dragging the ball. Allow the players to experiment with their own methods of maneuvering the ball.

Freeze the players every 20 seconds and point out players who are too close to each other.

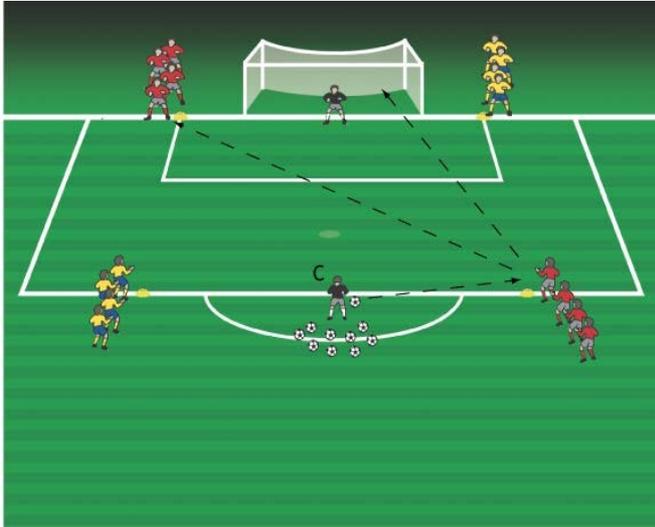
Coach Notes:

1. Vary the speed that the players dribble by calling out “slow” and “fast”.
2. On the command “turn” have the players turn quickly using the outside of the foot.
3. Repeat using the inside of the foot and then the sole of the foot.



Players are put into groups of 3 and dribble in and out of a series of cones placed two yards apart. Players return through the cones to the starting position. **Progression:** 1. Use any surface of either foot. 2. Use outside of both feet only. 3. Use inside of both feet only. 4. Use right foot only – then left foot only. **Coaching Points:** Keep the ball close and control with lots of frequent touches. Bend knees and maintain a soft touch on the ball. Pivot the foot to reach around the ball to help with sharp turns.

Week 1 and 5 Session 2 – Fundamentals – Dribbling, Passing and Shooting



2v2 Quick-fire

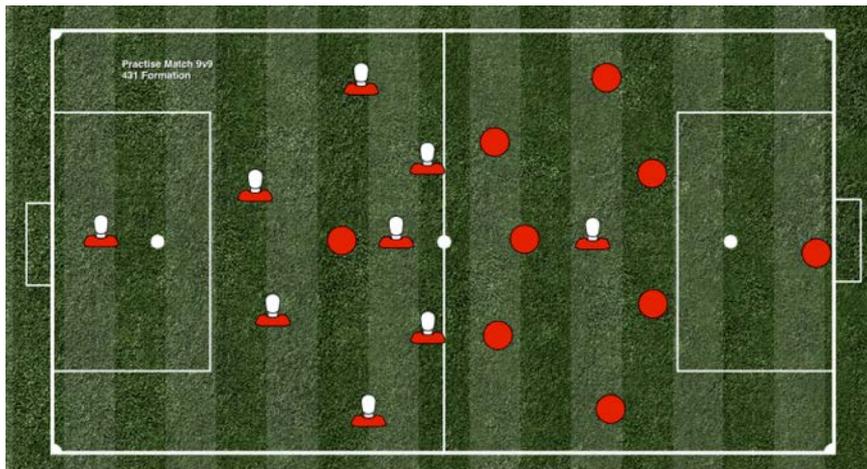
The players are split into two groups. The groups then separate themselves into even teams and stand at opposite cones. The coach is positioned at the top of the box with a bunch of balls available to him/her. The coach will play the ball to either the cone on his right or left at the top of the box. Once the player receives the ball, they can either shoot or pass the ball to their teammate on the opposite cone. The other two opposing players come out to defend and try to win the ball and score. Play for one minute and then rotate clockwise. Repeat this until they have reached their original cones. The team with the highest amount of goals wins.

Progression:

Coach can play to any cone they want to

Coaching Points

Encourage accurate shots and passes. Make sure the players are communicating with each other and also support creativity.

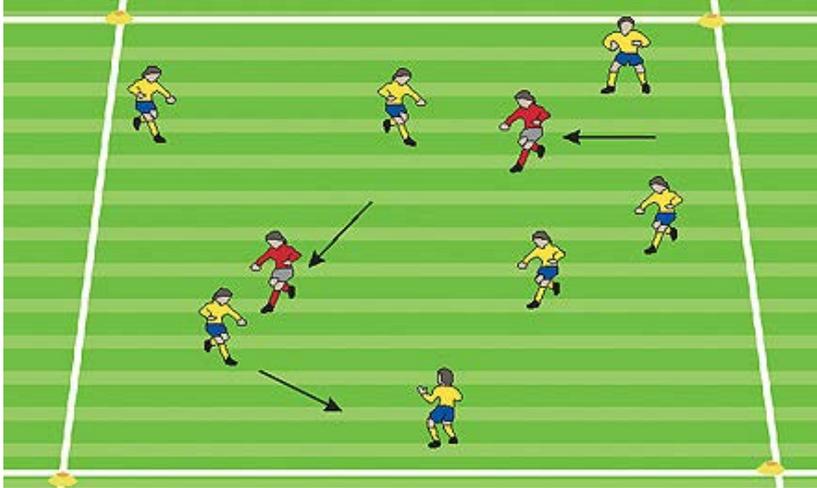


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Week 2 and 6 Session 1 - Dribbling



Warm Up

All of the players run around the inside of a 20yd x 20yd grid, weaving in and out of each other.

Two players wearing contrasting color pinnies will chase after them and try to tag them. Once they are tagged they are “frozen” and must remain stationary until one of their teammates can run up to them and tag them to “unfreeze” them. **Coach Notes:** The players should try to use quick changes of direction and changes of pace to avoid being tagged. Once tagged, they should communicate with their team mates to come and unfreeze them.



4 teams each team with a number from 1-4

The coach should yell a pair of team numbers to start these teams “switch” (switch boxes with each other). Start off with only two groups working against each other as their objective is to dribble to their opponent’s grid as fast as they can and stop their ball in the grid. The first team with the entire team is in their opponents grid with their balls completely stopped is awarded a point. Players that aren’t moving or waiting for their turn should do toe taps or sides to sides to keep warm and always be on the ball

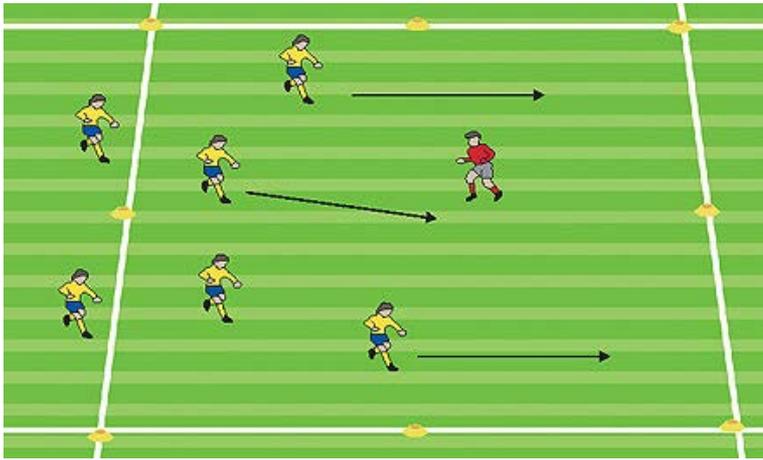
Progression

Once the teams have conquered the control factor with 2 teams switching, make all 4 teams switch at once. Switching the groups diagonally will cause all 4 teams meet in the middle. This can get pretty messy, so make sure your players are ready for this before you attempt it.

Coaching Points

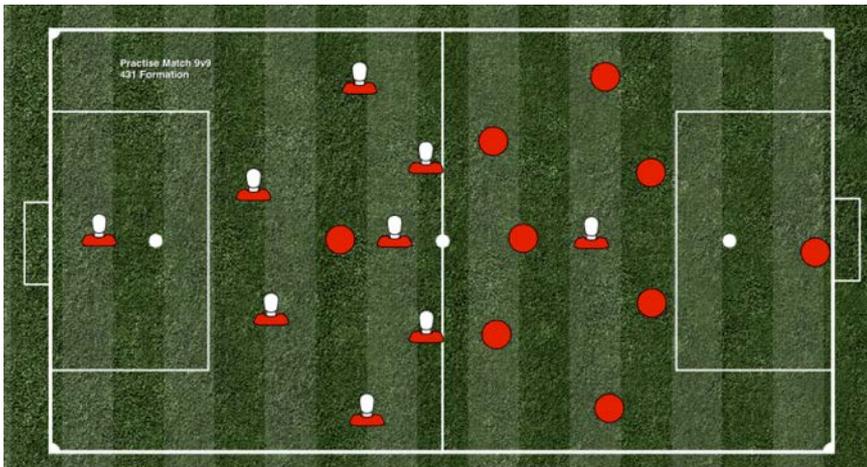
The key to this soccer drill is to keeping the ball close and head up. Once this is accomplished encourage the player to do it with greater speed.

Week 2 and 6 Session 1 - Dribbling



Bulldog

All of the players with the exception of one line up at one end of the 20yd x 25yd grid. When the coach shouts go they have to run across to the other side of the grid without being tagged by the middle player. If a player becomes tagged they join the middle player and assist in tagging the running players. This continues until you are down to the last player – he then starts the next game in the middle. **Coach Notes:** Players should practice faking out opponents by taking a step towards one side and then quickly cutting towards the other side. Players should be very aware of the position of the middle players and plan their runs in the areas furthest away from them.

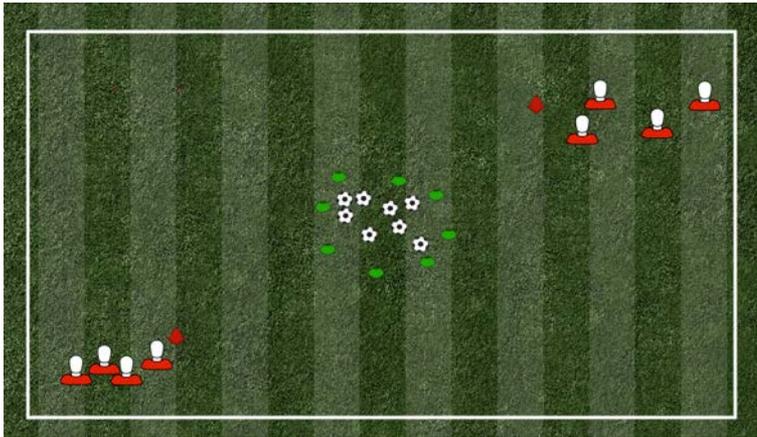


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Week 2 and 6 Session 2 – Dribbling/Running with the Ball



Warm up – Robin Hood – 30 x 30

All four corners have 4 players each and race to collect and dribble a ball each back to their corner one at a time. First team back wins

Must high five next person before they can go and finish in a straight line to win

Progressions

Can go and steal other peoples soccer balls, only 2 people at a time though can run and the other 2 can't block other people taking the balls

Coaching points

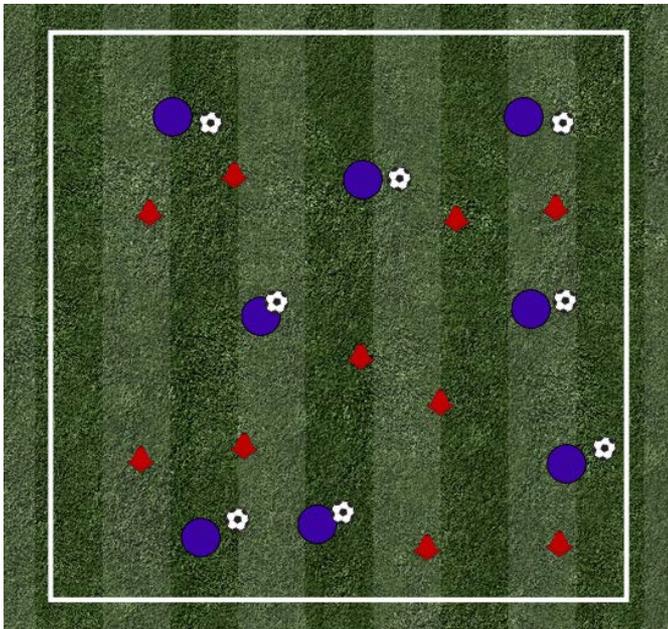
Keep ball close

Lots of touches

Keep head looking up and down like a yoyo

Good turn in the middle to change direction

Use both feet and inside and outside of foot



Every player has a ball and must dribble around the square. When the coach says go they have to try and dribble through as many gates as they can.

Challenge them to beat their previous score and beat their friends

Progressions

Make gap between cones smaller

Area smaller for tighter control

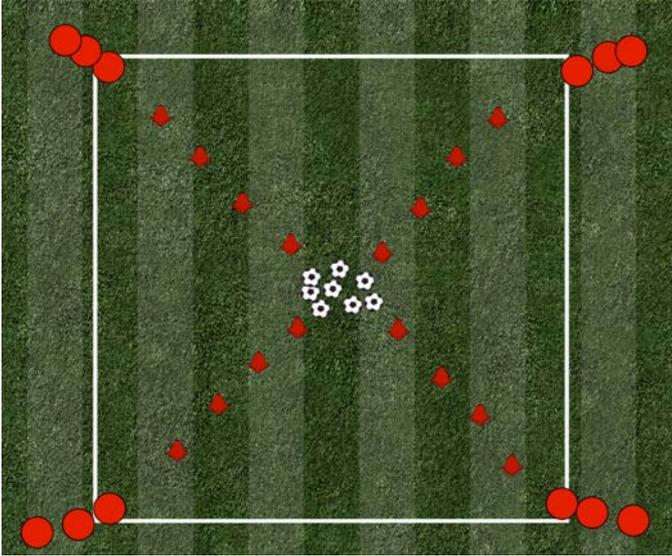
Coaching Points

Looking up and down when dribbling

Turning to find another gate

Close control of the ball

Week 2 and 6 Session 2 – Dribbling/Running with the Ball



In a 30 x 30 square have four cones on each team and have them simply have a race. Run along the cones and grab a ball then dribble back through them and high five partner. First team back wins

Have them repeat it after they have been through once, this time dribbling balls through the cones and then running back to tag partner. Repeat 2 or 4 times depending on time left in session

Progression

Bring cones closer together

Coaching points

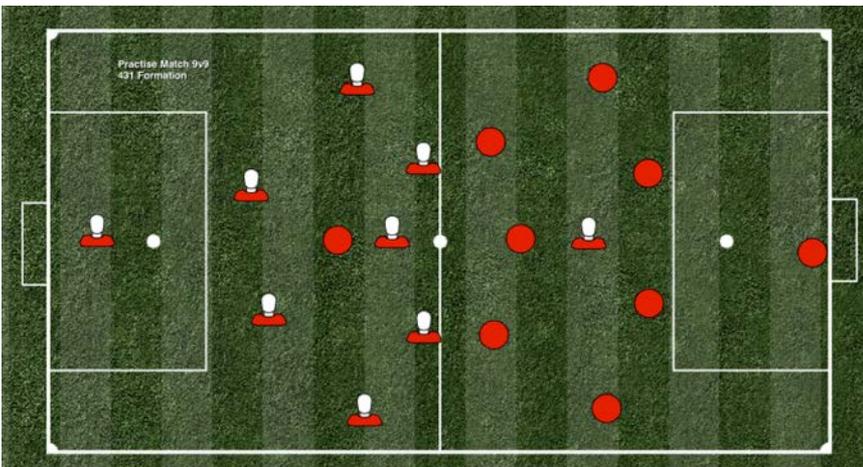
Keep ball close

Lots of touches

Keep head looking up and down like a yoyo

Good turn in the middle to change direction

Use both feet and inside and outside of foot

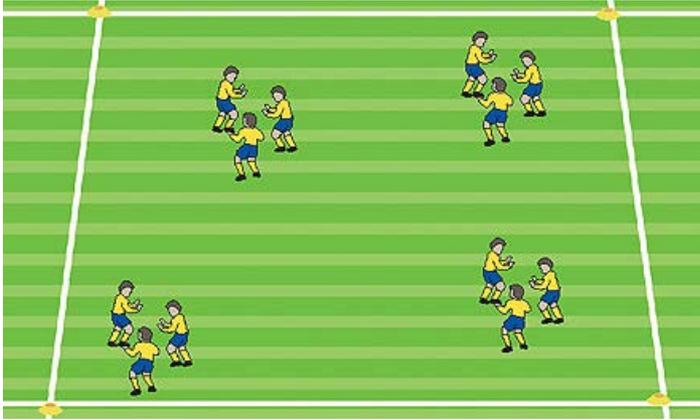


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

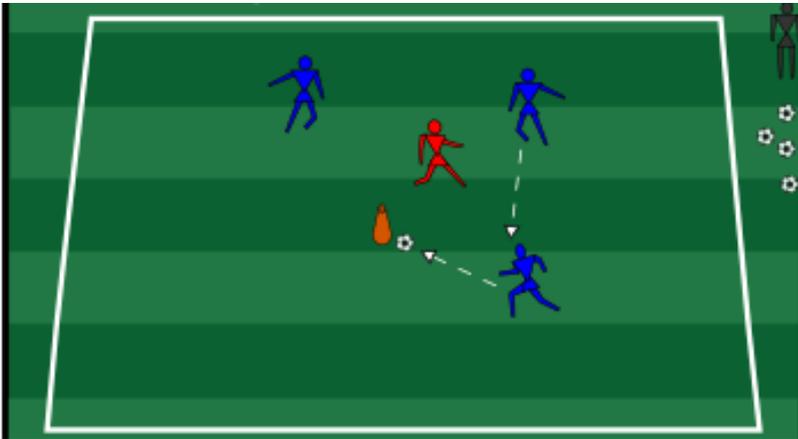
Week 3 and 7 – Session 1 Passing



Warm Up - Numbers Game

All of the players run around the inside of a 20yd x 20yd grid, weaving in and out of each other. The players can be encouraged to make sharp turns, skip, spin, and change pace as they run.

The coach will call out a number and the players must immediately get into groups of that number. Any player left outside of the correct numbered groups loses a life. **Coach Notes:** Players need to react quickly and communicate with each other. Players can try to get players from another group to join theirs. The coach can add math problems such as “6 divided by two”.



Guard the Castle

Players must pass and dribble the ball around a square and a defender. Their aim is to pass the ball to hit the cone that has a ball on top of it and is designated a ‘castle’, while the defender must try intercept or block/tackle players to get the ball off them.

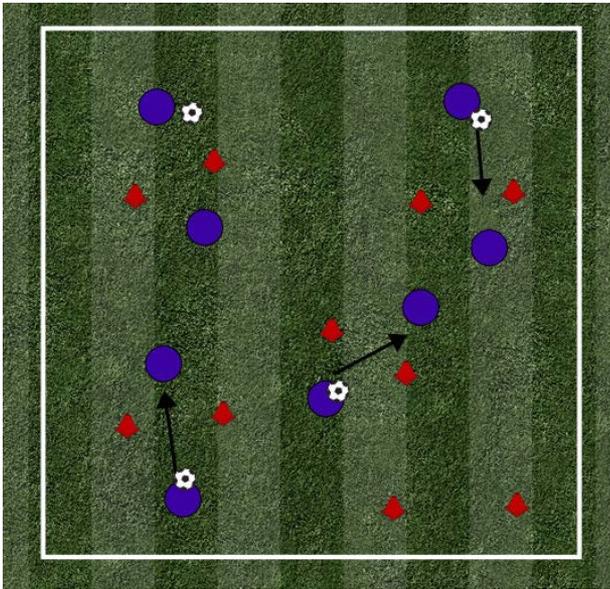
Progression

If too easy then make square smaller/add another defender in
Too hard then make it bigger

Coaching Points

Pass and move
Talk to each other

Week 3 and 7 – Session 1 Passing



Through the Gate

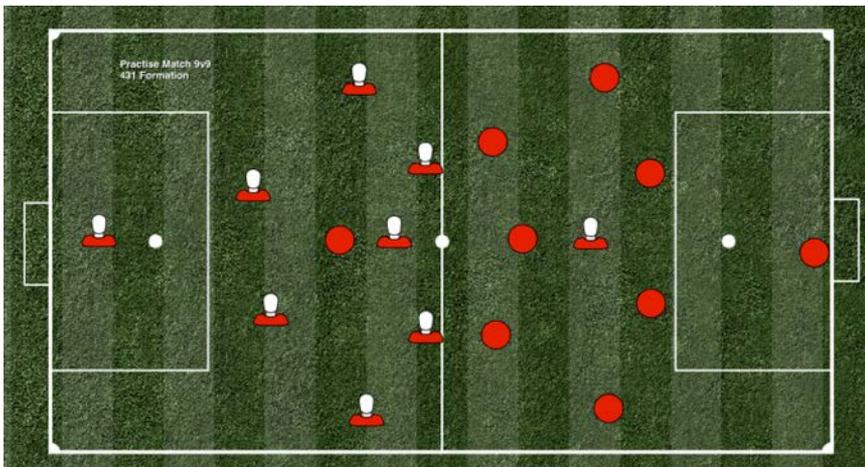
Players partner up and must dribble around the square passing to each other through the gates. Time them to see how many they can get in 30 secs. Then challenge them to beating their previous score.

Coaching Points

Side of the foot pass

Good distance from partner

Communication with each other to say what gate to go to

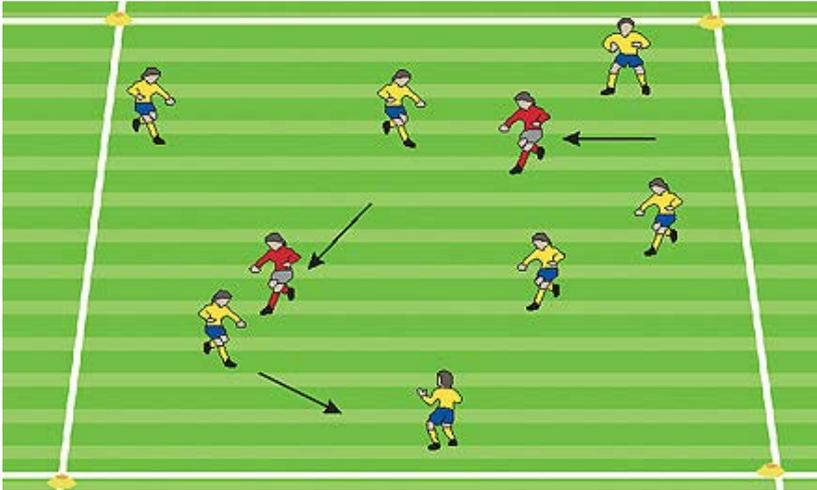


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Week 4 and 8 Session 1 - Shooting



Warm up

All players have a pinnie tucked into their shorts and 1 or 2 players must run around trying to pull the pinnies out of the players' shorts.

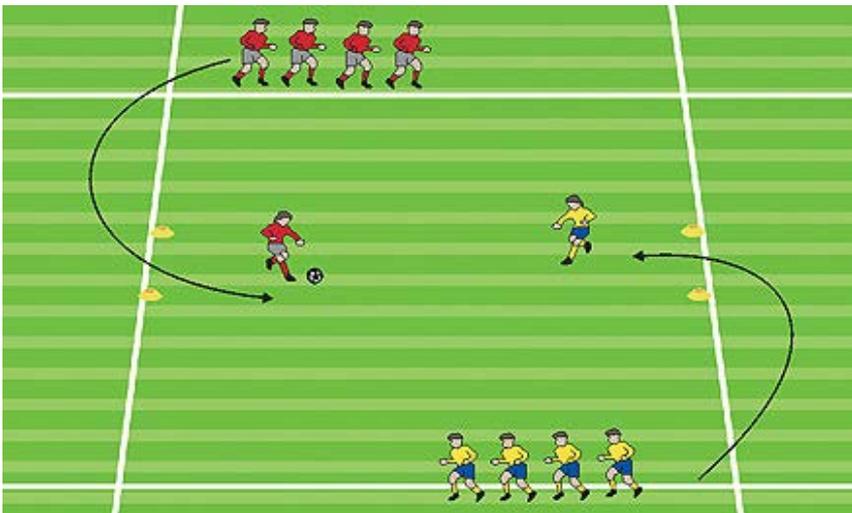
If a pinnie is pulled out they join the other team trying to get the pinnies

Coaching Points

Try to be always on the move

Find the space and always run into it

Spin to make it harder to grab pinnie



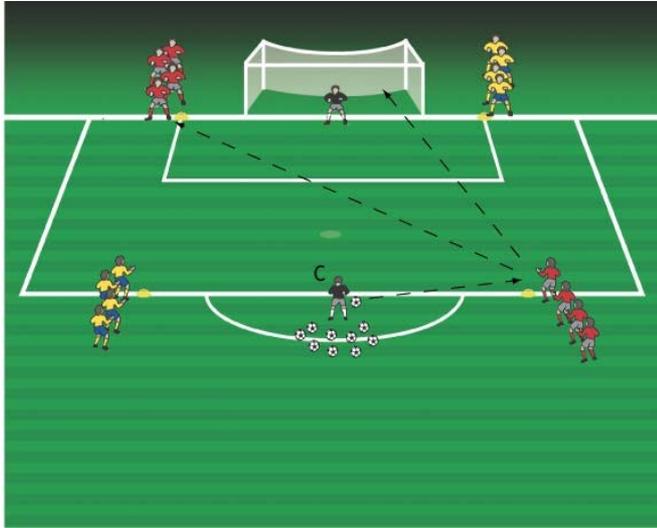
Numbers Game

Divide the players into two teams and give each player a number. Both teams should have matching numbers. If you have an odd number of players, designate one player to have two numbers. Set up 3 yard goals on either end of a 20yd x 25yd field.

The coach will throw a ball into the middle of the field and call out a number. Those corresponding players run from half way, through the back of their own goal and will attempt to score in the opposite goal.

Coach Notes: Change the players' numbers every few minutes so that the same players do not compete against each other every time. Progress to calling out more than one number and explain how passing to an open teammate can help their team win the game.

Week 4 and 8 Session 1 - Shooting



2v2 Quick-fire

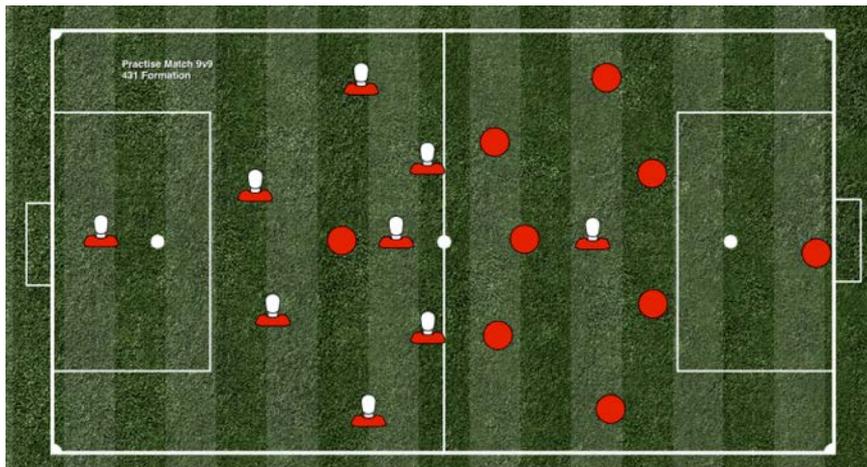
The players is split into two groups. The groups then separate themselves into even teams and stand at opposite cones. The coach is positioned at the top of the box with a bunch a balls available to him/her. The coach will play the ball to either the cone on his right or left at the top of the box. Once the player receives the ball, they can either shoot or pass the ball to their teammate on the opposite cone. The other two opposing players come out to defend and try to win the ball and score. Play for one minute and then rotate clockwise. Repeat this until they have reached their original cones. The team with the highest amount of goals wins.

Progression:

Coach can play to any cone they want to

Coaching Points

Encourage accurate shots and passes. Make sure the players are communicating with each other and also support creativity.

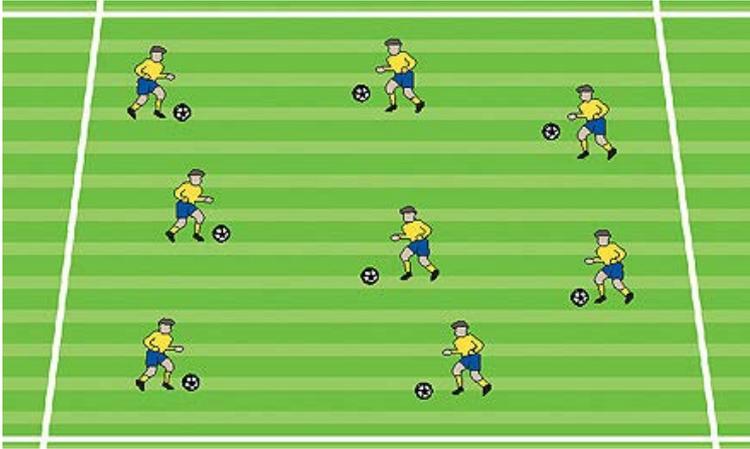


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Week 4 and 8 Session 2 - Shooting



Warm Up – Body Parts

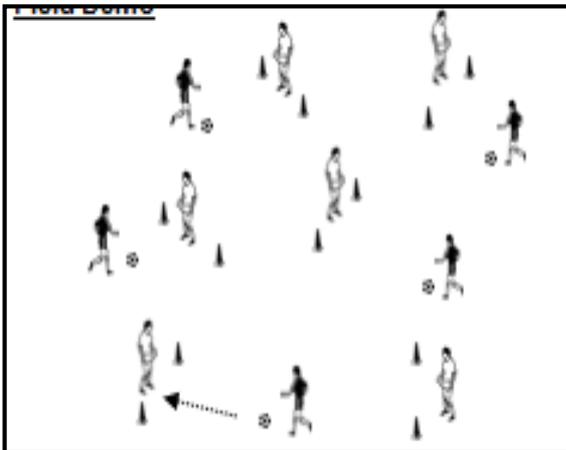
Players dribble around the square keeping the ball close to their feet. The coach shouts out different parts of the body e.g. Elbow, Head, Hand. And the players must put that body part onto the soccer ball

Progressions

Shout more than one body part at a time

Coaching points

Keep ball close to put body part on ball quick
Keep head looking up and down



Multiple Goal Game – Players are in 2 teams. 1 team each have a ball and the others are GK's in the various goals set up around the playing area. Team 1 dribble the balls around and try to score as many goals in a minute. They get a point for each goal they score. Switch teams after a minute.

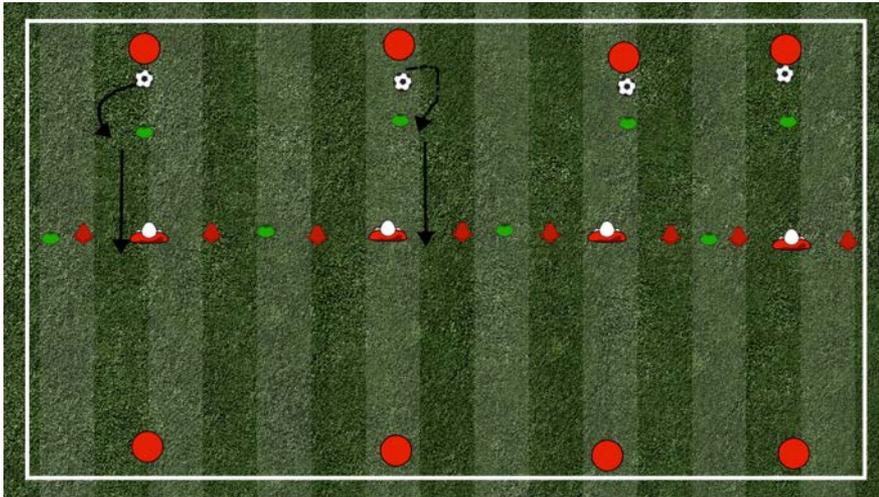
Progression

– If the players are doing well encourage them to use both feet or just use their weaker foot.

Coaching Points

Correct technique when striking the ball
Can they aim for the corner?
Planting foot next to the ball

Week 4 and 8 – Session 2 Shooting



Beat the Keeper

In 3's the person with the ball has to try and shoot to score past the goalkeeper using correct technique
They are in competition with their partner to score the most goals game last 3 mins, then swap around

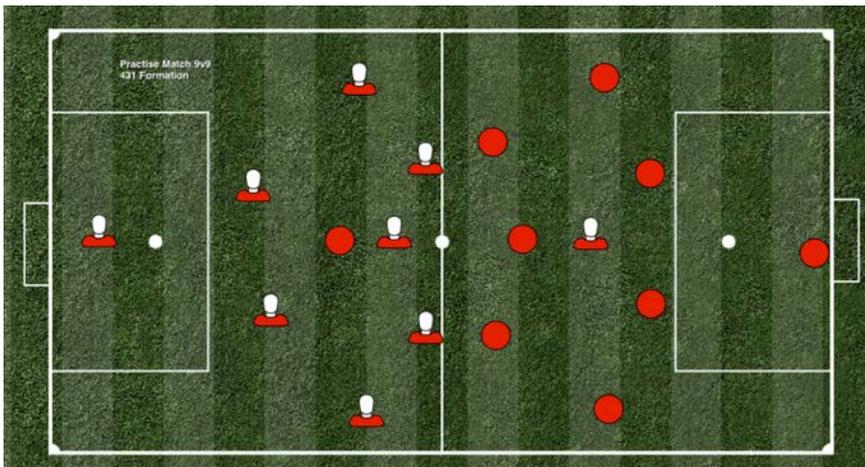
Now a cone is in front to 'beat' and try score. Once shot partners go with the same scenario from their side

Progressions

Try using weaker foot
Change cone to a defender

Coaching Points

Plant foot next to ball aiming where they want it to go
Aim for a corner
Which part of foot to shoot with? Laces or Inside
Beat the defender and shoot first time after taking big touch

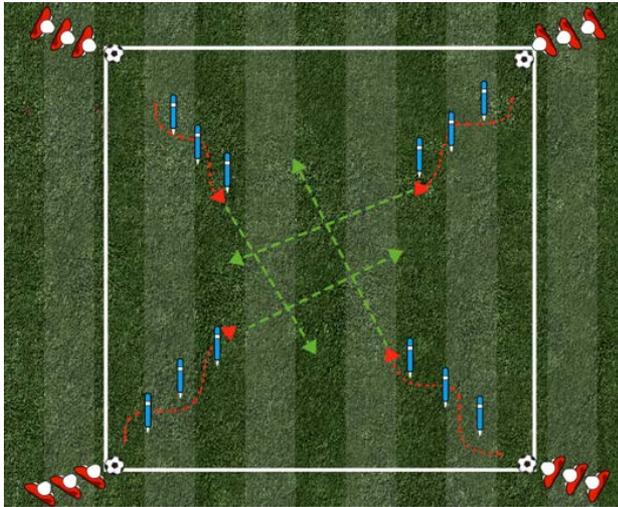


Scrimmage at the end for 10/15 mins

If odd numbers then add a floater in to play for the team who has possession

Encourage them to try everything they have been doing in the session

Extra sessions/Warm up's/Fun Games



Technique– Dribble and Pass

Start at 20 x 20 if more kids then go up by 5's e.g. 25 x 25, 30 x 30

Use cones as obstacles to dribble around 3 or 4 at most. 3 or 4 players per corner. Players dribble around the cones and through central area avoiding everybody else then plays a pass to person opposite them. They repeat

Progression

- Bring cones closer together or spread them out more to make easier

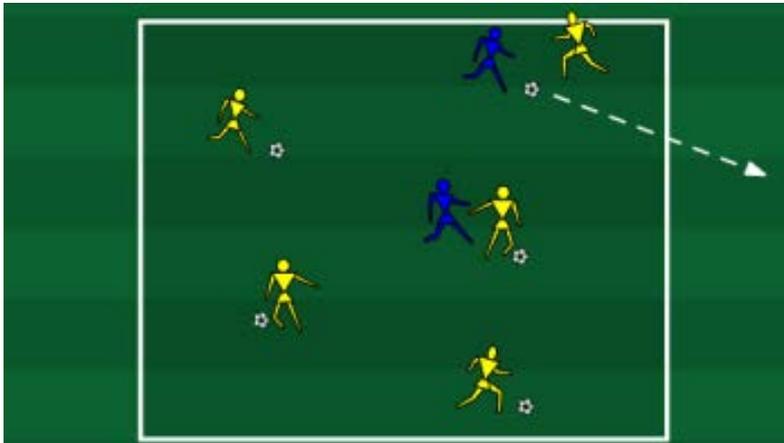
Coaching Points

Close control

Lots of touches (remind them of what we did last week)

Firm pass not a soft pass

Good first touch into space when receiving ball



Clean your Room 15x15 (depends on group size)

Every player has a ball to start with and must dribble around the area staying away from the person trying to kick their ball away.

Game is over when all the balls are out of the area.

When player is kicked out they must go get the ball and dribble back in

Progression

If players are struggling add another defender in the kick balls away

If kicked out they must do 10 x toe taps or 10 x side to sides.

Anything along them lines

Extra sessions/Warm up's/Fun Games

Bean Game – Players dribble their ball around the area when a coach shouts runner bean they dribble, Frozen bean = stop with foot on ball, Jumping bean = Ball wedged between ankles and jumping, String bean = Reach up high with one foot on ball, Hot Bean = Toe taps on the ball, Harry Potter Bean = catch the snitch (coach) and dribble ball trying to kick ball at coach while they run around.

Partner Tag – Players have a partner and try to tag their partner. If they tag their partner they get a point. Their partner then tries to tag them. Whoever has the most points after 30 seconds wins. Repeat.

Banana Tag – One player is the tagger. Players try to run away from the tagger. If the tagger tags them they become a banana. Players can be freed by their team mates peeling them.

Dribble Around the Flowers – Scatter disks around the playing area. Players dribble around the flowers. Can they perform different turns and change direction?

Space Invaders – 2 teams. 1 team are space invaders and they all have a soccer ball at their feet. The other team are spaceships who must hold hands with a partner without a soccer ball. The space invaders try to hit the spaceships by passing/striking the ball and hitting the spaceship. Once a spaceship is hit, they become space invaders.

Pirate Ship Game - The players are on a ship. Coach shouts out various instructions. Captains on deck – players freeze with their foot on the ball, Get back to work – players dribble around the ship, Scrub the deck – players roll the ball forwards and backwards with the sole of their foot, Climb the riggings - players perform toe taps on the ball, Shuffle the board – players perform side to sides, Shark Attack - players dribble away from the shark (coach).

Stuck in the Mud - Players dribble their soccer balls around the square. One person is a tagger. If they tag a player that is dribbling then that player must place their ball above their head and shout “Help! I’m stuck in the mud!”. Players can be unstuck by a person rolling the ball through the stuck players legs.

Tigers in the Jungle – Players dribble around the playing area. 1 player is trying to kick players balls out. If a player has their ball kicked out, they link arms with the player that is kicking balls out and help them kick other balls out.

Cross the River – 2 teams on opposing islands. There is a river in the middle. Players try to strike their balls into the other teams island. The team with the least balls on their island wins.