



Soccer Game



Time: 5 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Shooting

Activity

Players will practice individual attack and defense skills (i.e., dribbling, shooting, marking, tackling, goal-keeping).

Activity Description

1 v 1—Each player tries to score on an opposing player by hitting the opponent's cone. Cones are about 20 yards apart (i.e., the length of the playing area is 20 yards).



Soccer Game



Time: 20 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Start/Restart
Throw-In
Corner Kick

Activity

Through playing a game, players will review (or learn) game rules, including start and restart rules, throw-ins, and corner kicks.

Activity Description

3 v 3 (no goalkeepers [GKs])—Each team of three tries to score into a goal; introduce rules one at a time during game play.

Questions

Coach: What happens at the start of a game?

Players: Kick off.

Coach: What happens after a goal?

Players: Kick off.

Coach: What's the call when you kick the ball out of bounds beyond your own goal line?

Players: A corner kick for the opposing team.

Coach: What's the call when you kick the ball out of bounds along the touchline?

Players: A throw-in.

Coach: What happens when you kick the ball out of bounds beyond the opponents' goal line?

Players: A goal kick is given to the other team.



Soccer Game



Time: 20 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Game Play

Activity

Players will adhere to rules during game play.

Activity Description

Players play 5 v 5. Be sure to rotate the goalkeeper, as this is a new position for the individual.



Soccer Game



Time: 20 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Game Play
Positions

Activity

Players will learn positional roles and responsibilities.

Activity Description

Play 3 v 3 games. Players learn the following positional duties:

Goalkeeper (GK)

- Handle the ball
- Save shots
- Distribute the ball to teammates

Defender

- Defend space in own half
- Mark players
- Support the attack

Midfielder

- Receive the ball from defense
- Distribute the ball to forwards
- Contribute to attack

Forward

- Attack goal
- Apply pressure to defense when you lose the ball

Questions

Coach: How far forward can players go in a game if the defenders come up the field?

Players: To the last defender—otherwise you're offside.



Soccer Game



Time: 25 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Game Play
Offside

Activity

Players will gain an initial understanding of the offside rule.

Activity Description

Players play 5 v 5. Take the opportunity to explain the offside rule to them as they play.



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Goal-Keeping
Narrowing the Angle
Gathering the Ball

Activity

Players will learn to come off the line toward the ball to narrow an opponent's shooting angle and then gather the ball effectively.

Activity Description

1 v 1 using a full goal. Defenders earn a point every time the offensive player doesn't score.

Tips / Questions

"Move toward the ball."

Coach: Where does the GK move to make it harder for the shooter?

Players: Toward the ball.

Coach: Then what?

Players: Stop the ball.

Coach: How?

Players: By gathering it.

Variations

Play 3 v 3 games; rotate GKs so every player has a turn.

Add time.



Soccer

Skill Drill



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Goal-Keeping
Narrowing the Angle
Gathering the Ball

Activity

1. Introduce, demonstrate, and explain how to gather the ball.
2. Practice gathering the ball.

Activity Description

Players in pairs practice appropriate gathering techniques, feeding each other at low, medium, and high levels, and at different speeds.

Tips

- "Get in line with ball."
- "Take the ball into chest."
- "Hug it."



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Goal-Keeping
Distributing the Ball

Activity

For goalkeepers to defend the goal by stopping shots and distribute the ball using appropriate techniques.

Activity Description

Players play 4 v 4. Goalkeepers distribute the ball to teammates by one of three methods: rolling it, over-arm throwing it, or punting it.

The defense earns a point every time the goalkeeper successfully distributes the ball.

Questions

Coach: What should the GK do when he or she gets the ball?

Players: Pass it to a teammate.

Coach: How?

Players: Depends on where the open teammate is.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Goal-Keeping
Distributing the Ball

Activity

1. Introduce, demonstrate, and explain how to roll the ball.
2. Practice rolling the ball.
3. Introduce, demonstrate, and explain how to over-arm throw the ball.
4. Practice throwing the ball.
5. Introduce, demonstrate, and explain how to punt the ball.
6. Practice punting the ball.

Activity Description

Players pair up and practice the three skills.

Tips

Roll

- "Step with the opposite foot and roll."

Over-arm Throw

- "Step with the opposite foot."
- "Use a straight arm over-arm throw."

Punt

- "Take a long step."
- "Drop and kick the ball."
- "Use the laces." (as the contact surface)
- "Follow through to the target."



Soccer Game



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Passing
Passing Lanes
Moving to Support

Activity

To keep possession of the ball by effective passing, ball control, and support play. Players will learn to provide support to their teammates with the ball during full game play.

Activity Description

Play 3 v 3 games without GKs. Give teams an extra point for four consecutive passes.

Questions

Coach: Other than good passing and receiving skills, what else does the passer of the ball need?

Players: Someone to pass to—supporting teammates.

Coach: Where should supporting teammates be?

Players: In open space.

Coach: Any open space?

Players: A space in which the passer can get the ball to him or her.

Variations

Players play 3 v 1, 4 v 2, or 6 v 3 games, depending on their skill proficiency.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Passing
Passing Lanes
Moving to Support

Activity

1. Introduce, demonstrate, and explain how to provide support for teammates with the ball.
2. Practice providing support for teammates with the ball.

Activity Description

Play 2 v 1 games in 10- x 10-yard areas marked by cones.

Players focus on providing good angles of support against cold, warm, and hot defenses, as necessary.

The goal is to get six passes. Players should learn that the supporting player should move "off the ball" so the passer always has a teammate to pass to.

Tips

- "Support the player with the ball."
- "Move to open a passing lane."



Soccer Game



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Penetrating the Defense

Passing

Target Player

Activity

Players will learn to pass the ball forward through a defense. Players use a target player to create shooting opportunities during game play.

Activity Description

Play 3 v 3 games. Play with the target player in the attacking half. The offense scores a point when they successfully get the ball to the target player.

Questions

Coach: When the target player has the ball, what should teammates do to continue an attack?

Players: Provide support and prepare for a return pass.

Variations

To use as a Game 2: Teams are 3 v 1 or 3 v 2 depending on their skill proficiency.

Goals from the target player feed count double.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Penetrating the Defense

Passing

Target Player

Activity

1. Introduce, demonstrate, and explain how to shoot from a target player feed.
2. Practice shooting from a target player feed.

Activity Description

Players shoot from the target player feed. They pass to the target player, provide support for the return pass, and receive and shoot the return pass.

Tips

- "Pass to the target player."
- "Provide support for the return pas.!"



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Penetrating the Defense

Passing

Target Player

Activity

Players will successfully make long passes to a target player and create scoring opportunities.

Activity Description

Players play 3 v 3 games without GKs. The target player is in the attacking half. Get the ball forward as quickly as possible and support the target. The offense earns a point for successful passes of 10 yards or longer to the target player.

Questions

Coach: What is the quickest way to get the ball forward from defense to your target player?

Players: Long pass.

Variations

To use as a Game 2: Teams are 3 v 1 or 3 v 2 depending on their skill proficiency.



Soccer

Skill Drill



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Penetrating the Defense

Passing

Target Player

Activity

1. Introduce, demonstrate, and explain how to make long passes.
2. Practice long passes.

Activity Description

Players practice long passing in pairs.

Tips

- "Long step to the ball."
- "Strike your foot under the ball."
- "Use the laces." (as the contact surface)
- "Follow through to the target."



Soccer

Skill Drill



Time: 20 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Receiving

Activity

1. Introduce, demonstrate, and explain how to receive the ball with the thigh and chest.
2. Practice receiving the ball with the thigh and chest.

Activity Description

Partners feed each other long balls, varying the distance and pace of the feeds to simplify or challenge as needed.

Tips

- "Get in line with the ball."
- "Bring your thigh (or chest) to the ball."
- "Withdraw your thigh (or chest) on contact."
- "Kill the bounce."



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking

Activity

Players learn to mark opponents during game play.

Activity Description

Play 3 v 3 games. The focus is on marking. The defense earns a point when a defender stays between the ball handler and the goal. The offense earns a point when the ball handler slips past the defender.

Tips / Questions

- “Mark your opponent!”

Coach: Where is the best place for the defender to be to mark an opponent?

Players: Between the opponent and the goal.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking

Activity

1. Introduce, demonstrate, and explain how to mark an opponent.
2. Practice marking an opponent.

Activity Description

Players learn the correct goal-side marking position. Play 1 v 1 games with two feeders in a 20- x 10-yard area. A feeder feeds player A, who is marked by player D. Player A has to get the ball to the other feeder.

Tips

“Stay goal-side—between your opponent and the goal.”



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking
Tackling

Activity

Players will mark tightly and win the ball in the tackle.

Activity Description

Play 3 v 3 games without GKs. The defense earns a point if it wins the ball.

Questions

Coach: What do defenders need to do when their opponent gets the ball?
Players: Tackle the opponent.

Variations

Make the focus close marking by midfielders and defenders.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking
Tackling

Activity

1. Introduce, demonstrate, and explain how to tackle.
2. Practice block tackling.

Activity Description

Players practice block tackling in 1 v 1 games.

Tips

- "Get close to the ball."
- "Use the inside of the foot."
- "Keep your knee bent and leg firm."



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

First-Touch Pass

Activity

Players will use the first-touch pass during game play.

Activity Description

Play 3 v 3 games without GKs.

Most players must make three touches—two to control and one to shoot or pass.

Designate one player per team to make only one touch. Alternate this player who gets only one touch.

Questions

Coach: When you are under pressure do you have time to control the ball?

Players: No.

Coach: What should you do when the ball comes and you have no time?

Players: Pass it immediately. (That is, on one touch.)

Variations

To use as a Game 2: Teams are 3 v 1 or 3 v 2 depending on their skill proficiency.

Give a point for successful first-touch passes when they're executed when they should be.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

First-Touch Pass
Give and Go

Activity

1. Introduce, demonstrate, and explain how to use a first-touch pass (give and go) to beat a defender.
2. Practice first-touch passing.

Activity Description

Players in 2 v 1 games pass to a target player. Conditions of this game are the defender must go to the player with the ball, and two attackers must get the ball to the target player.

Tips

- "Give the pass."
- "Go for the return."
- "Return pass behind the defender."
- "Pass to the target player."



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Dribbling

Activity

Players learn to run at opponents with the ball and beat those opponents while dribbling the ball under control.

Activity Description

Play 3 v 3 games. Players attempt to beat their opponents with the dribble. The offense earns a point when a dribbler beats an opponent. Instruct the players not to bunch up; there should be space behind the defenders. Rotate GKs every few minutes.

Questions

Coach: When should you try to beat a defender with the ball? (You might need to set this up: "Should you try it in this situation or that situation?")

Players: When there is space behind the defender.

Coach: In what part of the field are you likely to find the most space?

Players: Wide. (Along the sides of the field.)

Coach: How can you beat the defender most easily?

Players: Push the ball past the defender and run.



Soccer

Skill Drill



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Dribbling

Activity

1. Introduce, demonstrate, and explain how to dribble by a defender under control.
2. Practice dribbling.

Activity Description

Play 1 v 2 games in 10 x 30 areas. Player A must beat two defenders in succession and get to the 30-yard line with the ball.

Defenders may only move sideways. If a defender wins the ball from player A, he or she gives it back and player A continues, finishing by passing to the target player (T).

Player T then becomes the attacker and player A becomes one of the defenders.

Tips

- "Push and run."



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Scoring From a Cross

Activity

Players use the width of the field to cross the ball and score.

Activity Description

Play 3 v 3 games without GKs. Use a short and wide field. Play begins with the offense attempting to score from a cross. They earn a point only if they score from a cross.

Tips / Questions

- "Pass the ball wide."
- "Cross the ball."
- "Score from the cross."

Coach: When players have the ball out wide, how can they create a scoring chance?

Players: Cross the ball.

Coach: Then where do other players need to be to score?

Players: In the center.

Variations

To use as a Game 2: Teams are 3 v 1 or 3 v 2 depending on their skill proficiency.



Soccer

Skill Drill



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Scoring From a Cross

Activity

1. Introduce, demonstrate, and explain how to score from a cross.
2. Practice scoring from a cross.

Activity Description

Pair up players. The striker passes to the winger, the winger crosses, and the striker meets the cross to score.

Tips

- "Pass to the winger."
- "Move forward and meet the ball on the run."
- "Score!"



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Scoring off a Corner Kick

Activity

To work as a team to turn corner kicks into goal-scoring chances.

Activity Description

Play 5 v 5 games. Begin each play with a corner kick. The offense earns two points for goals scored off a corner kick.

Review corner-kick rules.

Tips

“Score from the corner kicks.”

Variations

To use as a Game 2: Teams are 3 v 1, 4 v 2, or 6 v 3, depending on their skill proficiency.



Soccer

Skill Drill



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Scoring off a Corner Kick

Activity

1. Introduce, demonstrate, and explain how to set up corner kicks to create the best scoring chance.
2. Practice corner kicks.

Activity Description

Players practice corner kicks near the post corner, unopposed.

Tips

- "One player (A2) on the near-post."
- "Others (A3, A4, A5, A6) ready to run in."
- "Aim for (A2), who flicks the ball back for other players moving in."

Variations

To simplify, cross the ball on the ground.

To challenge, cross the ball in the air and add two defenders.



Soccer Game



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking During Corner Kicks

Activity

Players learn to mark opponents to prevent scoring chances from corner kicks.

Activity Description

Play 5 v 5. Use half the field, and begin each play with a corner kick. The defense scores a point each time the offense fails to score on the play.

Questions

Coach: How can you prevent opposition from scoring at corner kicks?

Players: Mark them tightly.

Variations

To use as a Game 2: Teams are 3 v 1, 4 v 2, or 6 v 3, depending on their skill proficiency.



Soccer

Skill Drill



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Topic(s)

Marking During Corner Kicks

Activity

1. Introduce, demonstrate, and explain how to mark during corner kicks.
2. Practice marking during corner kicks.

Activity Description

Players practice marking during corner kicks.

Tips

- “Mark tightly 1-on-1.”
- “Move with your opponent.”
- “Win the ball, if possible.”