

# Muhlenberg Soccer Association

## U8 Coaching Objectives

U8 players should develop the following:

### ***DRIBBLING***

- Inside and outside of both feet
- Lift the head occasionally, check direction
- Change direction
- Stop and start with the ball
- Ball remains close to feet, within 2 to 5 steps

### ***KICKING***

- Accurate passes over 10 to 15 yards
- Kick with instep (shoelaces)
- Consider ball speed in passes
- Accurate shooting up to 8 yards (little or no emphasis on power)

### ***BALL SKILL***

- Good balance over ball while using "playing leg"
- Control rolling balls (passes)
- Accurate first touch passing over 2 to 5 yards

### ***TACTICS***

- Developing a general understanding of the basic rules of the game.
  - Goal Kick
  - Corner Kick
  - Kick Off
  - Throw In (correct method)
  - Ball In & Out of Play - throw in, "goal" and "no goal", corner kick, etc.
- Use teamwork to their advantage (Examples through passing; helping in defense by running back towards goal)
- Appreciation of space (width, length, depth), compress in defense
- Understanding the team triangle; support in attack – the big triangle; support in defense – the small triangle
- Aggressive on the ball in defense (close the space)
- Relaxed with ball
- Protect ball
- Shooting to the far post
- Basic tackling
- Develop the role of the Goalkeeper
  - How to use hands to defend the goal
  - Coming out to narrow the angle on shots
  - Moving out to clear long kicks with feet when necessary
  - Moving out to edge of goalkeeper zone and beyond, encourage goalkeeper to join in attack.
- Make transition from possession to loss of possession