

TRC SOCCER Girls Under 8 League

Coaching Points

Purpose and Goal →	Introduction to game of soccer (clinic environment) Teach BASIC Ball skills – dribble, pass, shoot Introduce some team concepts. Have FUN! Encourage Good Sportsmanship!	Play soccer-like games Keep players active Minimize standing in lines Invent fun activities
	Every player gets own ball to bring to practice and take home for home play. They will keep it at end of season -- please label every ball.	Promote maximum touches on ball in practice sessions.
Schedule	1 Weekday practice -- 60 minutes is sufficient time on field for this age	Start and end practice on time -- reward on-time players with fun games; don't wait for <i>stragglers</i> .
	Saturday games – 60 minutes on field. Practice 10 minutes-- then play game (two 20-min halves with five- to 10-min halftime.)	Games must end on time!! NO excuses! Please clear the field quickly so that next games can begin.
Team size	Roster – 9-10 players	
	Games 6 v 6	Equal playing time for all players, regardless of ability.
	We play with Goalkeepers. However, no dedicated goalies at this age level.	
Field size	To be clearly marked on game day	Ball Size = #3 Small goals with nets
Referees	One referee will be on game field. No arguments about possession calls, fouls, etc.	1 coach from each team on field to instruct own team and call possession, fouls, etc.

Soccer Law modifications	Follow very basic rules → no hands, no tripping, pushing, etc. No “penalties” or penalty shots. Coaches should explain violations to all players. Restart play with a free kick.	
Throw-ins	No throw-in violations. Encourage proper throw-ins using 2 hands, but no penalty for bad throw.	
Offsides	No offside rule – but discourage players from hanging out near goal.	
Kick-offs	Indirect – Initial kick may not score.	2 nd player(from either team) must touch ball (Restart with goal kick.)
Goal Kicks	If offense last touched ball that crosses goal line → defense takes kick from goal area	If goal box is not marked -- place ball about 5 yds. in front of goal line up to 10 yards on either side of goal. Opposing players keep 10 yards away – may not play ball until it goes full 10 yards

Corner Kicks	If defense last touched ball that crosses goal line → offense takes kick from corner area.	
---------------------	--	--

Suggestions

Coaching Points

Practice:

Prepare in advance for each practice

Style of Play

Develop a routine for your practices: 1. Warm-up games 2. Introduce 1 technique 3. Players practice new technique individually 4. Play game that stresses technique Play small-sided (5 v 5, 4 v 4) scrimmage game – encouraging learned skilled	Don't need formal exercises. Running laps turns them off, relay races excite them. Drills bore them, but games that reinforce skills are fun. Invent your own games, or check out <i>Pill's Drills</i> , etc.
Try to avoid <i>amoeba (bunch) ball, swarming</i> , etc. Encourage players to spread out – not to chase the ball all over the field. At least two defensive players should be encouraged to stay on their side of the field; same for at least two of the attack players. Recommended lineup is 3 attack players, 2 defenders and goalie. Encourage TRIANGLES – passing lanes.	
Ball fear – many players are afraid to dribble the ball – and will simply kick it away – in practice try to develop basic ball control → being comfortable	Develop practice drills and games that encourage 2, 3, 4 touches on the ball.
May be able to introduce positional play and formations to a limited degree – but it may take most of the season.	Teach and Reinforce support play, off-ball movement

Tips

Dominant Player	Wide range of athletic ability at this age level. If 1 or 2 players on a team are allowed to dominate play, other players will be intimidated and lose interest. During practice, separate players into skill groups. Encourage skilled players to pass to teammates. <u>Suggest:</u> If a player scores 3 goals in game, move him/her to defense, or insist that they pass to a teammate instead of shooting. Encourage and reward their "team" play.
Weaker players	In practices, try to give more attention to developing ball skills. If more than 1 coach is available, separate players into skill groups for part of the practice time – keep everyone involved at the appropriate level.
Health / Safety	Have ice, water, a clean cloth and band-aids available at practices and games. Please replenish your first aid kit as needed.

LET THE KIDS HAVE FUN LEARNING AND PLAYING THE GAME!

No win/loss records!

No Standings!

No Play-offs!