



U7/U8 AGE DIVISIONS



DRIBBLING: Emphasis...

- Touch the ball with both feet as much as possible
- Elevate the head so that the eyes are not solely focused on the ball
- Encourage the use of all parts of the foot (inside, outside, bottom & top)
- Begin introducing 'skill' moves such as": (<http://youtu.be/VAijzIIF2k>)
 - Shielding (or Protecting the Ball) Moves
 - Inside of foot & outside of foot turns, pull-back turns
 - Attacking Moves
 - Step-over, pull-back & scissors

PASSING & RECEIVING: Emphasis...

- Passing
 - Make eye contact with teammate
 - Plant non-passing foot next to the ball (approximately 6-8 inches.)
 - Step into the pass, follow through with passing foot
- Receiving
 - "Dead Touch" vs. "Live First Touch"
 - Dead touch stops the ball just in front of the foot
 - Live first touch slows the ball and re-directs the ball

SHOOTING: Emphasis...

- Two types of shooting:
 - LACES: Toe pointing down, lock the ankle, laces touch ball
 - Plating foot matters, too far in front, loss of power, too far behind ball elevates

INSIDE OF FOOT: Twist toes out, lock the ankle, inside of foot touches the ball

Defense: Emphasis...

- Attack the ball and DON'T be afraid of it
- DO NOT use hands (or extended arms) against the opponent