

# Coaching Children On U6 & U8 Teams

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## TRAINING SESSION FORMAT

### A training session should focus on one theme!

- ⇒ Warm-up: without the ball at first to challenge their physical fitness growth; i.e., at this age the fitness focus is on balance, agility, fundamental eye/hand & eye/foot coordination. Psychologically this needs to be **FUN** physical challenges- *NOT* -a calisthenics approach. Next with the ball- simple challenges first and as their technique improves over time then increase the challenge of doing things with the ball. Things done with the ball could be done with either the feet or hands.
- ⇒ Fun game-like activity that is done with the ball. Run two or three different activities now. Length of each activity depends on how much fun the kids are having and their attention span.
- ⇒ Finish with a 4 v 4 match. If you have more than eight children in attendance then set up a second match.

Throughout the season the coach allows the players to experiment and discover the ball skill being taught on their own. The coach should do some demonstration of the skill a few times during the session. Also during the session call out some of the key coaching points on how to execute the ball skill.



Praise loudly and positively when a player does the skill correctly-Positive Reinforcement!

Encourage them to try to do new things with the ball throughout the soccer season.

It is VERY important for the training session that each player has a ball.