

Division I -- Players Under 8 -- Second Graders

Curriculum

TECHNICAL GUIDELINES

Continuing to become "friends with the ball".

Maximum ball touches and repetitions in footwork activities.

Starting and stopping with the ball; changing direction with the insides and outsides of BOTH feet.

Dribbling ball within a foot distance and with HEAD UP.

Turning through 180 degrees with the ball with the SOLES of the feet and the INSIDES and OUTSIDES of the feet: emphasis on balance.

Accurate passes over 12 to 15 yards and continue to develop kicking with the INSTEP (or laces). Players are beginning to consider the "weight" of passes.

All five surfaces of BOTH feet should be developed: inside, outside, soles, instep, and heel

Controlling rolling balls (passes) with the insides and outsides of the feet: beginning to develop good first touch with ground balls.

Learn 3 to 4 Fakes to beat defenders.

Introduce proper throw-in technic. And receiving/tarpping the ball being thrown-in

Goalie basics for ALL players

Your choice of techniques depends on the situation: you must figure out how best to solve the problem.

Absolutely NO heading, all ground balls.

TACTICAL GUIDELINES

Further develop the notion of controlling the ball FIRST then making a decision to dribble, pass, or shoot. Just don't randomly kick it.

Introduce the concept to shoot LOW (or on the ground) and to the either CORNER of the goal/net.

Beginning to get a sense of the game and its demands and possibilities; beginning to see soccer in terms of teamwork.

Learning to relax with the ball and to protect it: "Try to get your body between the ball and that opponent who wants to take it from you!"

An aggressive attitude about individual defending: "Press the ball when you lose it! Try to win it back!"

Spreading out and making the field big when your team has the ball. When your team does not have the ball, getting together a little, trying to protect the middle of the field and the space in front of your goal.

Introduction of the concept of the "three main moments of soccer": our team has the ball, our team does not have the ball, and the transition between possession and loss of possession and the reverse.

Players are cultivating a "What if?" or "What's next?" mentality.

Reinforce the triangular shape; having two options to pass to

Introduce marking opponents.

Introduce idea of support: helping the player with the ball. "Form a pair" with the player on the

ball; other players should stay away and make the field big.

Beginning to establish a vocabulary of communication.

THE PRACTICE ENVIRONMENT

Reliance on the idea that "The game is the greatest teacher": virtually no coaching. Letting the kids play! Perhaps a 20 second comment every four or five minutes.

High tolerance for mistakes and trial and error.

No specializing by position.

Practice is "Play Time".

These years are all about coordinating the nervous system and the muscles.

#3 ball size, small goals.

The week's practice is 60 minutes long.

GAMES

Equal playing time.

Players play all the "positions", including goalie.

4v4 format, no adults on the field

No stress at all on winning and losing.

Total focus is on enjoyment and the future; virtually no mention of results.

RECOMMENDED COACHING COURSE

MYSA "G"