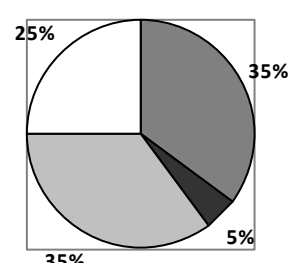


### CURRICULUM – U8 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
<b>SCRIMMAGE:</b> Balance in relation to the ball and teammates during the game. <b>TECHNICAL:</b> Individual and collective basic soccer techniques <b>PHYSICAL:</b> Develop speed, coordination, and basic motor skills. <b>PSYCHOSOCIAL:</b> Develop a passion for soccer that results in an increased effort in practices and games.	Sessions per week	2	Session Time	90'	 <p>25% 35% 5% 35%</p> <p>■ Scrimmage ■ Tactics ■ Technique □ Physical</p>
	Players per team	6-8	Game time	50'-60'	
	Match	4v4			
	<b>Coaching Philosophy Guidelines</b>				
	<ul style="list-style-type: none"> <li>✓ Focused on development over winning</li> <li>✓ High quality sessions with at least 50% active time</li> <li>✓ High expectations for discipline &amp; effort</li> <li>✓ Positive learning environment based on specific, truthful, positive feedback/praise.</li> </ul>				
<b>Comments:</b>  <i>Team Specific Issues:</i>  <i>Expected Ranking:</i>  <i>MISC:</i>					

CONTENT							
TACTICAL		TECHNICAL		PSYCHOSOCIAL		PHYSICAL	
<b>Attacking</b>		1. Passing & Receiving	4	1. Motivation & Effort	5	1. Strength	
1. Attacking Principles		2. Running with the Ball	3	2. Self Confidence	5	2. Endurance	
2. Possession to Goal	2	3. Dribbling	5	3. Cooperation & Attitude	2	3. Speed	3
3. Transition		4. Turning	3	4. Decision & Determination	2	4. Flexibility & Mobility	
4. Combination Play		5. Shooting	4	5. Competitiveness	2	5. Coordination & Balance	3
5. Switching Play		6. Ball Control	4	6. Concentration	2	6. Agility	4
6. Counter Attacking		7. Heading		7. Commitment		7. Basic Motor Skills	5
7. Playing Out From the Back	2	8. 1v1 Attacking	4	8. Self Control		8. Perception & Awareness	5
8. Finishing in the Final Third		9. Shielding the Ball		9. Communication			
<b>Defending</b>		10. Receiving to Turn		10. Respect & Discipline	5		
1. Defending Principles		11. Crossing & Finishing					
2. Zonal Defending		12. 1v1 Defending					
3. Pressing							
4. Retreat & Recovery							
5. Compactness							

5=High Priority  
1=Low Priority