



## GISA U-8 In House Training Objectives

Coaches should schedule practices 1 hour to an hour and 15 minutes long for this age. This is at the coach's discretion.

*Play is 5v5 with goalies*

Advanced dribbling with different surfaces

Introduction to goalies

Introduction to diamond shape of play

Introduction to kick-ins

Introduction to positions

Continued growth in finding space

Introduction to passing and running to space

Passing and shooting technique are important to start grasping

Introduction to juggling

Introduction to moves

The GISA In House U-8 system of play is a 1 1 2 1. This system deploys a goalkeeper, one defender, two midfielders and a single forward. Tactical considerations at U8 are secondary to technical development and the idea here is to simply provide a framework for organizing the team.

The shape of play for our U-8's should be a diamond shape. The positions in this shape are a striker, a left midfielder, a right midfielder and a defender/sweeper. The diamond shape playing 4v4 is the smallest model of soccer that still includes all the qualities found in the bigger game. The shape of the team is a smaller version of what is found in the eleven-a-side game in that there is width, depth, and height to the team. When playing in this shape the midfielders should attack and defend from goal to goal. At GISA we think in terms of "all players attack and all players defend". This means we do not want to leave our defender standing in front of their defensive goal when their team is trying to score. They need to be at the half way line/midfield at least looking to be involved in the attack. The same goes for the attacking player they should track back to midfield or a little over midfield when their team is defending. Players should not play more than one half at any one position during a game. It is very important that players experience different positions to help them grow as soccer players. All players should play each of the positions (including goalkeeper) at U-8. Playing time should be equal or nearly equal for all players at this stage of their development.

Always remember the point is for the players to have "Fun".