

Overall Training Notes: U7, U8 Training Program

Training Sessions will...

- be designed for 8-10 players.
- resemble soccer.
- focus on technique training.
- be child centered – high priority of total development of the player.
- include a physical, cognitive, and physiological component.
- be developmentally appropriate.
- be simple to complex.
- have a decision making component.
- be dynamic and fun.

Coaches will...

- adapt training sessions as they see fit.
- be clear, concise and give correct information.
- train in a safe and appropriate area.
- give feedback that is positive and frequent.
- combine feedback with the player's first name.
- eliminate all "L's" from their training sessions. No Lines, Laps or Lectures.

Games and Competitions will...

- be structured so that everyone plays.
- have clear objectives.
- include a 4-second rule. Ball cannot be out of play for more than 4 seconds.
- have all kick-ins unless otherwise noted.