

U-8 Training Session Planner

No.	Date	U-8 Game Objectives	U-8 Techniques
		Attacking Objectives • Score • Maintain Possession	• Dribbling [] • Instep Kick [] • Throw - In [] • Inside of Foot - Push Pass [] • Inside of Foot - Ball Control []
		Defending Objectives • Prevent Scoring • Regain Possession	
		U-8 Principles of Play Used to Achieve Objectives	
		Attacking Principles • Penetration • Width • Depth	Defending Principles • Delay • Concentration • Depth

Player	Present	Absent	Activity	
			Warm-up & Stretch	
			Introduce Technique	
			Training Games (no more than 2)	
			Conditioned Scrimmage	
<p>SAY Explain the skill or technique</p> <p>SHOW Demonstrate the skill or technique</p> <p>DO Have children perform the skill or technique</p> <p>REVIEW Review, correct and confirm proper technique</p> <p>"THE GAME IS THE BEST TEACHER!"</p> <p>Use conditioned games to emphasize techniques.</p>				
Announcements				

POSITIVE INSTRUCTION AND ENCOURAGEMENT!