

U8

FUNDAMENTALS



WEST VANCOUVER SOCCER CLUB



What U8 Looks Like

- ❖ First year that teams are not coached by Club coaches.
- ❖ Coached by parent volunteers.
- ❖ First time teams get to choose their own name.
- ❖ Teams play 4-aside games (including goalkeeper)
- ❖ 1 game and 1 practice per week
- ❖ Rosters up to 14 players
- ❖ Ball size – 3, 25 x 40 field
- ❖ Duration of Game is 2 x 20 minutes

Technical Focus

Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce “crossing” and shooting while dribbling.

Coaching Expectations

- ✓ CCC is mandatory for coaches
- ✓ On Girls’ teams need to have a “carded” female either coaching or managing
- ✓ All players to be given equal playing time
- ✓ All players to be rotated through different positions
- ✓ Focus should be on fun and safety
- ✓ No team should win a game by more than 5 goals
- ✓ If one team is short of players, the other team should lend some of theirs
- ✓ No coach is to stand behind the goal line
- ✓ All coaches need to process Criminal Record Check with WVPD – valid for 3 years
- ✓ All coaches need to complete Code of Conduct and Risk Management Forms

Parental Expectations

- ✓ Don’t encourage players to obsess on the score of the game.
- ✓ Give positive encouragement when cheering on the team.
- ✓ Refrain from giving technical instructions during the game. This is the coaches’ job, ---players become confused when they hear different voices telling them what to do
- ✓ Never challenge the referee’s decision, however bizarre it may seem.
- ✓ Players need to be at practices and games on time and with the proper equipment (i.e. uniform, shin pads, cleats, etc.)
- ✓ Players need to complete Code of Conduct (Athlete Agreement) and return to their coaches

Development – “Introduction to Plus Programming” for U8’s 3:45 to 5:00 on Fridays – this is a new program individual choice. If the timing is not convenient U8’s can also attend Friday Academy as an individual choice. Once in the Spring and once in the Winter the U8’s will be invited as an age group to Friday Academy sessions.

Player Evaluation

All players are scouted at weekly games and based on those recommendations are invited via email to “invitational” U9 Plus Program. The only players that are selected are “impact” players.

Mark Your Calendar Free Clinic

*Boys & Girls U8 and U9
(all teams)*

*Saturday October 22nd
4-6 pm*

*Physical Literacy
Session
WVSC Head Coach*

Looking Ahead – What U9 Looks Like – What’s Different

Basic game concepts and rules. Introduction to team cooperation through small-sided games, but emphasis is still primarily on the individual. Finding space is important. Teams move to 6-aside teams. Friday Academy for U9-U13 players and “invitational” Plus Program on Wednesdays for development.