



U7/8- Individual Skill Development



Coach:	<ul style="list-style-type: none">• Passionate about children• Enhancement of U6 soccer knowledge• Know basic rules of corner kick, goal kick, indirect kick, kick-off, drop ball and minor fouls• Encourage sportsmanship• Should play with players• Coach must be enthusiastic and sensitive• Wins and losses do not matter• Nurturing manner
Technique:	<ul style="list-style-type: none">• Enhancement of dribbling skills using all foot surfaces• How to receive and control the ball• Starting to learn how to pass• Don't encourage players just to kick the ball down field• Start to encourage controlling it and trying to keep possession• Learn to shoot• Every player must have their own ball• 75% of practice should be on technique• Left and right foot with every activity• All activities are to be done with a ball
Tactics:	<ul style="list-style-type: none">• Players begin to understand themselves and a friend• Rotate players in different positions• Width and spreading out on the field• Move up and down field as a unit• Penetrate defences with quick passes• Understand restarts• Still heavy emphasis on individual technique rather than group tactics• Lots of 1v1, 2v1 and 2v2 towards goal• Plenty of repetitions
Physical:	<ul style="list-style-type: none">• Improved eye-hand and eye-foot coordination is improving but not completely mature• Can be self centred• Skeletal system is growing• Need full rest periods and plenty of water• No separate running should be done• All activities done with a ball
Mental:	<ul style="list-style-type: none">• Needs constant reinforcement• Focus is on them and their friend• They are beginning to develop time and space relationships• Easily bruised ego• Make it fun• They have a great need for approval and a fear of failure