



**BRUNSWICK
SOCCER CLUB**

**Brunswick Soccer Club
Coaching Guidelines
U8 House Program**

Revised: March 2010

Overall Coaches Guidance----A Page for Success

Brunswick House League Coaches' Responsibility

1. Make it FUN and SAFE
2. ALL PLAYERS PLAY EVERY GAME
3. Develop Sportsmanship and Soccer Etiquette
4. Develop Soccer Skills
5. Teach Soccer Tactics

Make it FUN and SAFE

1. Keep practices interesting. Change drills and games before players show signs of boredom!
Do not lecture. Let them PLAY!
2. Spend little time standing. Keep them moving from activity to activity.
3. Keep games and practice competitive ---match best players against best players.
4. Do dynamic warm ups and stretches—may be not so important now-but it will be.
5. No sliding tackles
6. Protect your players and opponents—leave the goalie alone, no goal is worth an injury
7. Make sure kids have proper equipment (ball size, shin guards), tie their shoe laces. Pick up any debris on the field.

All Players play every game.

1. Approximately equal playing time in all games attended, including house tournament games.

Develop Sportsmanship and Soccer Etiquette

1. Practice good behavior as a coach. NO swearing, NO throwing things, NO offensive remarks, etc...
2. Work with your parents to encourage all players. REMEMBER the referees are young and learning also.

Develop Soccer Skills

1. Show or have someone show players how! Make it a point of every practice to review a skill.
(Kicking, trapping, heading (older ages), throw- ins, tackling, use of both feet)
2. Allow for as many touches on the ball as possible per practice.
3. Encourage experimentation.
4. Do not forget the goalie.
5. Encourage players to join the Travel program to advance their soccer skills.

Develop Soccer Tactics: Identify something you want to teach each practice (defending, passing, formation, etc)

1. Build (1 vs. 1, 2 vs. 1, 2 vs. 2)
2. Spread the field (set cones to define boundaries and areas of play for players, including a goal box)
3. Whatever you want to teach, make sure you do what is necessary to favor the player so that they build confidence.

Ten Commandments of Youth Soccer

Brunswick Soccer places emphasis on the DEVELOPMENTAL aspects of soccer in its house league. Players are taught skills, practice them, and attempt to use those skills on a field under game conditions. We ask that you read and follow the Ten Commandments of Soccer—your children will have a better soccer experience for it.

1. Applaud good play by players on both teams.
2. Recognize that soccer is a game and games are supposed to be fun.
3. Notice that each child will not improve dramatically each game, but will probably improve gradually throughout the season. Encourage each child to improve in a positive manner.
4. Set reasonable expectations for each child or his/her team's performance recognizing that they are children learning how to play. They are not adults or professional players.
5. Encourage coaches, the opposing coaches, the referee, or players on either team.
6. Endeavor to learn as much as you can about soccer, its techniques and especially the rules of the game; a game your child has chosen to play and enjoy.
7. Acknowledge that the coaches are unpaid volunteers who do this so children can learn and enjoy soccer. Respect their decisions. Parents should volunteer to help, whether it is cleaning up after a game, or helping to coach, or some other job that helps the club.
8. Understand that players may get nervous before each game, and that the game should be kept in perspective, regardless of the outcome.
9. Respect the decisions made by the referees, realizing that you were not in the same position as the referee to see the play.
10. Recognize that Club Officials (Referees):
 - A. Have the last word on the field,
 - B. Have the full backing of the Board of Directors through the Referee Coordinator,
 - C. Are in full control of the field of play which includes the sidelines, players, coaches and parents on the sidelines,
 - D. Are human and are also learning.

RULES SUMMARY FOR SPECIFIC HOUSE AGE GROUPS

| | U6 | U8 | U10 | U12 | U15 |
|-------------------|---|---|---|---------------------------------------|---------------------------------------|
| Length of Game | (8) 4 minute periods– 5 minute half – 2 minute breaks | (4) 12 minute periods – 5 minute half – 2 minute quarter breaks | (4) 12 minute periods – 5 minute half – 2 minute quarter breaks | (2) 25 minute periods – 5 minute half | (2) 25 minute periods – 5 minute half |
| Ball Size | 3 | 3 | 4 | 4 | 5 |
| Number of Players | 4v4 – no goalkeeper | Dual 4v4 – no goalkeeper | 6v6 - includes goalkeeper | 8v8 - includes goalkeeper | 8v8- includes goalkeeper |
| Offsides | No | No | Yes | Yes | Yes |
| Direct Kicks | No | No | Yes | Yes | Yes |
| Penalty Kicks | No | No | Yes | Yes | Yes |
| Referees | Coaches ref the game | Two, provided by club | One, provided by club | One, provided by club | One, provided by club |

U8 House League Rules

1. **Length of Game:** The game shall be divided into four (4), twelve (12) minute periods. There shall be a 2 minute break between periods 1 and 3, and a 5 minute halftime break after period 2.
2. **Ball Size:** Three (3)
3. **Number of Players on Field:** Eight (8) - Dual Field System
Each U-8 team is divided into 2 teams (Squad 1 and Squad 2). Rotate players in each squad each week to balance out the teams. Each squad plays on a different field. Squad 1 of team 1 plays Squad 1 of Team 2, while Squad 2 of Team 1 plays Squad 2 of Team 2. At the start of the second half, Squads from one team would switch fields so that Squad 1 from Team 1 would now play Squad 2 of Team 2, and Squad 2 of Team 1 would play Squad 1 of Team 2. Coaches at their discretion may switch to 3 v 3, or limit play to one 4 v 4 game and one 3v3 game depending upon attendance and game conditions. In short the coaches of opposing teams need to work together to make this a learning experience for all!
4. **Equipment:**
 - A. All players must wear shin guards while on the field **inside** their soccer socks.
 - B. If a player wears shoes with cleats or spikes, the cleats or spikes must be rounded with no sharp edges and constructed of rubber or other pliable material. Metal and hard plastic cleats or spikes are not permitted.
 - C. Players must remove any sort of jewelry (watches, rings, necklaces, ear rings, etc.).
5. **NO goal keepers:** DO NOT leave a defensive player back near the goal box to act as a pseudo keeper. Players should be encouraged to move up and back together as a team. Team offense; team defense.
6. **Throw-ins and Goal kicks:** Allow repeated throw-ins and goal kicks until done correctly.
7. **Fouls and Misconduct:** The general rules of FIFA are used with the following exception: no offsides, no direct kicks, no penalty kicks - ALL kicks are indirect. **Dangerous Play:** Players must be “on their feet” when playing the ball. Sliding kicks or kicking while down on the ground will be considered dangerous play.
8. **Player Substitutions:**
 - A. Substitutions by either side are allowed at any time there is a stoppage in play.
 - B. Players may re-enter the game any number of times.
9. **Litter:** Each team is responsible for picking up its own litter (bottles, cups, candy-wrappers, etc.) after each game; this includes the litter of spectators.
10. **Injury:** Play shall be stopped immediately when any player is injured. Coaches should wait for the referee to stop play prior to assisting injured player.
11. **Dangerous Conditions:** No games or practice are allowed during lightning storms. No playing until 30 minutes after the last lightning strike. Games will be cancelled/postponed on the field at the start of the game. Games will be canceled only by the game’s referee. Fields will only be closed by the Field Director/Committee. Games will not be rescheduled without the knowledge and approval of the Scheduling Director.
12. **Practice Space:** Scheduled games, house or travel have first priority on field use. Scheduled clinics have second priority. Use of fields for practice is third priority. When conditions warrant (overcrowding), any one team may use only half of a field exclusively. Please work together and cooperate with each other. Field space for games and practice has become, and will probably continue to be, a problem. We are all part of the same team!

Developmental Training for U8

Technical/Tactical/Psychological/Physical

Technical:

1. Teach Passing, Trapping (especially chest traps), Shooting, dribbling, and game situations like throw-ins, goal kicks and corner kicks. Encourage use of both feet.
2. All Goal kicks, Corner kicks, Throw-ins should be repeated until correct.
3. Introduce juggling.
4. **DISCOURAGE heading the ball!**

Tactical:

1. Teach general principals of offense, defense and transition. Teach team shape of Triangle, Square/Diamond.
2. Teach the basic Square (with 2 forwards and 2 defenders) and Diamond (1 forward, 2 midfielders, and 1 defender). Show that the game is made up of Triangles and Squares/Diamonds.
3. Keep the Square/Diamond together. Do not leave the defender(s) on the far end of the field acting as keepers.
4. Work on passing ---Show that passing can move the ball faster than dribbling
5. Teach that passing the ball wide from the defense is usually better than up the middle, and how on offense going to the corner and crossing the ball is a good means to attack a goal
6. Stress the importance of letting teammates get the ball. Do not overemphasize the need to pass which takes away from players building confidence in attacking players.
7. Although off-sides is not called, do not encourage “goal hanging”.
8. Work on goal kicks, indirect kicks, corner kicks and throw-ins
9. Let the kids learn to dribble and challenge players.

Psychological:

1. Fun, Fun, Confidence
2. Work on terminology—goal kick, wall, space, etc.
3. Work on a team spirit!
4. When they make a mistake, let them know every player makes mistakes and there is nothing to worry about!

Physical:

1. Running, lateral movement—in practice have drills where they are running until they get tired—use the average kid as your benchmark—the stronger kids can do extra without them knowing, have them shag errant balls, have them demonstrate etc.

Brunswick/Red Bull Soccer Developmental Plans:

| Team Information | | | |
|------------------|--------------|-----------|---------|
| Team Name | House League | Age group | U6 & U8 |

| Targeted key learning outcomes of training program | |
|---|---------------------------------------|
| Individual Possession Running with the ball Turning Physical Awareness | Attacking Shooting Crossing |
| Group Possession Ground Control Passing Awareness of teammates | Defending Tackling Closing Down |

| Practice # | Topic | Learning Outcomes |
|------------|------------------------------------|--|
| 1 | Physical Awareness | Understanding game rules. Utilizing the space of the full field. Understanding positions and their responsibilities. |
| 2 | Team Awareness | Making players aware of the space they have individually. Increasing their abilities to play with their heads up. |
| 3 | Running with the ball Dribbling | Keeping the ball close to you when dribbling. Having a positive first touch when attacking space. Using all parts of the feet. |
| 4 | Turning | Keeping the ball under control. In slow – Out fast. Using the upper body to exaggerate the turn. |
| 5 | Striking the ball | Planting non-kicking foot next to the ball. Kicking with different parts of the foot. – Laces, Instep, Side foot. Striking the centre of the ball – Locking the ankle. |
| 6 | Passing | Head up to see the target. Non-kicking foot planted next to the ball, pointing in the direction to want the ball to go. Using appropriate weight on the ball. Using the appropriate part of the foot. |
| 7 | Shooting | Non-kicking foot planted next to the ball. Ankle locked, toe pointed down. Follow through the ball for additional power. Knowing when, where and how to shoot for maximum effectiveness. |
| 8 | Tackling | Knowing how and when to tackle. Using different types of tackling methods – Poke tackle, block tackle. |
| 9 | Closing Down | Approaching the attacker side on – Improves balance. Slowing the attacker down – Limiting options. Looking to squeeze play out toward sidelines. |
| 10 | Review | Re-Cap of the season. Using the skills, and abilities learnt over the last 9 sessions |

