



COACHES MANUAL - U7 & U8 Age Groups

Welcome, and thank you for volunteering with Peterborough Youth Soccer club this summer. The following manual is a reference point for you to use while working with your team, preparing for practice times, and leading your group of children on the field. Coaching children's soccer is a great way to give back to the community, use your creativity skills, practice your positivity and enthusiasm, and teach leadership skills. Don't be afraid to be yourself and make a difference in a child's life.

Please take a moment to read the coaches tab on the PYSC website. You will find a Letter to Coaches link. The letter outlines specific rules and information regarding the league. The PYSC website is www.pysc.on.ca

Please remember: coaches should maintain a positive attitude. Don't criticize a faulty play. Praise the player for trying, and especially if the outcome showed promise. Encourage trying again on the next opportunity.

GOALS FOR YOUR SPECIFIC AGE GROUP

- The objective should be all players have fun
- Players will make new friends
- Coaches should work toward developing confidence in players
- Players are starting to understand the more technical aspects of soccer and spatial awareness on the field

KICKING - using the inside of your foot to pass the ball

- use the laces of the shoe with the toes pointing down to shoot the ball

STOPPING - use the inside of your foot, with your foot off the ground (or the bottom of your foot) to stop the ball

DRIBBLING - use small touches with both feet to move the ball forward. Try to keep the ball close to you

GENERAL PRINCIPLES

- Play games - not drills. Players will be more enthusiastic to play a "game", rather than participate in a "drill"
- Attention spans are generally longer, however players are 'fidgety' and won't want to stay still for long
- Try to avoid line-ups when running a "drill". Players will lose interest
- Maximize touches on the ball as much as possible
- Emphasize technique rather than speed

SUCCESS IS RELATED TO THE ATTEMPT, NOT THE OUTCOME

EXAMPLE GAMES/DRILLS



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Show the Coach

- Scatter 6-10 cones around a playing area
- Each player has a ball
- The players dribble toward the cone and practice dribbling around the cone (pretending the cone is a defender)
- Players are learning about beating defenders one-on-one, and practicing changing direction while controlling the ball

Coaching points:

- Teach players about 'pulling the back backwards' to change direction
- Teach players the 'Step and Push' move to get around a defender
- Encourage players to use both their right and left foot to get around the defender

Shadow Play

- Players are in partners with one ball
- Player A starts with the ball
- Player A dribbles away from Player B as Player B tries to get the ball from Player A
- Player A should try to keep their back to Player B

Coaching points:

- This drill is largely about dribbling. Make sure players are taking small touches and keeping control of the ball
- Gentle shoulder-to-shoulder play is okay - supervise to make sure play is not malicious

GENERAL TIPS FOR PRACTICE TIME

- Use parents to your advantage - can they be standing 'cones' to dribble around? Can they help retrieve balls during a shooting game? The players will appreciate if their parent is a target at practice
- Recycled cans spray painted bright colours could also serve as cones
- Remember - keep your instructions short - feel free to demonstrate for the players

WEBSITES FOR REFERENCES FOR GAMES/DRILLS

www.freeyouthsoccerdrills.com

www.footy4kids.co.uk