
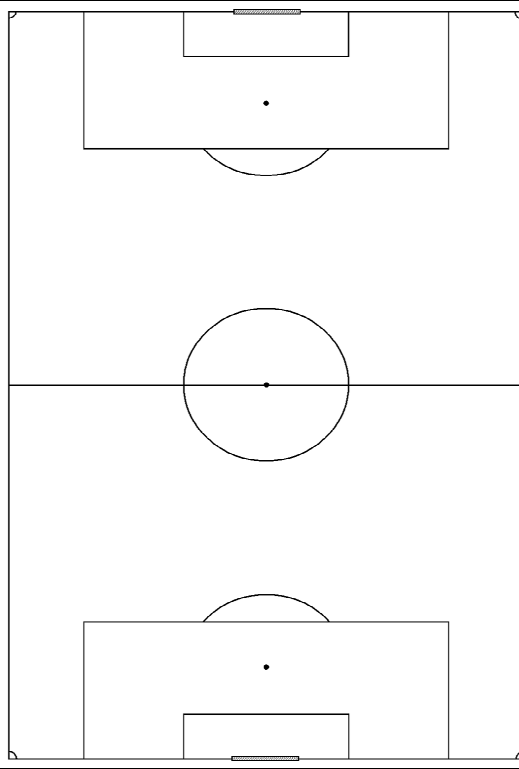


U-8 Training Session Planner

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

Player	Present	Absent	Activity		
			Warm-up & Stretch	10min	
			Introduce Technique	15min	
			Training Games (no more than 2)	20min	
			Water Break	5min	
			Game	15min	
<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!