

U8 Season Indoor Plan

Soccer Club of Toronto



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Objective	Organization				Content Distribution & Coaches Role
Game: Balance in relation to the ball and teammates	Sessions per week	1	Session Time	60m	Game: 35%
Technical: Improve basic individual technique	Players per team		Game Time	N/A	Tactics: 0%
Physical: Develop coordination, speed and basic motor skills with and without the ball	Session Structure		Aspects to Consider		Technique 35%
Mental: Interact with teammates during training sessions	Warm up		10m	Time of the Practice Structure of Practice Intensity of the practice Number of Players Time and contact with ball	Physical: 30%
	Physical		5m		
By the end of the season the player must be capable of: Perform basic ball manipulation techniques with feints and changes of direction, speed, stopping and running with the ball. Perform basic Vision & Awareness techniques Moving forward when attacking and recover when defending.	Technique		15m		
	Small Sided Game		20m		
	Cool Down & debrief		5m		
	Collective game begins to introduce interaction with teammates				
	Match: 4v4 or 5v5 game				
					Coach's ability to demonstrate the technique will paint a better picture, allowing less talk to break down the technique. Coach must understand the capabilities and limitations of the age group knowing that they will learn more by watching.

CONTENT

	Tactical	Technical		Physical		Mental		
ATTACKING		Passing and Receiving	High	Strength	Reaction	Med	Respect & Discipline	High
		Vision & Awareness	Med		Acceleration	Med	Self Confidence	High
		Dribbling/Running w/ball	High	Endurance	Acyclic Speed	Med	Competiveness	Low
		Turning	Med		Flexibility & Mobility	Low	Communication	Low
		Shooting	High	Speed	Coordination & Balance	Med		
		Ball Control	High		Agility	High		
		1v1 Attacking	High	Basic Motor Skills	High			
		Shielding	Low	Perception & Awareness	High			
	Turning Efficiency	Low						