



Ages 7-8 Victor Soccer Club Player Development Season Training Plan

What technical skills should I be teaching my players?

When do I start teaching tactics to my team?

What goals are realistic for my players to achieve by the end of the season?

These are some of the biggest questions youth soccer coaches are confronted with at the start of a new season. Planning your training sessions for the week and for the entire season will help you deliver a more efficient training session on a consistent level. Properly preparing a training session will give the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. Every team and every player has different ability levels and it is extremely important that your practices and training exercises meet the needs of the players at their particular age groups. A good coach is a good planner and I hope both you and your players will benefit from the materials I have put together for you to use!

ORGANIZATION			
Practices Per Week	1-2	Practice Duration	60 min
Players Per Team	10-12	Game Times	2x20 min
Structure of Practice Session		Aspects That Will Help With The Organization Of The Practice	
Warm Up	5-10	Space – Keep the organization simple. Set your drills up ahead of time Time – Let the practice flow, make coaching points at the right time Rules – Use different rules to adapt the practices, make the exercises age appropriate Number of players – Practices should progress from smaller to bigger groups	
Skill Training	15		
Small Sided Games	15		
Scrimmage	20-30		

Scrimmage	Take up good positions during the game. Balance in relation to the ball and teammates during the game
Technical/Skills	Improve basic individual and collective basic soccer techniques
Physical	Develop speed, coordination and basic motor skills with and without the ball
Psychosocial	Increase individual confidence with the ball. Interact with teammates during training sessions.

Ages 7-8 Season Objectives & Goals

BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

Handling the ball with both feet
Occupying the original position during the game once an action has finished
Stopping and running with the ball at speed
Moving forward when attacking and retreating when defending
Basic quick movements with and without the ball

Ages 7-8 Training Topic Chart

Using the training topics below will provide you with a better idea of what skills should be taught for this age group. The numbers will designate the importance of coaching/teaching the different technical aspects of the game. For example, a number 5 in passing and receiving means that this element is extremely important to train at this age group.

Emphasis Key: 5 = very high, 4 = high, 3 = mid

Five (5)

Passing & Receiving
Shooting

Four (4)

Dribbling
Controlling the Ball
1v1 Attacking

Three (3)

Running with the Ball
Turning