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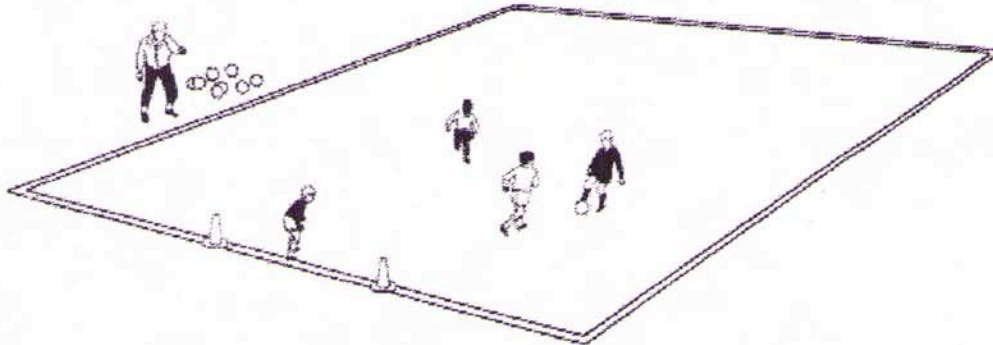
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## Coaching 6, 7 and 8 Year Olds

### The Howe Way — Game 6



A 1 vs 1 vs 1 game that induces the player in possession to create a shooting position



#### Game Rules

- One ball for three players in the area shown in the diagram, approximately 15 yards square.
- Each player plays against the other two players.
- Each player tries to score in a goal four to five yards wide.
- When the ball goes out of play, the coach puts another ball in play.
- Goalkeeper making a save throws the ball to the coach.
- After 10 balls are served, all three players and the goalkeeper are changed.
- Keep score and play the winners against each other to name the champion.

#### Player Objectives

- Control the ball from the coach.
- Manipulate the ball to avoid challenges.
- Shield the ball when necessary.
- Change direction - turn with the ball.
- Change pace.
- Shoot at the earliest opportunity.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 5

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 7

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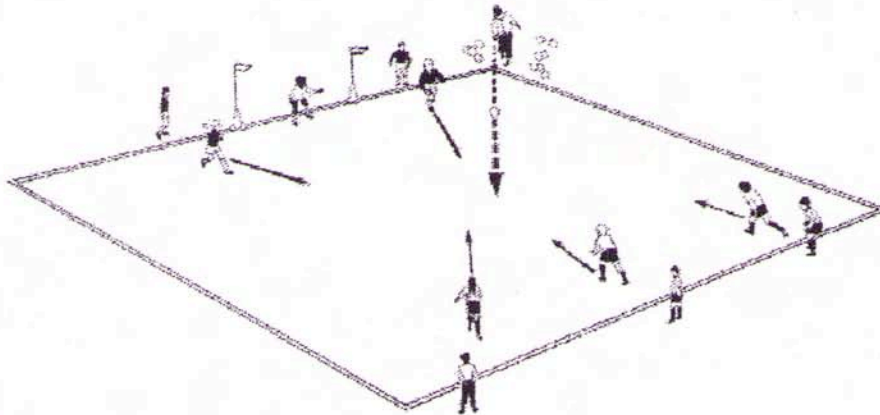
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## Coaching 6, 7 and 8 Year Olds

### The Howe Way — Game 7

A 3 vs 2 game where the attackers have to combine to create scoring chances



#### Game Rules

- Divide the players into two teams.
- Toss a coin to determine offensive team and defensive team.
- All the play takes place within the area shown - 20 yards by 15 yards, with a goal five yards wide.
- Keep a large supply of balls.
- Play four minutes and then change to allow the defending team to attack and the attacking team to defend.
- Keep score.
- The coach starts the play by serving the ball to any of the three attackers at the front of a line.
- The three combine to score a goal.
- When the coach serves the ball, the two front defenders may leave their positions and try to prevent the attacking team from scoring.
- When a goal is scored or the goalkeeper makes a save or the ball goes out of play, the five players leave the area quickly to allow five more players to play.

#### Player Objectives

##### *Player with the ball:*

- Control the ball from the coach.
- Manipulate the ball to avoid challenge.
- Shoot at the earliest good opportunity.

##### *Attacking players without the ball:*

- Support the player in possession of the ball.
- Know where and when to run so that a pass from the player with the ball cannot be intercepted.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 6

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 8

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*Coaching 6,7 and 8 Year Olds - The Howe Way - Game 7*  
Page 1 of 1

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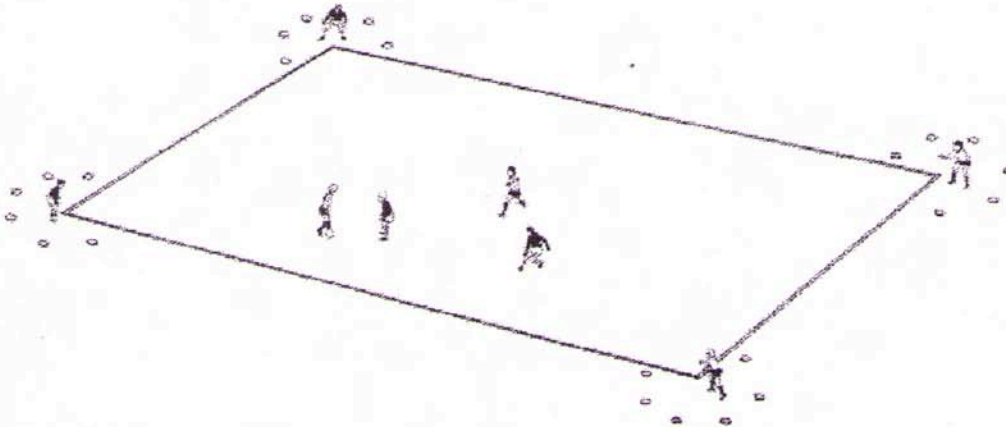
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## Coaching 6, 7 and 8 Year Olds

### The Howe Way — Game 8



A 2 vs 2 game to encourage the wall pass



#### Game Rules

- Set up game with eight players in an area 20 x 30 yards.
- 2 vs 2 within area; other four players each stand on corner of the area.
- Play starts with one of the corner players who passes the ball to one team. Each team must pass at least twice before playing to one of the corner target players within marked areas. If opponents win the ball, they must do the same. Each successful target pass scores one point.
- Each successful wall pass scores 10 points.
- Corner player returns pass to team, playing ball to him or her.
- When ball goes out of bounds, re-start play with kick-in from which wall pass can be used.
- Game is played for 2 minutes, then players change.
- Combined total points should be kept; pair who has the most points after 10-15 minutes wins.

#### Player Objectives

- To achieve pace and accuracy in passing.
- To recognize the wall pass.
- To execute the wall pass.

NOTE: The same game may be used to encourage takeovers instead of the wall pass, or both actions may be encouraged.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 7

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 9

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*Coaching 6, 7 and 8 Year Olds - The Howe Way - Game 8*  
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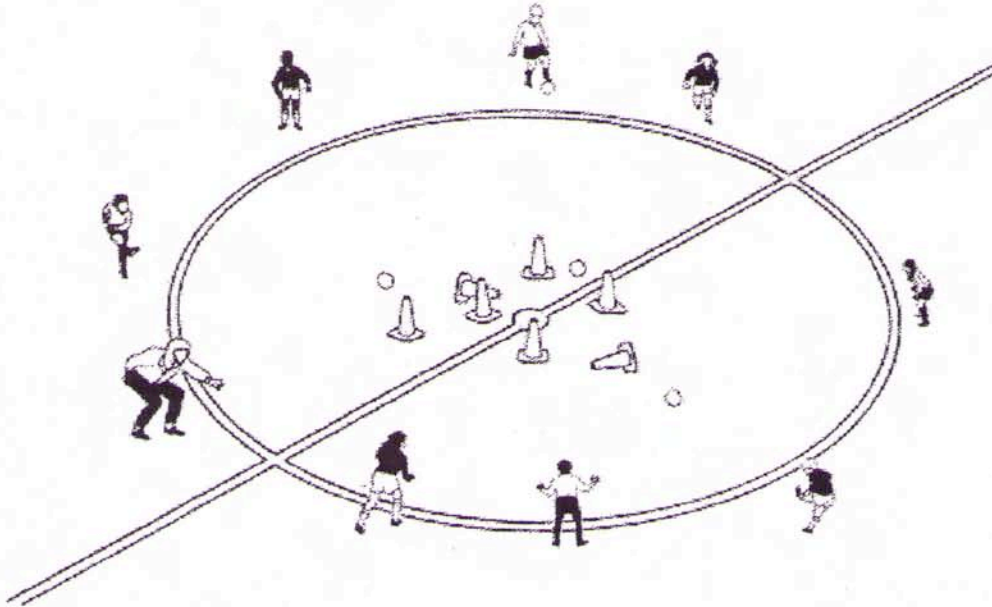
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## Coaching 6, 7 and 8 Year Olds

### The Howe Way — Game 9



A fun center circle practice that develops accurate kicking



#### Game Rules

- Eight players on the outside of the center circle.
- Each player on one side of the circle has a partner directly opposite.
- Each pair has one ball between them.
- One player passes the ball towards his or her partner but tries to knock over a cone in the center circle.
- The partner retrieves the ball and returns the pass through the center circle, again trying to kick over a cone.
- The ball must be passed from outside the circle.
- The game is stopped to pick up the cones.
- The winners are the pair to first knock over the cones 10 times.

#### Player Objectives

- To achieve pace and accuracy of pass.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 8

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 10

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*Coaching 6, 7 and 8 Year Olds - The Howe Way - Game 9*  
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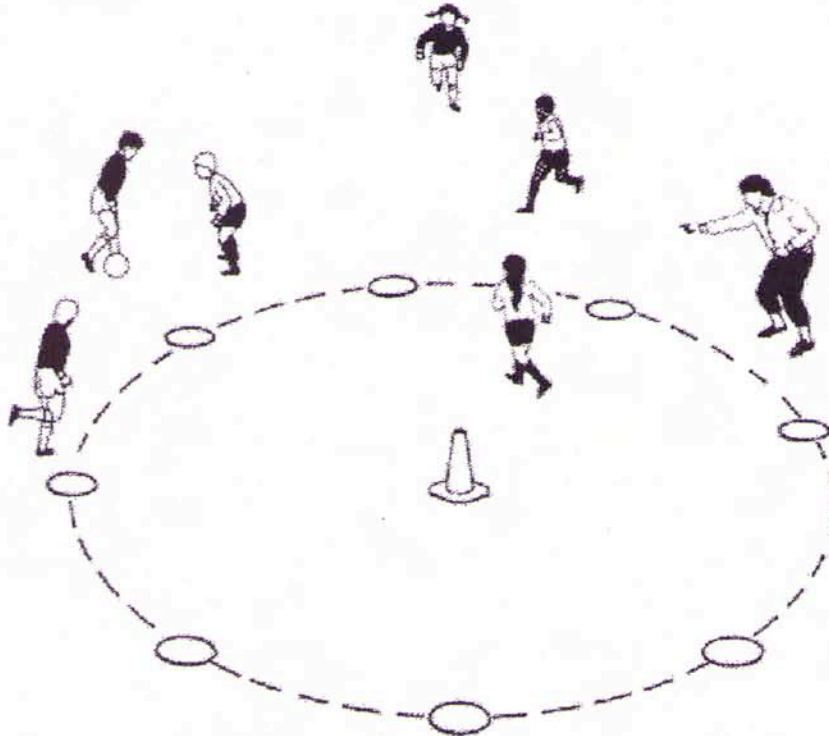
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## Coaching 6, 7 and 8 Year Olds

### The Howe Way — Game 10



A fun circle game that develops combined passing and shooting



#### Game Rules

- Make the goal one cone placed inside an area with a radius of approximately six yards.
- If a liner is not available, the circumference can be marked out with frisbees, bibs or other cones.
- The team in dark uniforms plays against the team in white.
- A goal is scored when the ball is played from *outside* the area to knock over the cone.
- All players are allowed to run through the circle but no player is allowed to touch the ball in the circle.
- If any player touches the ball in the area, the opposing team has a free shot at the "goal" from the edge of the circle.
- Keep score.



## Player Objectives

### *Player in possession:*

- To keep an eye on the ball and keep the head up to observe teammates, opponents and the goal.
- To maintain possession of the ball by keeping one's body between the ball and opponent.
- To change direction, by turning with the ball, and to change pace.
- To pass to teammates and choose which teammate is the better option.
- To achieve pace and accuracy of pass.

### *Players not in possession:*

- To support the player with the ball.
- To know where and when to run.
- To know not to make the same run as other supporting players, or to crowd the player in possession of the ball.

NOTE: The game should be no longer than three minutes before allowing players to rest. The competitive 3-a-side nature of the game is physically demanding. Quality of play deteriorates as players become fatigued. It is important they have the opportunity to recover. With a group of 12, six play and six rest. Change frequently.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Game 9

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Appendix - Responsibilities and Expectations

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## Coaching 6, 7 and 8 Year Olds

### Appendix — Fun Activities

The philosophy in putting together this coaching manual was to identify the key considerations in coaching 6, 7 and 8-year-olds. We did not wish to make it too extensive and so risk losing sight of the most important factors. We have recognized "fun" and a change of pace and activity as being vital in stimulating young players.

Shown here are four "fun" practices taken from Karl Dewazien's excellent book, *Fundamental Soccer Practice*, as examples of fun soccer activities closely related to the game. Our recommendation is that each coach carries in his head five or six activities such as these which can be quickly introduced if a change of pace is desirable.

#### FOLLOW THE LEADER

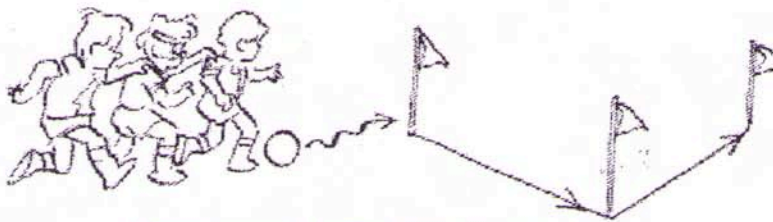
Number of players:	Partners.
Equipment:	Each player with a ball.
Objective:	Mirror partner's moves.
Rules:	Imitate partner's moves.



**Variation** Have a full team follow ONE leader.

#### CHAIN GANG

Number of players:	Three or more players linked by one hand on partner's shoulder.
Equipment:	One ball per linked group - "chain."
Objective:	Dribbling the ball without breaking the "chain."
Rules:	One link is broken, go back to start.
Winners:	First "chain" to go through the obstacle course. First "chain" to go across a finish line.

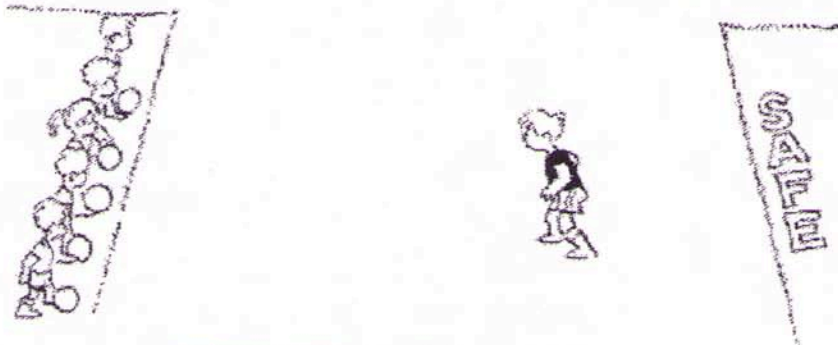


**Variation** Soccer game of "chains" playing each other.



### CAT & MOUSE (Group Game)

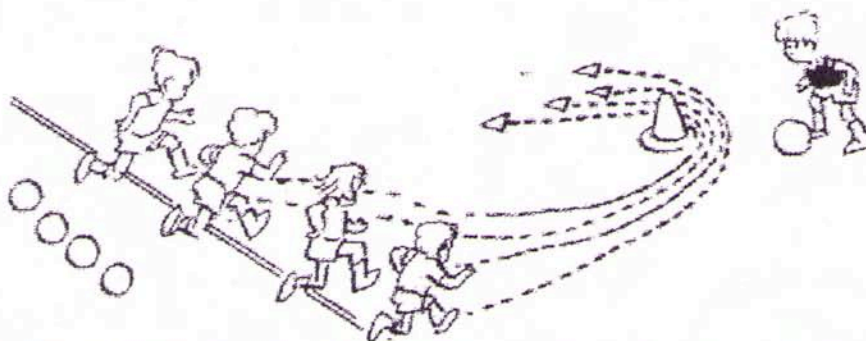
- Number of players: Full team.  
Equipment: All players have a ball - except "cat."  
Objective: Be the last player to get caught.  
Rules: "Cat" calls for "mice" to run north to south or east to west across the sideline.  
When player is robbed of ball, then player also becomes a "cat."



- Winner: Last "mouse" to have ball possession.  
Variation: "Cat" can call *one* player at a time from starting line.

### VARIATION: CAT & MICE (Dodge Ball)

- Number of players: No limit.  
Equipment: One soccer ball per player, and one *big* marker.  
Objective: Not to get touched by the ball below the waist.  
One player, "cat" starts the game with ball.  
"cat" kicks ball at "mice" and attempts to hit them below the waist.  
Rules: "Mice" that get hit by the ball (below the waist) become "cats."  
Winner: Last player to get hit by the ball below the waist.



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Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Progressive Development

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Essential Skills

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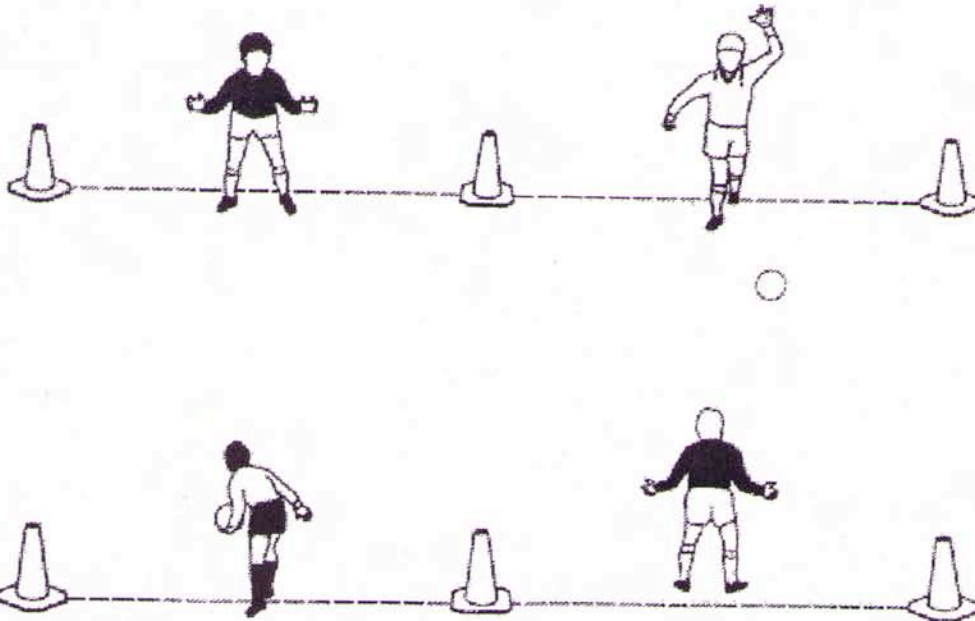


## Coaching 6, 7 and 8 Year Olds

### The Waiters Way - Micro Soccer® Practices — Goalie 1

#### Objective

To give all players the opportunity to become comfortable throwing and catching the ball.



#### Organization

- Players are in pairs, five or six yards apart, throwing and lobbing to each other.
- If possible, use cones or markers to improvise goals for each pair.
- Consider using this practice as part of warm-up with the "Square Dance."

#### Teaching Points

- Have players reach forward to catch ball with fingers and palms.
- After catching, bring the ball into one's body to hide it.
- Players should treat the ball as a friend - to be hugged, not pushed away.

#### Target

- To have players test each other, but not force each other to dive for the ball.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Mack 2

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Goalie 2 (The Pendulum Roll)

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*Coaching 6, 7 and 8 Year Olds* - The Waiters Way - Micro Soccer® Practices - Goalie 1  
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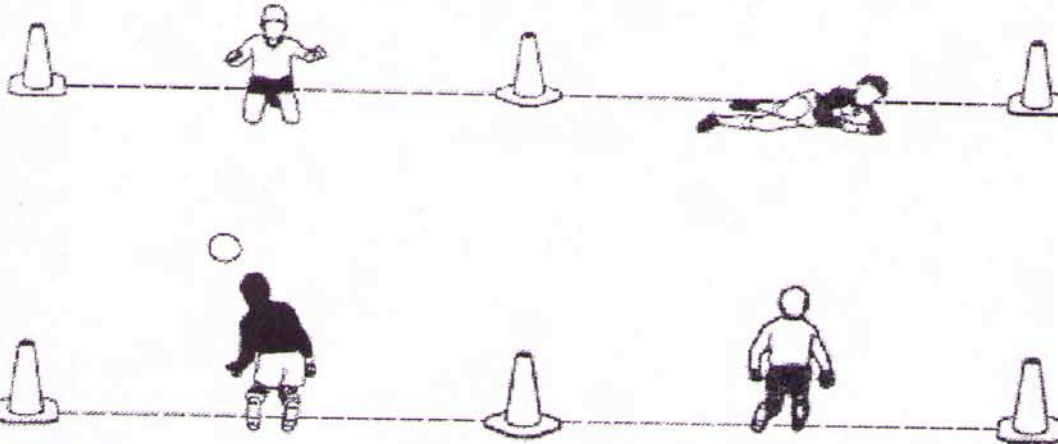
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## Coaching 6, 7 and 8 Year Olds

### The Waiters Way - Micro Soccer® Practices — Goalie 2 (The Pendulum Roll)

#### Objective

To introduce players to the important technique of diving to either side.



#### Organization

- Two players kneel in an upright position, facing one another four yards apart.
- Ball is rolled two to four feet to either side.
- Player receiving the ball rolls sideways, collects the ball and rolls back to the kneeling position with the ball.
- Once back in the upright kneeling position, the sequence is repeated for the second player.
- Players should be encouraged to roll the ball to both sides of their partner (but not necessarily systematically).
- Use as part of warm-up.

#### Teaching Points

- Roll on side, not stomach or back.
- Receive the ball with hands and arms in front of body.
- Pull ball into midriff (see "Goalie 1").
- Roll from side-diving position back to kneeling position.

#### Target

- Ten rolls (five for each player), with continuous pendulum action.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Goalie 1

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
Goalie 3

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**Target**

- Ten shots (five each), then rest.

Previous Section in  
*Coaching 6, 7 and 8 Year Olds*  
Goalie 2 (The Pendulum Roll)

Next Section in  
*Coaching 6, 7 and 8 Year Olds*  
The Numbers Game

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# CRM Soccer Club Practice Planner

Name:

Group:

Date:

Warm Up:

Main Theme:

Game: