

U8S TECHNICAL SYLLABUS

WFT/FAW Girls Performance Centres

The next Generation



FA | WALES

SESSION STRUCTURE



- 60 mins session example:

0-5 mins - Fun based warm up activity

5-15 mins - Individual ball mastery exercise

15-30 mins – physical development with the ball

30-45 mins – Passing/ 2v2 or possession exercise / finishing

45-60 mins – SSG / multi-directional game



PLAYER CENTRED

REPETITION OF KEY POINTS IS PARAMOUNT

LEARNING ENVIRONMENT

Coaches Should Prioritise Learning And Player Development In Their Sessions, Creating A Stimulating, Interesting And Challenging Environment.

SPACE AND TIME

Practices Should Encourage Players To Develop Their Off The Ball Movement And Decision Making.
The Design Of Practice Should Challenge Players To Scan, Assess And Anticipate The Movement Of The Ball, Team Mates And Opposition.

CREATIVITY

Players Should Be Encouraged To Be Creative And Expressive In Their Play And Try New Things. Coaches Should Create An Environment Where Players Are Confident To Experiment And Try To Put Into Practice In A Game What They Have Learned In Training.

THE PLAYER

TECHNICAL DEVELOPMENT

Players Should Be Given Lots Of Opportunity To Develop Their Individual Technique And Master The Ball.

FUNDAMENTAL MOVEMENT AND PHYSICAL LITERACY

Agility, Balance, Co-ordination And Speed Are Key Areas To Be Developed In This Area.

LEARNING THROUGH GAMES

Developing Game Understanding And Decision Making Should Be Encouraged.
Players Should Be Given Lots Of Opportunity To Practice In Game Related Activity.
Coaches Should Challenge Players To Think And Solve Problems During This Activity.



SESSION STRUCTURE



- POSITIVE LEARNING ENVIRONMENT
 - Don't Stop The Practice/Game Too Often
 - Allow Players The Opportunity To Practice
 - Present Information
- Visually(Seeing)
- Verbally(Hearing)
- Kinaesthetically(Doing)
- Use Breaks To Encourage Social Interaction, Pose Questions And Create Opportunity For Discussion And Problem Solving
- Give Frequent Praise For Good Play And Effort, Relate Praise To Specific Actions And Use Names
- ***Remember***
 - Young Players Need Help, Your Job Is To Provide It. Guide And Coach Players During Games And Use Breaks To Discuss, Review And Set New Targets.
 - If You Notice Some thing About A Player–Tell Them(Good Or Bad). If You Do Not Make Them Aware They May Not Know



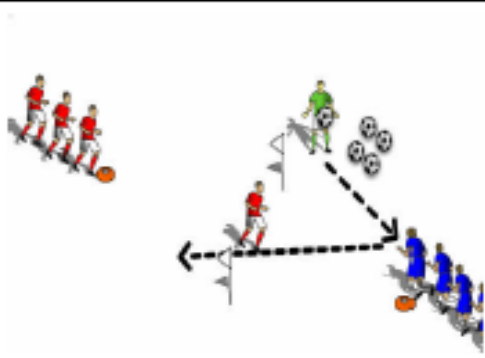
SESSION STRUCTURE



- **COACHING PRINCIPLES**
- Provide Leadership And Integrity At All Times When Working With Players
- Understand The Needs Of Individual Players
- Make Coaching Sessions Appropriate, Challenging, Educational And Enjoyable
- Create An Environment That Allows Players To Fulfil Their Potential
- Establish A Learning-centred Approach
- Make Time To Speak To Players Parents, Along With Ourselves They Are A Vital Part Of The Players Support System
- Plan And Prepare In Line With Academy Technical Programme And Philosophy
- Ensure All Players Take Part In A Minimum Of 50% Of All Game Time
- Make Sure Your Best Players Are Supported And Given The Most Game Time. Challenge The Rest Of The Group To Get Into The Top Group Within The Squad In The Playing Time They Are Given.



FUN WARM UPS



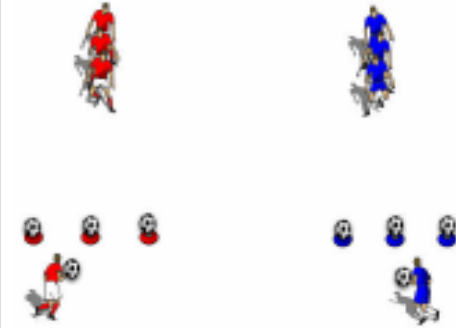
Continuous heading game. The coach must alternate serves between the two teams. After heading at goal, the players must quickly become the keeper for the other teams header. The first team to 5 goals wins



The players work in pairs with one ball. The coach calls out body parts (head, toes, knees etc). The players must touch that area of their body. When the Coach calls "snatch" the first player to grab the ball wins



One player acts as the chaser, one player puts a bib in the back of their shorts and acts as the "driver" of the huddle. The players link arms and listen to the "driver" in order to move and stop the chaser grabbing the bib



Two teams. Each team has one server whilst the rest of the players take turns to head the ball. The aim is to knock a ball off the cones. The first team to knock all three balls off the cones is the winner



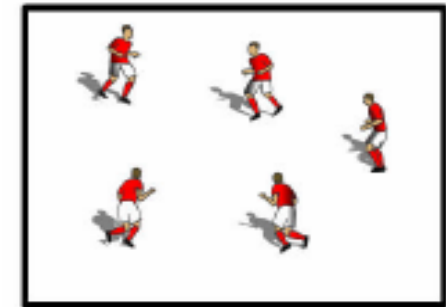
One player works as the first defender. The other players must shield their ball from the defender. If the defender knocks a ball from the cones then the shielding player becomes the new defender. The game is continuous



Handball game. The player in possession is not allowed to move with the ball. The other players must move to receive a thrown pass. When near the goal, the players can score by throwing (1pt) or Heading (2pts) into the goal

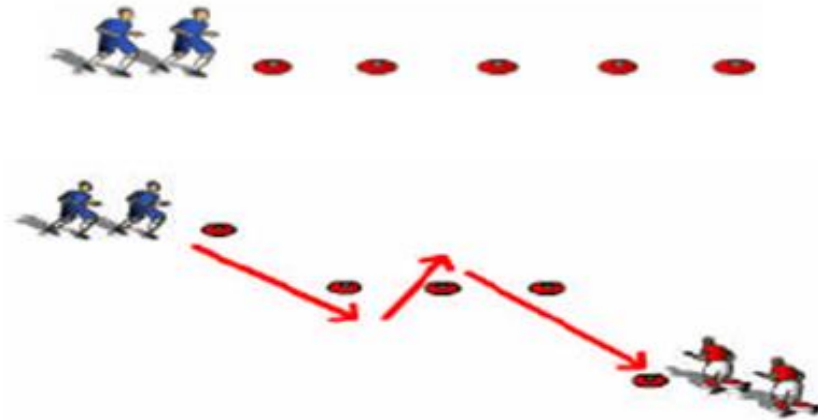


Running handball game. The players are allowed to run with the ball and then make a thrown pass. The aim is to run through the opponents gates to score. Players are tackled if they are touched by a defender when holding the ball.



Each player puts a bib in the back of their shorts. The aim of the game is to pull away the bib from another players shorts. The last player with a bib in their shorts is the Winner.

PHYSICAL DEVELOPMENT



When looking to improve your players movement, speed and reactions skills its important that you try to get the balance between

- 1 - ensuring that the correct technique is used
- 2 - fun practices that include a ball or competitive edge.

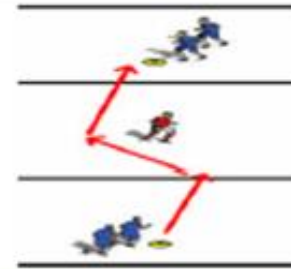
Firstly it is massively important that the players use the correct techniques when running, turning, jumping and landing etc, therefore you cannot neglect these key factors.

However, you must not get bogged down in this area so that the practices become boring for the players.

The above diagrams show simple and exercises that can be used to develop quick feet by placing one foot in the space between the cones or by going sideways, forwards or backwards in a slalom motion.

If you could dedicate 10 minutes in each of your sessions to these practices then you can improve your players movement patterns, speed, agility and reactions times.

All these skills are vital when playing the game.



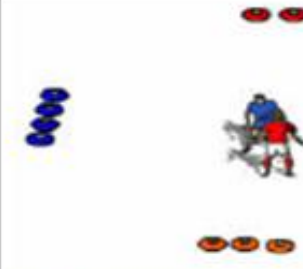
Players take turns to try and beat the defender and get to the opposite side of the grid.



The players must react to the coaches call, touch the cone behind them and then steal the ball before the opponent



3 races. 1 – react to coaches whistle, 2 – react to bounce of ball, 3 – coach stands behind players and touches shoulder



Players must react and then race to the number or the colour cone called by the coach



The player passes the ball to the coach and reacts to get the coaches ball and dribble through the gate



One player is the leader and one is the chaser, the leader moves along the line and then quickly tries to run through a gate

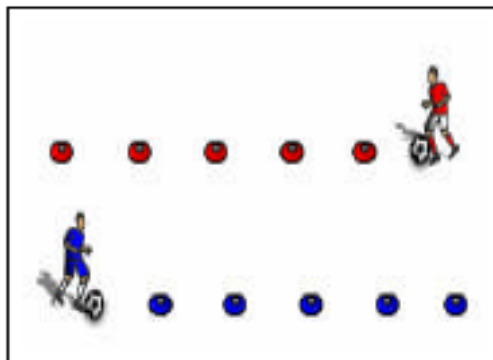
PHYSICAL CONSIDERATIONS



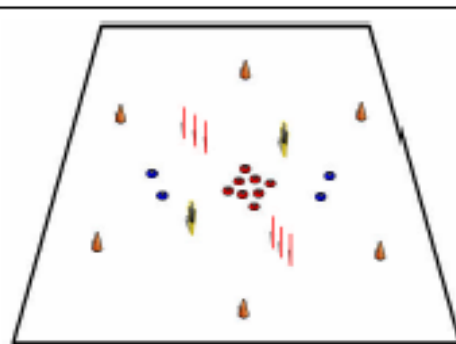
- REST is key as the players will still be in the earliest stages of growth & maturation
- Development of ABC's (Agility, Balance & coordination) are vital
- The ball must be involved – ensuring players get as many touches of the ball as possible
- Sessions must be fine - engage players, first experience must be there best
- Early developers to play up an age group if beneficial



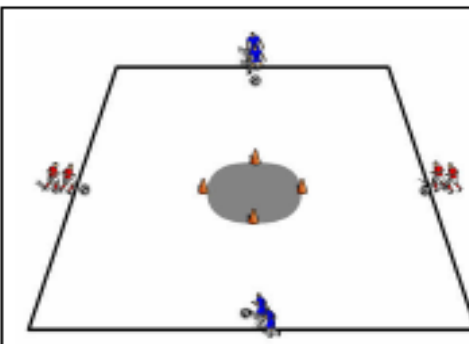
INDIVIDUAL BALL MASTERY



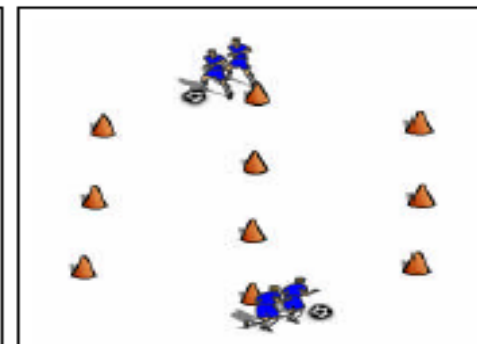
The players perform different dribbling movements through the cones. The players should do four repetitions of best foot, weak foot, insides of both, outside of both, sole drags, toe touches on the ball etc



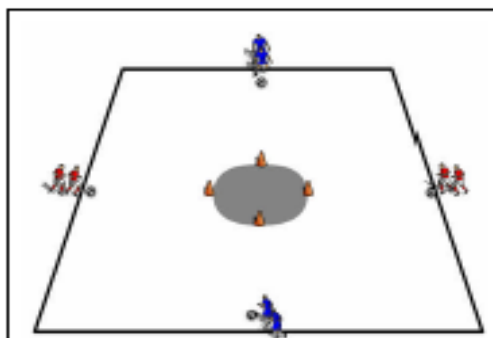
Players must dribble across and outside of the area using the obstacle of their choice. 1 – through cones. 2 – skill on coach. 3 – turn in gate. 4 – slalom poles/cones. Players must choose a different obstacle on each turn



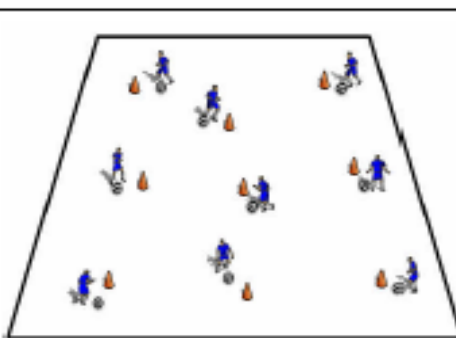
4 groups of players. The players must dribble to the cone and then perform a turn of their choice. The coach should show some examples but allow the players freedom of choice on the turn they use.



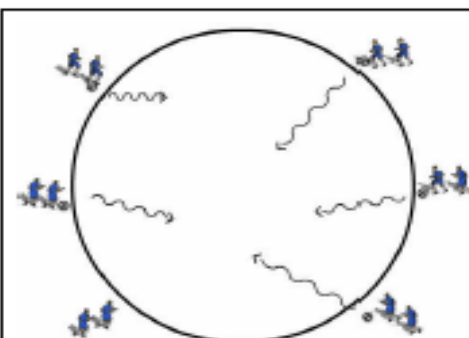
Players dribble around the zig zag course performing various skills with both feet. 1 – best foot. 2 – weak foot 3 – alternate feet. 4 – step over at cones. 5 – sole drags at cones. 6 – drag back and flick behind leg



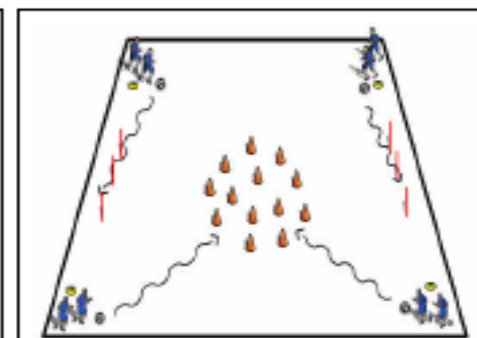
4 groups of players. the players must dribble to the cone and then perform a skill before joining the next group. The players perform 4 repetitions going to the right then four to the left. (e.g. right foot step over and join group on left)



Each player has a ball and cone (imaginary defender). The players must complete various skills of their choice In order to get ½ yard and dribble into space. (step over, drop shoulders etc)



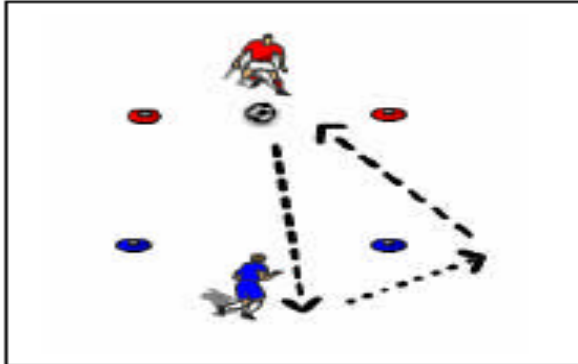
The players must try to get across the area as quickly as possible. 1 – the players dribble with best foot. 2 – players dribble with weak foot. 3 – players complete a skill on the way. 4 – players complete a turn on the way



The players complete different dribbling exercises. if they are at the bottom of the pitch then they dribble diagonally through the crazy cones. When at the top of the pitch they dribble down the side and slalom through the poles.



PASSING & RECEIVING



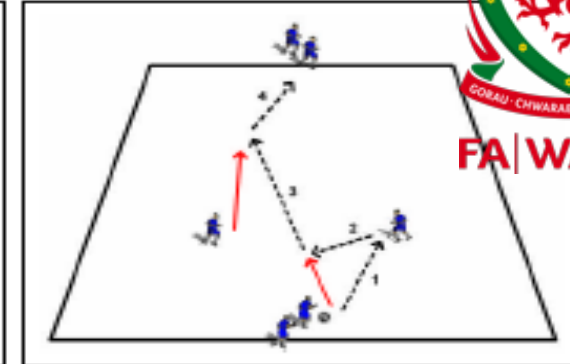
The players must pass take a touch to the outside of the cones before passing the ball back through the centre of their opponents cones. The game works continuously on first touch and passing skills.



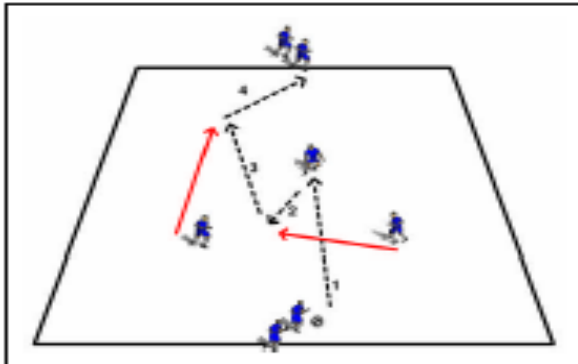
The players take turns to pass into the middle and then go into the gate to perform turns from a pass.
1 – player opens out using back foot
2 – players turns using inside of foot
3 – player turns using outside of foot



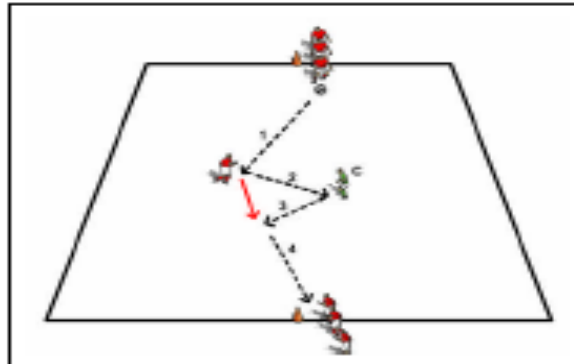
In this practice the passer must instruct the receiving player by using communication. The passer can call "turn" or "set". The player receiving must then react to turn and dribble out or set the passer who plays out



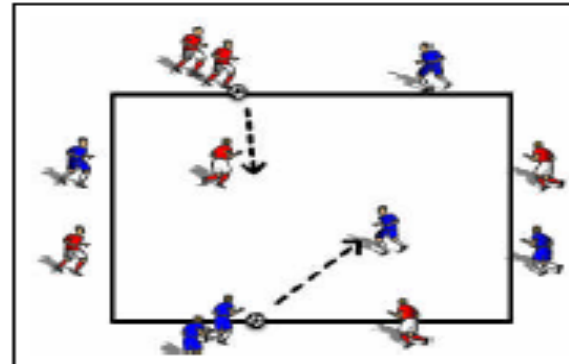
Both central players make a movement to receive a pass. The player receiving must pass back to the original passer who now plays a pass into space for the non receiving player to dribble out



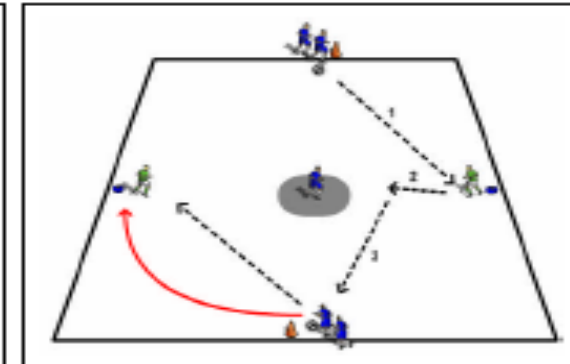
Now three players start in the central area. The starting player passes a ball into the three players who must quickly combine to pass the ball out to the opposite end. All three players must touch the ball before its played out.



In this practice the coach is used as a setting player. On receiving a pass the central player can play a quick one-two with the coach or pass and complete an overlap. Therefore the player is always moving after their initial pass.



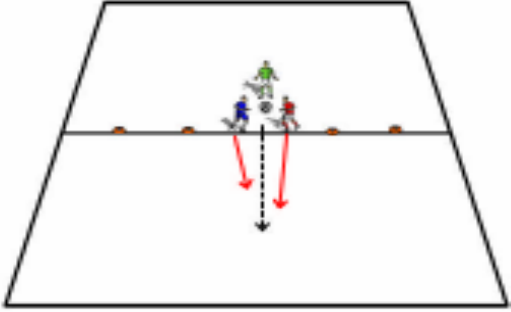
2 groups of players & 2 balls working a the same time. The player passing into the centre comes in and the player passing out goes out. The aim is to receive the ball with your back to play, quickly turn and dribble out



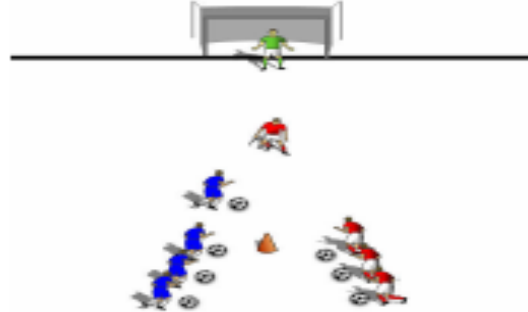
Continuous passing & communicating. The players have a choice of the centre player or coaches. When passing to the centre player you call "turn" and take their place. When passing to the coaches you call "one/two" or "overlap"



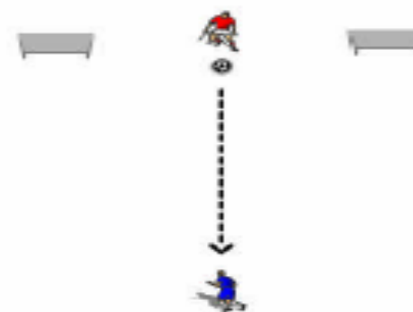
1V1 DOMINANCE



The coach passes a ball between the 2 players. The players run and fight for possession. The player who wins the ball becomes the attacker and tries to turn and pass into the 2 gates.



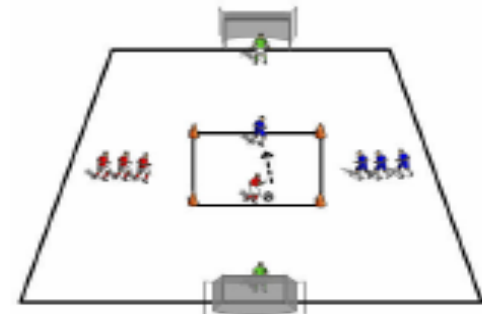
Two teams. One keeper. The teams take turns to dribble and attack 1v1. After attacking you must quickly react and defend against the next player. The first team to five goals is the winner



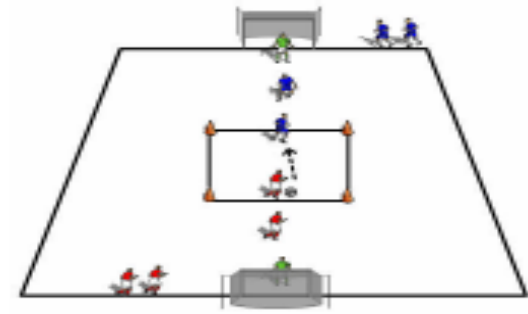
The defender passes to the attacker and then races to defend. The attacker must use disguise to beat the defender and pass into one of the target goals



The teams attack one goal and defend the other goal. This practice is continuous attack and then defend. The 1st team to five goals is the winner.



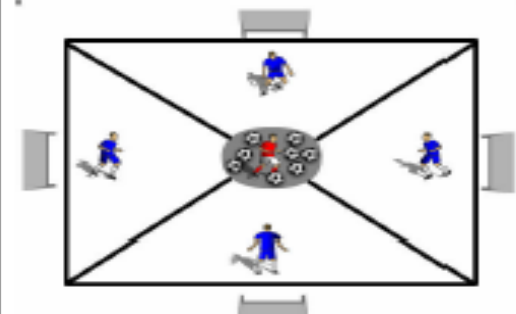
The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to have a free run and shot at goal. If the defender tackles the attacker then he can break out of the zone to shoot.



The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to go 1v1 with the 2nd defender to score. If the defender tackles the attacker then he can break out of the zone to attack.



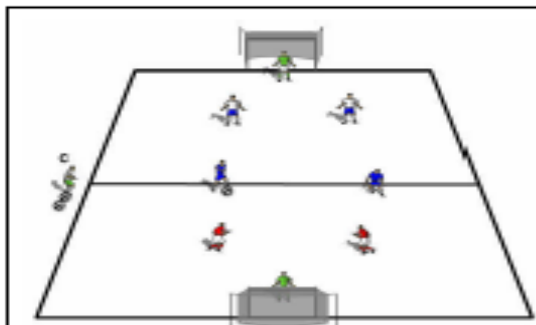
Player A passes the ball out to Player B and runs to defend 1v1. once this ball is complete, the coach passes a 2nd ball to Player A, now Player C runs out to stop Player A from turning to shoot at goal.



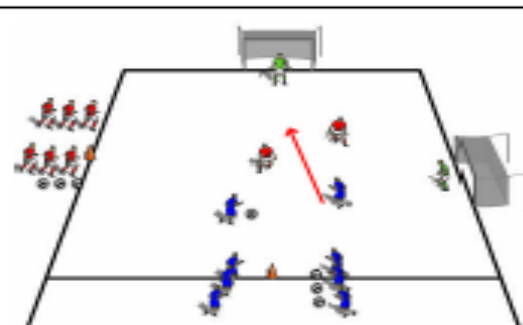
Continuous 1v1 game. The attacker chooses which goal to attack. If the attacker scores then they return to collect a 2nd ball and attack a different goal. If the defender stops the attacker scoring, the roles are reversed



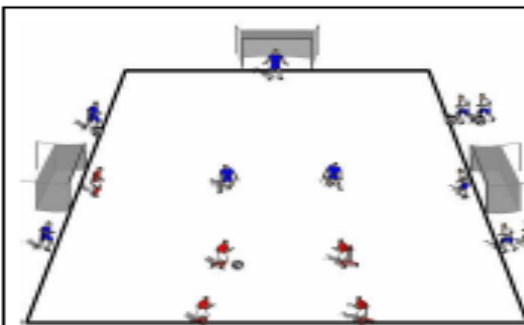
2V2 (WORKING IN PAIRS)



Three teams of players. The teams constantly attack, defend and then rest in a wave motion. For instance the Blue team attack the Reds, then the Reds attack the Whites and then the White attack the Blues etc.



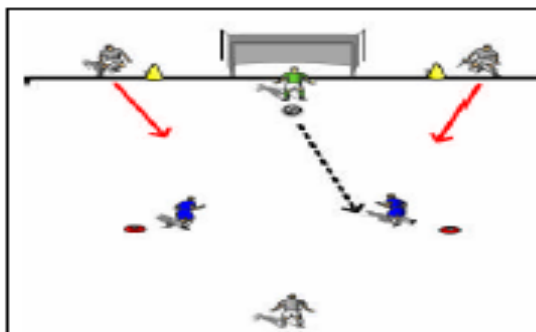
Two teams of players. The teams attack the goal they are facing and then defend their own goal from the opponents attack. Therefore the practice works continuously with teams attacking then reacting to defend



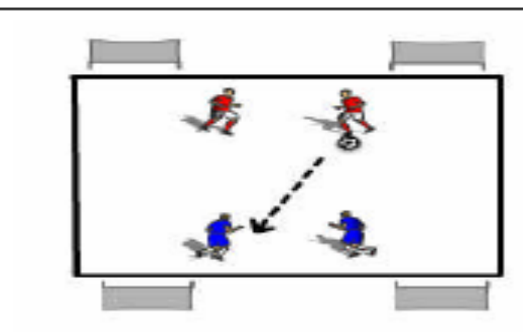
3 teams of four players and 3 keepers. The teams attack the goal they are facing and then immediately react to defend their own goal. The game works like a continuous carousel with teams attacking, defending then resting



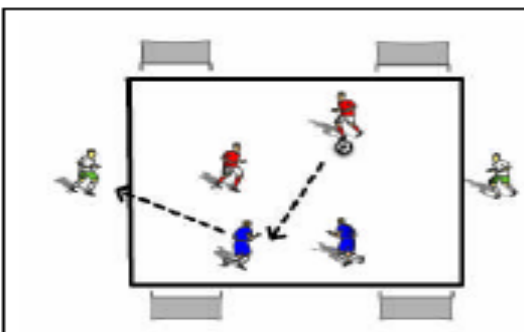
Simple 2v2 practice. The GK throws the ball out to the two attackers. If the attackers score a goal then the defenders must defend for a 2nd attack. If the attackers don't score then they become the new defenders.



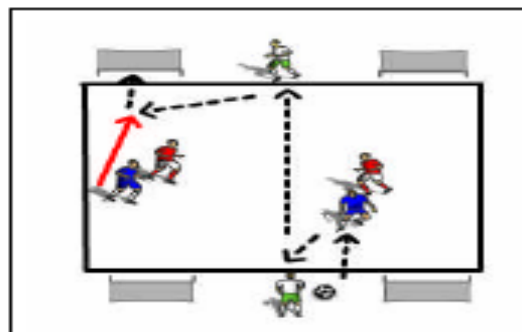
The GK throws the ball out to the two attackers. The defenders quickly run to defend 2v2 with the attackers facing the goal. once this ball is completed a 2nd ball is played in by the coach for a 2v2 facing away from the goal



2v2 four goal game. Each team attacks two goals and defends two goals. Encourage the players to use one-two's and overlaps in order to gain a chance to score a goal.



2v2 four goal game with two neutral wide players. The two teams can use the neutral players for quick one-two's or for a player to pass and run forward leaving space for his team mate to receive the next pass.



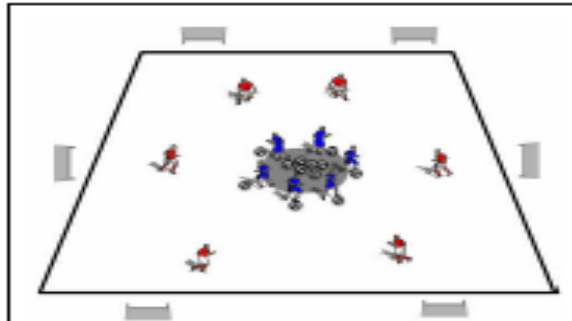
2v2 four goal game with 2 neutral players. When in possession of the ball you can use the two neutrals to play the ball back too in order to retain possession or to pass forward too and run to get a lay off for a shot



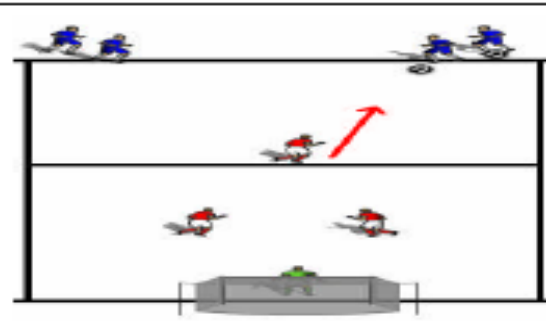
CREATING & USING OVERLOADS



FA/WALES



One team attacks whilst one team defends. The game starts with lots of 1v1's but as balls decrease it becomes a random of 1v1, 2v1, 3v3, 2v2 etc. once all balls have been played, count the goals and then reverse roles



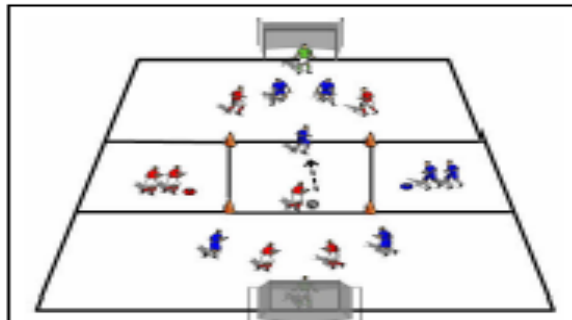
The two attackers must make their way through the two zones in order to score a goal. The defenders can only play in their own zone. Therefore the attackers must complete a 2v1 then a 2v2 to score a goal.



Three teams of 4 players. one team defend. The other teams take turns to attack 4v2. if your team score then you stay on the pitch for another ball. if you miss then the other team come into the game. play for 5mins and rotate



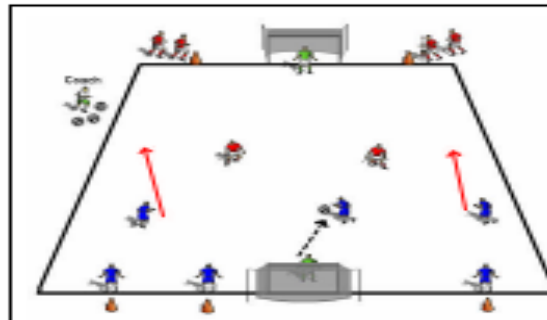
The three attackers play for 3 balls. 1- the attackers build up to score unopposed. 2 - the attackers turn to receive a pass from the defender to play 3v1. 3 - the attackers receive a pass from 2 defenders to attack 3v2



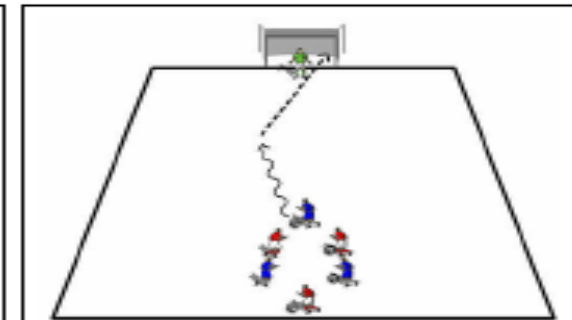
2 players play 1v1 in the central zone. The aim is to break out to create a 3v2. when 1 player breaks out, the other stays in the zone. If the team with the 3v2 don't score then the losing player receives a 2nd ball to attack the opposite goal 3v2.



The 1st team attack 2v1 and defend 2v3. the 2nd team defend 1v2 and attack 3v2. the game starts in the small zone with a 2v1, after this ball is played the defender breaks out to receive a ball from the coach and attack 3v2.



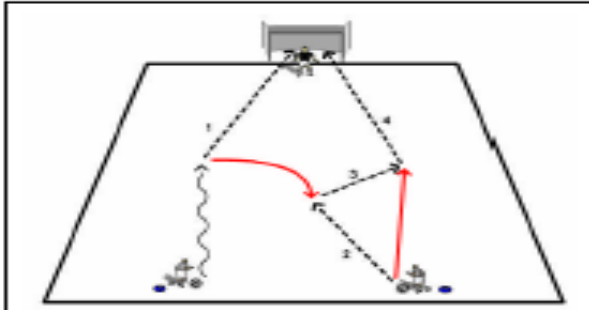
2 teams take turns to attack. The blue team attacks 3v2 against two red defenders. Once this ball is played the coach passes the ball to the two waiting red players who enter the pitch to make a 4v3 for the red team.



2 teams. The first player dribbles and shoots at goal. Two players come in to make 2v1. Then two team mates make 3v2. This continues until all players are in the pitch and all balls have been played.

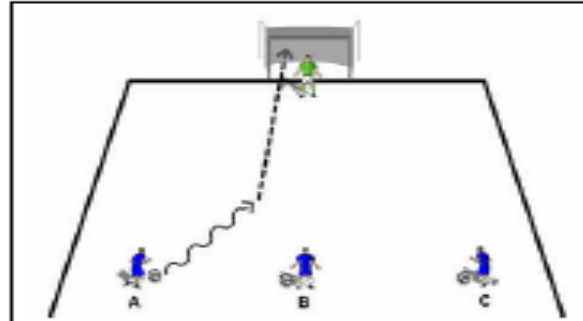


FINISHING PRACTICES

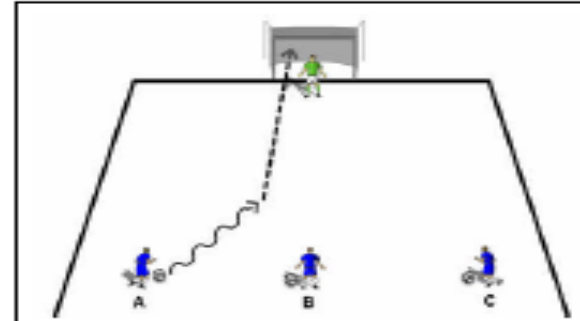


Two lines of players.

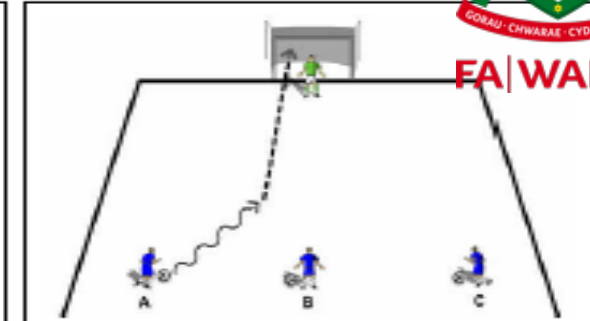
The 1st player dribbles and shoots at goal. The player must then react to receive a pass from the 2nd player in order to set him up for a shot at goal



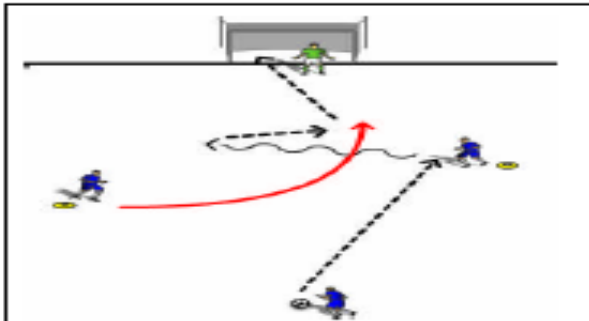
A – Dribbles and shoots at goal
B – Plays a one/two with A and shoots at goal
C – Dribbles and plays 1v1 against B



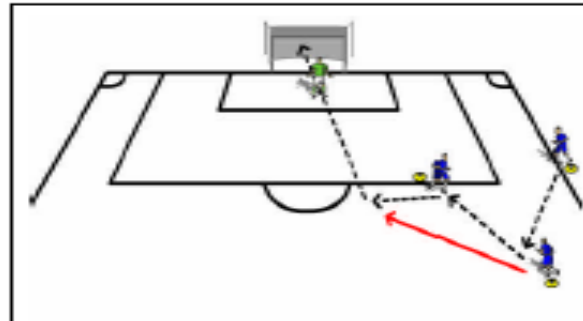
A – Dribbles and shoots
B – Dribbles and plays 1v1 against A
C – Dribbles and plays 2v1 with A against B



A – dribbles and shoots
B – plays one/two with A and shoots
C – Passes to A and B who combine.
Player C makes a 3rd man run and receive a through pass to shoot or cross



The starting player passes the ball to the furthest forward. The forward receives the ball and dribbles across the box. The deep forward must make a crossover run to receive a back heeled pass in order to shoot at goal.



Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball inside for player 2 to dribble into the box at pace and then shoot at goal. The players move up a position for the next turn



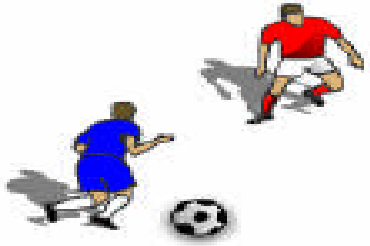
Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball inside for player 2 to make a through pass for player 4 to shoot at goal. The players move up a position for the next turn.



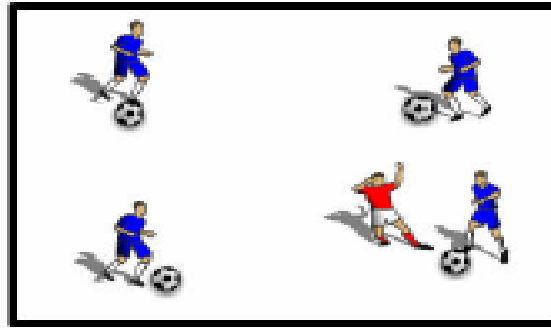
Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball outside for player 2 to dribble down the wing and cross the ball for player 4. The players move up a position for the next turn



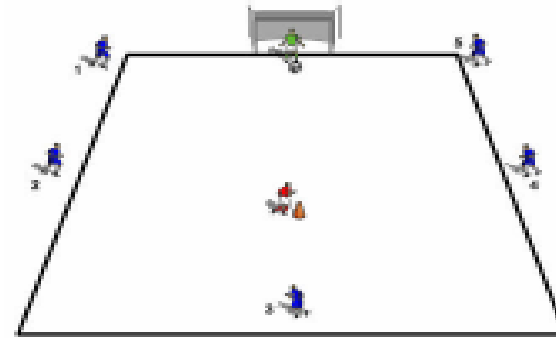
DEFENDING PRACTICES



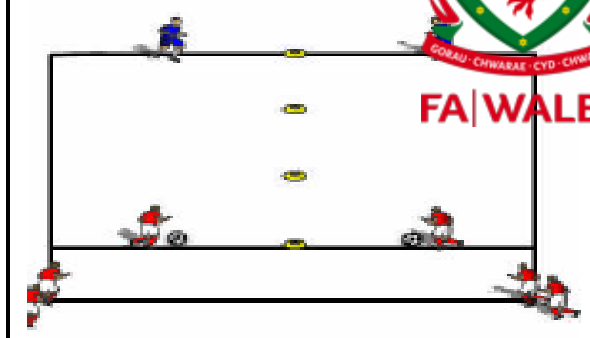
Players work in pairs. One player dribbles forward using all their skills & tricks. The other player must be a passive defender and jockey backwards whilst keeping their eyes on the ball. Rotate the players after 20/30 seconds.



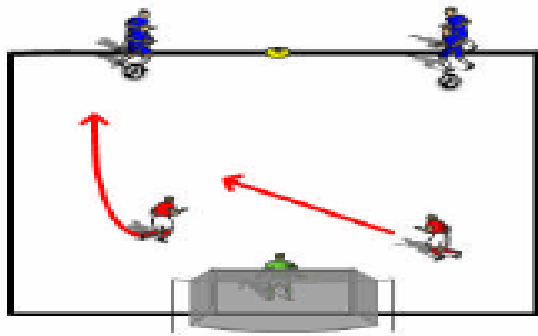
Two games
1 – each player has a turn as the defender and must see how long it takes to win all 4 balls.
2 – The player tackled becomes the new defender and the game continues.



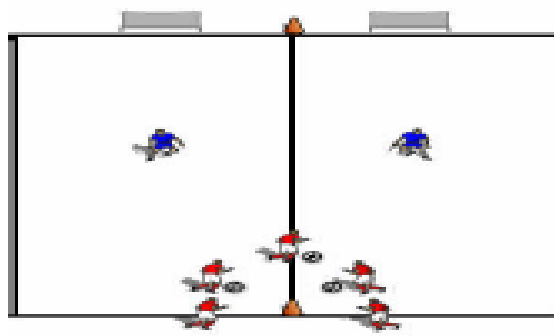
The GK controls the practice by throwing the ball out to the attacker. The GK must then call a number. The number called must run to defend 1v1. therefore the defenders come from various angles to pressure the attacker



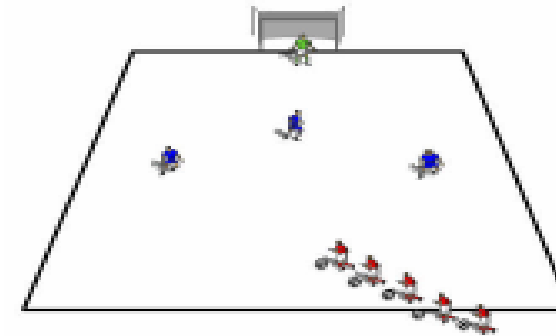
The defender passes to the attacker and runs to defend 1v1. the attacker tries to get past the defender and into the end zone. Encourage the waiting defenders to give communication support to their team mate



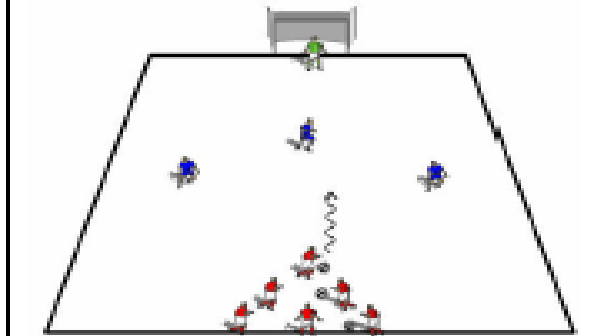
The two defenders must work for two balls. Each defender has a turn as the pressuring and supporting player. The GK starts the practice by calling the name of the blue player to dribble into the pitch 1st for 1v2 situation



The two defenders rotate from working together to working alone. The 1st red player comes into the pitch for a 1v2, then two players come into the pitch for two 1v1's, finally two reds come into the pitch with one ball for a 2v2



The three blue defenders must work together for 5 consecutive balls. The 1st ball is 3v1 to the defenders. Then a new player dribbles to combine with his team mate for a 3v2, this continues until it's a 3v5 situation.



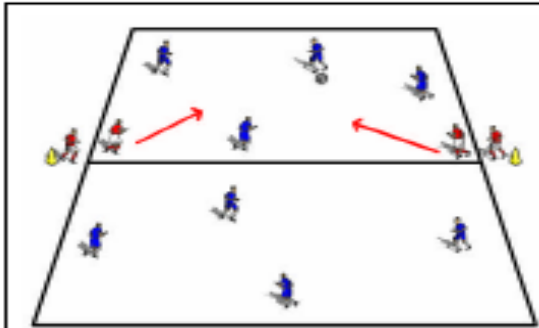
The blues must stop the red team from scoring. The 1st ball is 1v3 to the defenders, then 2 players come into the pitch with a ball each. Finally three players come in with a ball each for three 1v1s at the same time.



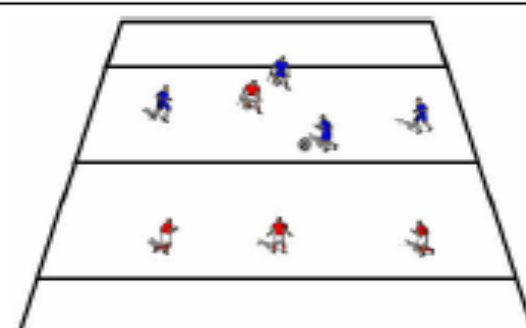
POSSESSION PRACTICES



FA WALES



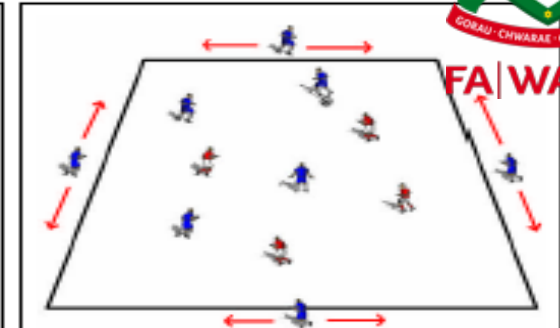
Two defending players must run into the zone and defend 4v2. The players must complete three passes before they can transfer the ball into the other teams zone. Now two new defender must run to defend 4v2



Two teams of four players. The coach passes the ball into one teams half and then calls the name of the defender to run and defend 4v1. After each set of 5 successful passes a new defender goes into the half to make 4v2, 4v3, 4v4 etc



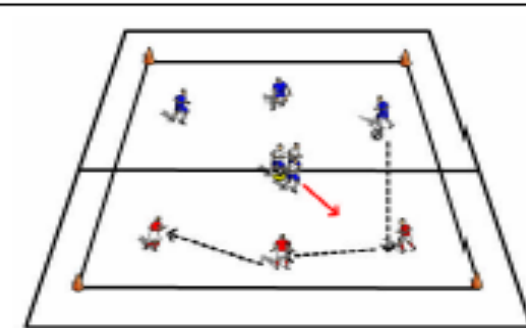
2 teams of players. Each team nominate 3 players to go into the pitch. The remaining players go on the outside. The aim of this game is to pass out to a team mate and then go out with the team mate now dribbling into the game



Two teams play a possession game inside the pitch. However one team has four extra players on the outside of the pitch that they can use to help them retain possession. The outside players are restricted to two touches



The red team are trying to score in any of the four mini target goals. The blue team are trying to transfer the ball across the pitch and out to the target players. If a blue player passes out to a team mate then they rotate positions



3 teams. The white team start as the defenders. 1 white player goes to defend 3v1 against the reds. The reds have to make 4 passes and then transfer the ball to the blues. If the whites win possession then they change places with that team.



The red team play 4v2 in the central area. When the blue players win the ball, they must quickly pass out to their four extra players. Now the game switches to the bigger area where the blues have a 6v4 advantage.



The blues and GK keep possession of the ball. The red team try to win the ball back. When possession is lost, the red player now in possession plays 1v1 against the blue player who lost the ball. All other players must freeze.



POSSESSION CONSIDERATION



- Great tool to ensure players are comfortable on the ball
- At this age players may not be able to keep possession of the ball – below are some aspects to ensure the players get success and then progress:

Making possession easier:

- Add more common players e.g. 4v4 plus 3 common players
- Retreat lines to ensure the team gets possession to start and can play forward
- Smaller numbers in possession games
- Outside players common or on a team

Progressions:

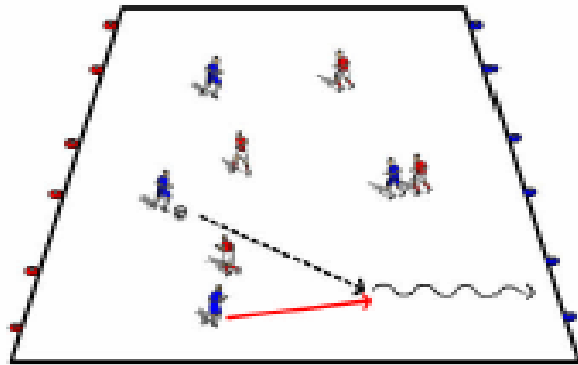
- Less common players
- Less outside players to touches
- Cannot pass outside to outside



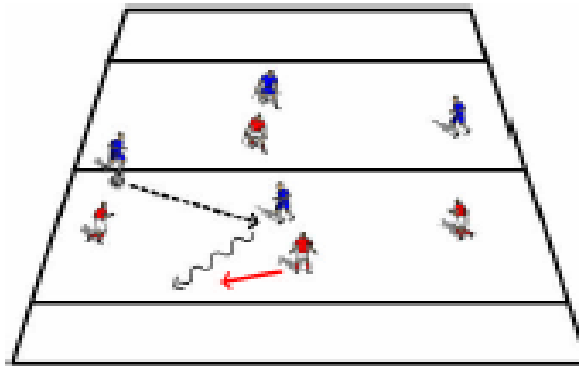
4V4 + SSG



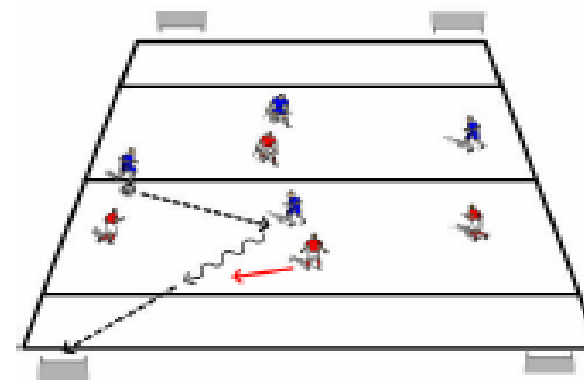
FA/WALES



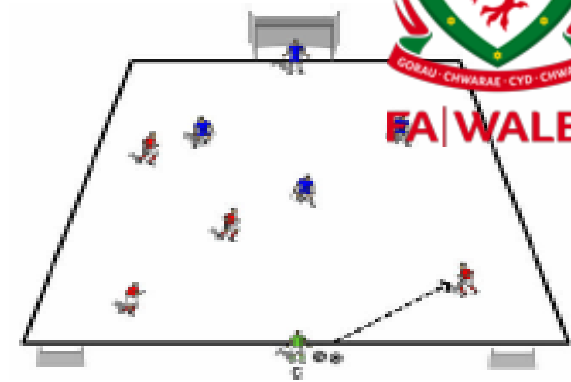
Each team attack three gates and defend three gates. The pitch is short in length but is very wide to encourage quick switching of play, one-two's and overlaps in order to disrupt the opponents defence.



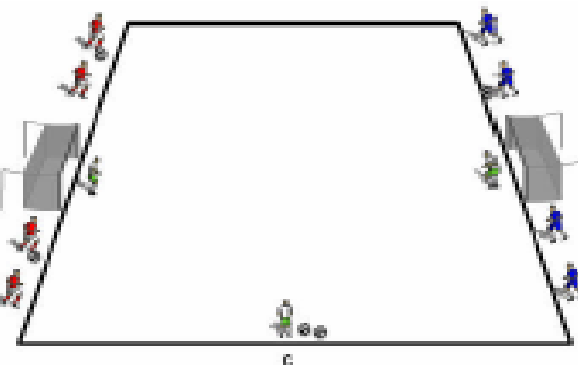
Two teams.
The aim of this game is to dribble the ball into your opponents end zone in order to score a goal



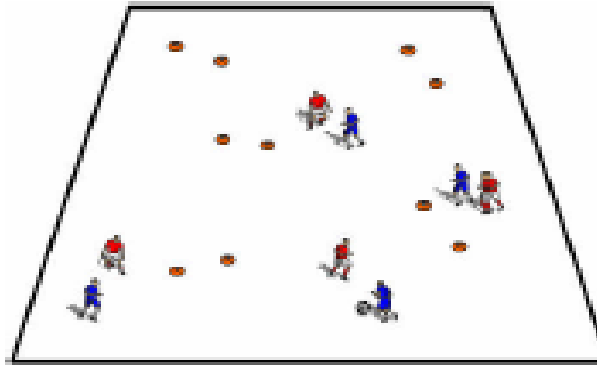
Two teams. The aim of this game is to defend two small goals and attack two small goals. The players score by passing the ball into the goals



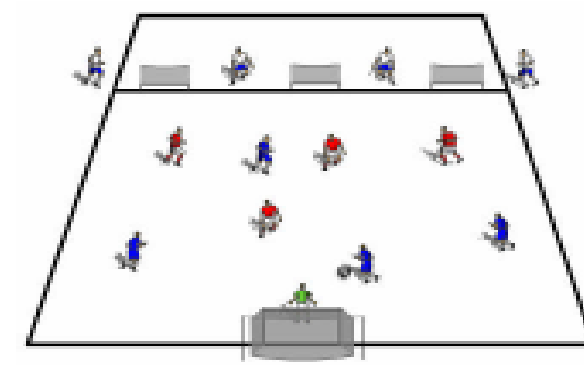
2 teams. The team defending the big goal must send one player to be the keeper. The attacking team continue to attack the big goal until the defending team score in one of the mini goals. Then the roles are reversed



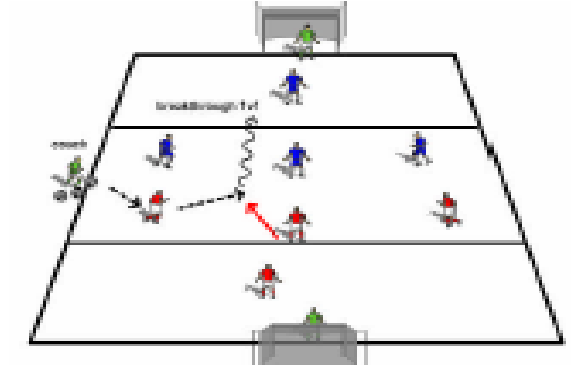
2 teams of players. one team starts with 2 balls. The other team start with 1 ball. The coaches whistle starts the game. The teams must decide who attacks & defends. The coach plays additional balls into the game to keep it going



Two teams of players. A number of gates laid out across the pitch. Game 1 – score by dribbling through gates. Game 2 – score by passing. Game 3 – one team dribble, one team pass. game 4 – choice of dribble or pass

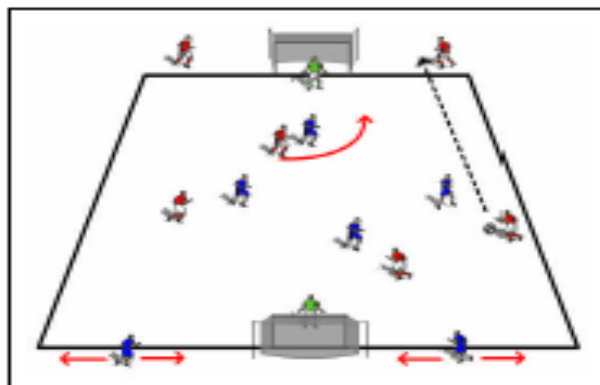


Three teams of players rotate from resting, attacking the big goal and attacking the three small target goals. Each game last until 1 goal is scored. Each team must keep their own score.

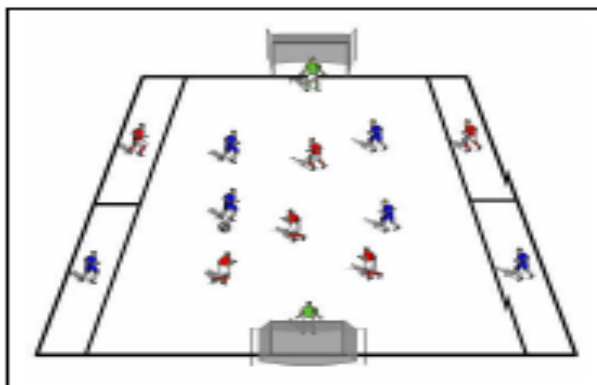


Two teams. The game is played 3v3 in the central zone. The aim of this game is for a player to dribble out of the central zone and into the attacking zone. When inside the attacking zone it's a 1v1 to score.

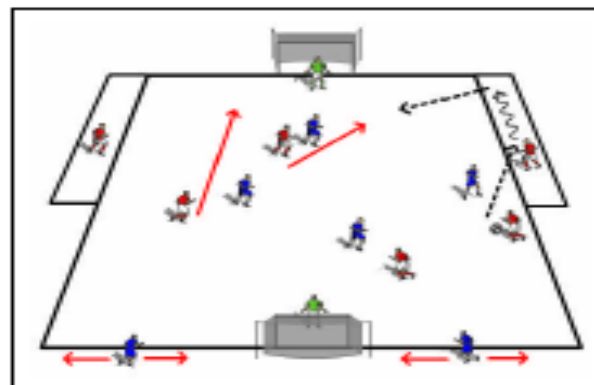
MORE SSG



Two teams of players
Each team nominate two target players. The aim of this game is to pass the ball into a target player and then run to receive a lay off for a shot at goal.



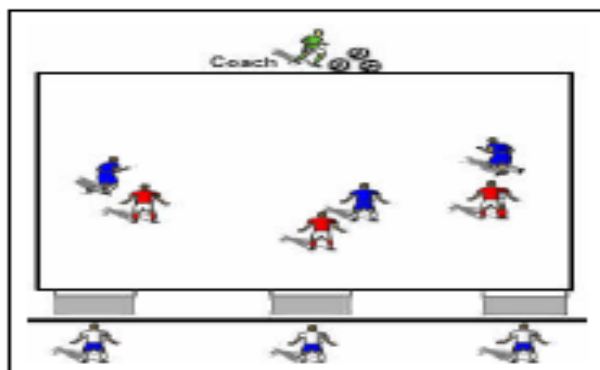
Two teams of players
Each team nominate two wide players. The aim of this game is to switch the ball out to a wide player and then get into the box to score from the resulting cross.



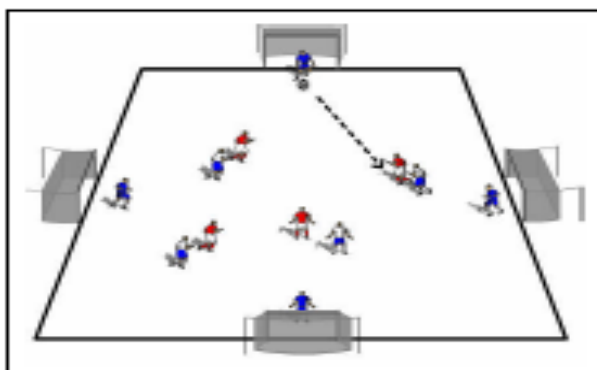
Two teams of players
one team play with two target players while the other team play with two wide players. Therefore one team is looking to play forwards and one team is looking to play wide



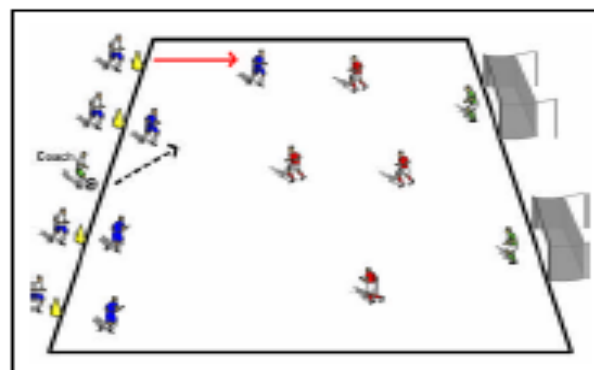
2 teams of players and 1 team of neutrals. The neutrals work in pairs and come into the game to make a 5v3 situation. The team with the neutrals have 3 attacks of 5v3. Then the neutral players switch teams for 3 attacks.



Three teams of players. The rotation of teams is resting, defending, attacking.
Each game last for one ball. The coach passes into the attacking team who are playing with their back to the three goals. Can they turn and score?



Red v Blue team. The Red team receive a pass from the GK with the ball. This team can score in any of the other 3 goals. The Blue team are trying to win the ball from the reds to score against the starting GK.

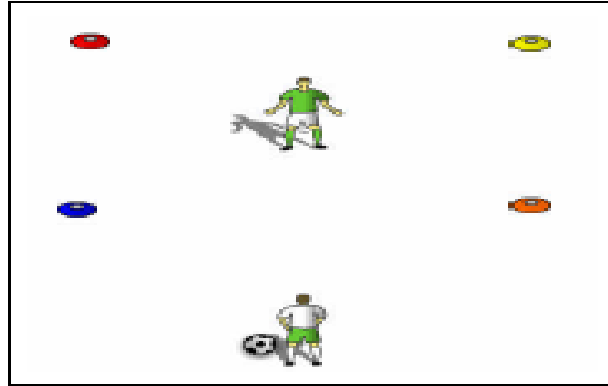


3 teams of players and 2 GK's. The teams take turns to attack, defend & rest. When attacking, if you score a goal, you continue to attack until you fail to score. When you fail to score you immediately become the new defending team.

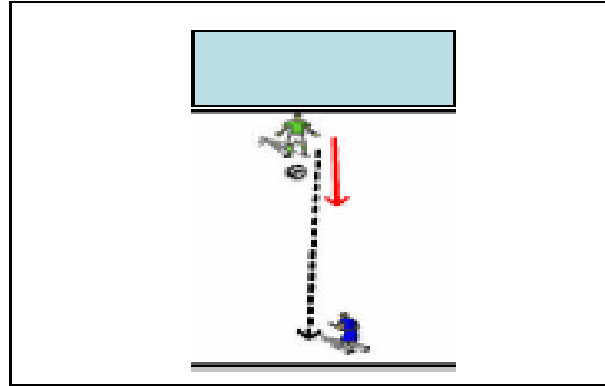


Two teams of players. The game is played 2v2 on the pitch with each team having two players on the outside of the pitch. The blue team has wide players and the red team has one high and one deep player

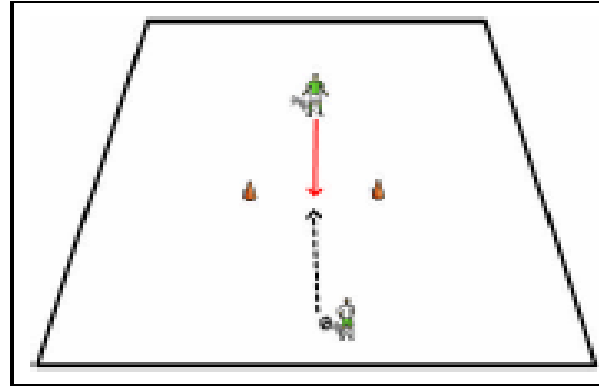
GOAL KEEPER SESSIONS



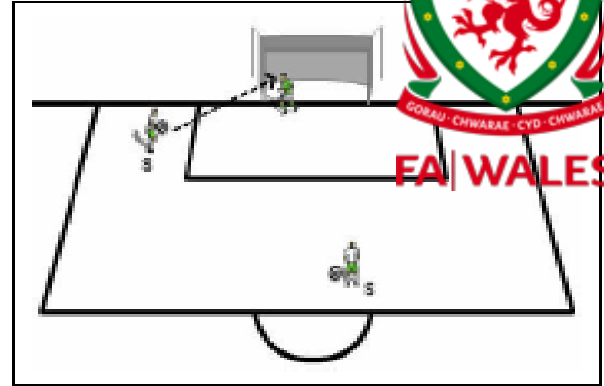
4 different colour cones make a square. The coach calls out a colour and the keeper must quickly move to the colour called and then return to the centre to save a shot. The keeper must always face the ball



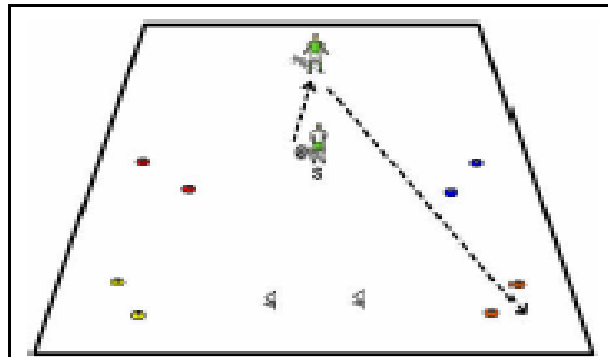
The keeper passes the ball to the attacker and then must stop him making it to the shaded area of the alley. The keeper can do this by diving to save the ball or forcing the attacker outside of the alley



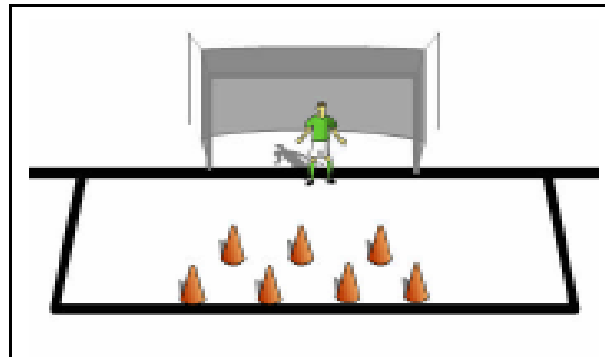
The coach passes a ball towards the gate. The keeper must run and pick up the rolling ball before it goes through the gate



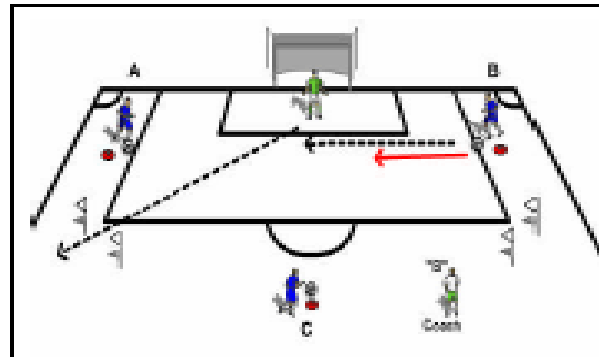
The keeper must catch balls from the first server. On the 2nd servers call, the keeper must react and save. The servers shot



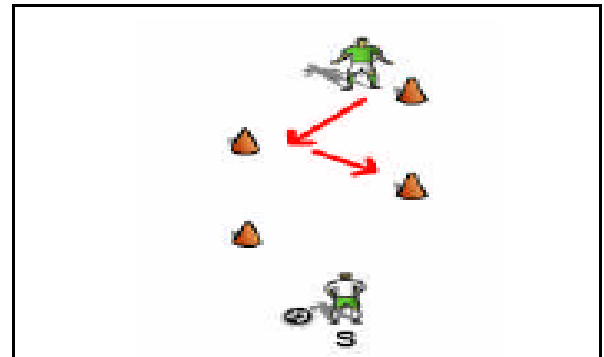
The keeper makes a save from the coaches serve and then must react to the coaches call of a colour. The Keeper then throws the balls through the coloured gate



Cones are placed on and around the 6 yard box. The coach shoots balls at the goal and the keeper attempts to save the shots whilst reacting to any deflections from the cones



The coach calls out the player to go first, when called the player must pass to the keeper and then run to place the keeper under pressure, the keeper must take one touch and then look to pass into one of the gates.



The keeper must side step though the cones and then save a shot from the coach. The coach can shoot at anytime which will force the keeper to save the ball whilst on the move



GOALKEEPER CONSIDERATIONS



- Encourage all Gk's to play outfield in practices – may not end up as a Goalkeeper plus they need to be as good with their feet as outfield players
- Encourage social integration with outfield players as much as possible
- Distribution is key in female game this has to be a paramount
- Consider size of goals you use, due to physical development of players (smaller goals if needed)
- Goal keepers are encouraged to play out from back



COACHES CONSIDERATIONS



- Start and end the practice with fun
- Ensure you have a ball to each player
- Simple organisation and lay out of the session
- Simple communication/rules of the practice
- No “bus queue” of players waiting to play/shoot
- No set playing positions
- Develop individuals, not teams
- Lots of 1v1 practices with experiences of playing different types of player
- (skill, speed, strengths etc)
- As much as possible try to attack and defend the goals
- Inspire players with the session, your personality, energy and enthusiasm
- Don't over coach, give the players “free” playing time in the session
- Give the players questions to ask and choices in technique and decision making. Involving them in this process accelerates learning and development.
- From time to time give the players a homework task (skills to master etc)
- Encourage attacking football
- Encourage players to work hard

