



Coach Education 8U Nuggets

Psychosocial

- Definite likes and dislikes
- Friendship and belonging to a group are important
- Beginning to compare themselves to others
- Afraid of failure
- Begin to grasp moral rules of the game
- Like to be part of group

Technical

- Instep kick
- Dribbling
- Inside of foot push pass
- Inside of foot control
- Throw-ins (Region choice)

Physical

- Work and play hard
- Exhibit significant improvement in physical skills - agility, balance, endurance, hand-eye coordination

Attacking

- Score!
- Keep possession

Defending

- Prevent scoring
- Regain possession



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



8U is a time for DISCOVERY!

Training environments should be colorful and involve fun games and story-based activities, i.e., Shrek's Swamp.

FMS is still a priority (balance, walking, running, jumping, etc.) and should be woven into each session in combination with ball familiarity.

8U players are egocentric and have to build relationships with teammates. To develop teamwork, assign different responsibilities to players (cone helpers, break captains, timekeepers, etc.).

Any tactical introduction should be developed through small-sided games and activities.

Prioritize FUN and INSPIRE your players! Let them Play!

