

# PRACTICE MAKES PERFECT U8 & U9 PLAYERS

**LISTED BELOW ARE THE KEY FOCUS AREAS YOU SHOULD BE WORKING ON TWICE PER WEEK AT LEAST. TRY WORKING ON EACH OF THEM FOR AT LEAST 15 - 20 MINS.**

## FITNESS

It is important to incorporate fitness into your practice sessions. Try and include at least 10-12 minutes of running, jumping, hopping, fast feet etc, into your session and it will keep you conditioned to return to the game.

An example: If you have a speed ladder run through it using a variety of fast agility drills. You can also do normal sprint run throughs, suicides etc.



## DRIBBLING

Keeping the ball at your feet is a fundamental skill of the game. There are a range of activities you can do to practice your dribbling. Remember its important to use both feet when dribbling and you should be practicing with both at all times. Start with a light jog while dribbling, but increase your speed while still trying to maintain control of the ball. As you progress, dribble in different directions at pace while still controlling the ball. Remember to position your body correctly and look up as well - this will help in a game situation so you're aware of where you are on the field and make better decisions during the game.



## PASSING

Passing the ball, long or short, accurately, to your team mates, is extremely important in the game.

Practice passing the ball (and trapping it on return) - using the correct technique (watch the videos for help if unsure) - in varying distances.

Strong accurate passing along the ground is your key focus at this age but you should also start practicing other types of passes as well - chip pass, heel pass, flick pass etc. Check out the resources sourced for you to find out more!



## TOUCHES

Your first touch when playing soccer is very important. It will assist with your passing, accuracy and precision.

The first touch is when a player has the opportunity to touch the ball with their foot, body or head, as the receiver of a pass, when you get to touch the ball, your "first touch" on the ball is critical.

Practice your first touch as much as you can. Use a wall and pass back and forth and touching it once only between passes. Take it slow to start and as you progress, start using both feet. There are many one touch drills you can do to improve in this area.



## ACCURACY / PRECISION

Being accurate helps you get over the line, and with precision.

These skills will be develop more over time as you progress your other skills so keep practicing and remember to concentrate on technique with everything you do.

There are many simple drills you can do to test your accuracy - put markers around in different locations and try to hit your target. You can choose to hit your target front on, on the tip of the cone, on the side etc.



## SKILLS

There are so many skills to learn and practice in this game .. from throwing the ball in, trapping the ball, heading the ball, those listed above and much much more.

There is also a long list of advanced skills you will learn as you progress.

A couple of extra skills you can practice that are different to the norm, like scissors, toe touches, inside touches & one touch passing. Watch the videos we've sourced for you and start practicing. You can also start trying to juggle - record your best efforts and keep improving!

