



IMPACT DEVELOPMENT PRINCIPLES FOUNDATION U7-U8

Running with and dribbling the ball are a key focus.
Ball Mastery

Player development through small-sided games to allow young athletes the chance to develop skill under pressure

Coaches to adopt transformational coaching methods with a focus on individual player development within a team game.

Game is learned through play with lots of ball striking and goal scoring opportunities.

KEY DEVELOPMENT GOALS

OWN THE BALL BEFORE YOU SHARE THE BALL



The coach should not be the main problem-solver during training, constantly instructing the athlete how to complete a task rather, it is the coach's challenge to place the athlete at the center of the learning process and design the training environment around their needs.

The foundation phase is where we provide the young athlete the opportunity to explore their creative side. Ball mastery is still prioritized over team play as we look to create 1v1 artists.

"All kids need is a little help, a little hope, and somebody who believes in them."

Magic Johnson

 **Technical Tactical**

Ball mastery remains a priority.
1v1 attacking using creativity and deception.
Finishing - ball striking
Introduction to short passing. Players will begin to recognize short passing options. (me & teammate)

 **Physical**

Still uncoordinated at this stage.
Provide opportunities for varied movements.
Exercises with turning at different angles to support motor devel.
Use games with the ball to support physical devel.

 **Mental**

Use of lots of praise and encouragement.
Use stories to stimulate players cognitively and to capture their attention.
Short attention span - be concise and use demo's.

 **Social Emotional**

Support the individual.
Keep the environment exciting and use competitive games.
Players will begin to be more aware of teammates
Ensure that we continue to build a love for soccer and Impact.