**Age Group U6 – U8**

We want players to be technically good.

Mix the below in with a few speed of movement skills.

Use unopposed sessions until players are up to speed.then put in opposition to make the task harder.

**12-point technical plan.**

I will **ask** players to:

1. Use side of the foot and instep to kick the ball both along the ground and through the air with accuracy.
2. Use all parts of the body…apart from the arms!
3. Control the ball with all parts of the body…apart from the arms!
4. Concentrate on accuracy of passing when on the move.
5. Shoot at goal with accuracy, which takes priority over power.
6. Concentrate on crossing accuracy to near and far posts. This will take some time with the younger ones and therefore crossing will be initially about direction rather than power.
7. Try to gain confidence in defensive and attacking heading using the right technique (check local rules on heading the ball).
8. Take on board 1v1 skills that give your players the ability to get past an opponent using feints and step overs.
9. Practice quick passing tactics to get past opponents with skills like wall passes.
10. Appreciate the art of set pieces, free kicks, corners and penalties.
11. Practice individual techniques like shielding, recovering and tackling.
12. Take notice of the correct technique and tactics for throw-ins.

Positional play and a code of conduct that comes outside of this,