

Sarnia FC U7/U8 Academy Player Development



These are the key areas of development for the U7/U8 age group in each of the four components of player development (Technical, Tactical, Fitness, and Psychological).

Player Development Across the Spectrum

	First Priority	Second Priority	Third Priority	Fourth Priority	Keeper Development
U7/U8	Technical	Fitness	Psychological	Tactical	Goal Keeper
Concepts:	<ul style="list-style-type: none"> Dribbling: While changing direction. Shooting: <ul style="list-style-type: none"> ▪ Inside of Foot ▪ Toe Passing: <ul style="list-style-type: none"> ▪ Push Pass ▪ Toe Block Tackle Receiving: <ul style="list-style-type: none"> ▪ Ground balls w/ Inside of Foot ▪ Ground balls w/ Sole of Foot Ball lifting Juggling 	<ul style="list-style-type: none"> Agility Eye-foot & Hand-eye coordination Balance Leaping Bounding Tumbling Catching/Throwing Pull/Pushing Warm Ups Movement Ed 	<ul style="list-style-type: none"> Working in Pairs Sportsmanship Parent Involvement How to Play Emotional Management Creativity Dynamic Activities 	<ul style="list-style-type: none"> Back & Forward Line 1v1 attack & choosing to dribble or pass Named positions 2v1, 1v2 & 2v2 games with a purpose Promote problem solving 	<ul style="list-style-type: none"> No Goalkeeper Skills Taught