

1. U8 Objectives

The coaching objectives of the U8's are that we ensure:

- the safety of all the players all the time
- all players have fun and remain in the game
- that all player develop and learn.

1. Game Awareness

	ACTIVITY	MEASURE
Level 1	To be able to hold the ball when tagged and under direction execute a pass to own team player	All players, all squads
Level 2	To be able to execute a successful pass correctly on tagging recognizing offside players and	All players, all squads
Level 3	To be able to execute correct decision making when tagged /tackled understanding the options of open or blind side and choosing correctly for space	All players, all squads
Level 4	To be able to anticipate the tag/tackle and pass the ball to maintain forward momentum, making the appropriate decision on open or blind side pass dependent on field position	All Players A&B, Most Players C

2. Positional Awareness

	ACTIVITY	MEASURE
Level 1	To understand the need to be behind the ball carrier to take the ball forward and achieve this on most occasions, to understand and be in a defensive position on most occasions	All players, all squads
Level 2	To be in correct defensive position consistently self organizing, but not able to execute correctly positional sense in attack phase	All players, all squads
Level 3	To be in the correct attacking position consistently and, self organized in defensive line to include concept of player marking in defense	All players A&B, Most Players C
Level 4	To maintain appropriate field position relative to team members to create an attacking line/position, organizing those other team members to maintain field position in predetermined attacking and defensive positions	Most Players A&B, Some Players C

3. Passing

	ACTIVITY	MEASURE
Level 1	To be able to pass the ball at walking pace to right or left to next available player	All players, all squads
Level 2	To be able to pass the ball to right and left to next available player	All players, all squads
Level 3	To be able to pass the ball at running left and right to the next available player in attacking line and executing the 'inside' pass' where appropriate	All players, all squads
Level 4	To be able to pass the ball at running pace, to left and right, and execute passing move ₂ (scissors / miss pass) where appropriate	Most Players A&B, some Players C
1. Passing skills should be instinctive and not learnt through 'set piece' moves, thus promoting 'game sense' and player decision making.		

4. Ball Catching (Basics)

	ACTIVITY	MEASURE
Level 1	To successfully catch a rugby/football/tennis ball >50 times in a session with correct hand ready position, including kicked balls and balls from the ground	All players, all squads
Level 2	To successfully catch a rugby/football/tennis ball 50-100 times in a session with correct hand ready position, including kicked balls and balls from the ground	All players, all squads
Level 3	To successfully catch a rugby/football/tennis ball 100-199 times in a session with correct hand ready position, including kicked balls and balls from the ground	All players, all squads
Level 4	To successfully catch a rugby/football/tennis ball >200 times in a session with correct hand ready position, including kicked balls and balls from the ground	All players, all squads

5. Ball Catching (Advanced)

	ACTIVITY	MEASURE
Level 1	To be able to catch a passed ball in an appropriate position behind ball carrier	All players, all squads
Level 2	To be able to catch a passed ball whilst static in an appropriate position behind ball carrier	All players, all squads
Level 3	To be able to catch a passed ball at jogging pace and then accelerate	All players, all squads
Level 4	To be able to run on to a ball at maximum paces and successfully catch the ball maintaining forward momentum	All players A&B, Most Players C

6. Athletic Development

	ACTIVITY	MEASURE
Multi directional ability – Two footed		
Level 1	Struggles to maintain pace in change of direction and is at jogging pace	All players, all squads - get beyond
Level 2	To change direction with a decelerate and then reaccelerate at medium pace	All players, all squads
Level 3	To be able to maintain change of direction with stop then accelerate rather than maintaining base speed	All players, all squads
Level 4	To be able to complete rapid directional change at maximum pace including side step, accelerate and reverse	Most players A&B, Some Players C
Multi directional ability – Single foot		
Level 1	to complete, 4 stable hops	All players, all squads - get beyond
Level 2	To complete 4 forward hops on each foot with good stability	All players, all squads
Level 3	To complete 4 forward hops and 4 rear hops on each foot with good stability as above	All players, all squads
Level 4	To be able to complete rapid directional change at maximum pace including side step, accelerate and reverse	Most players A&B, Some Players C
Acceleration		
Level 1	To be working towards consistently using one of the 4 components of velocity in 10 m sprint	All players, all squads
Level 2	To use body lean into 10 m sprint	All players, all squads
Level 3	To use body lean and either knee drive or arm and body position	All players, all squads
Level 4	To use body lean, arm and hand position, and knee drive and be able to increase velocity over 10 m in repeated movement	All players, all squads
Trunk stability		
Level 1	To be able to get into correct position	All players, all squads
Level 2	To be able to maintain <15 s side planks	All players, all squads
Level 3	To be able to maintain one side 15-30 s side plank r and L	All players, all squads
Level 4	To be able to maintain for 30 seconds left and right side plank	All players, all squads
Shoulder stability		
Level 1	Working towards Baer Crawl position	All players, all squads
Level 2	To be able to maintain Bear crawl position for 10 seconds	All players, all squads
Level 3	To be able to Bear crawl with good form for 10 m forward losing control on backwards	All players, all squads
Level 4	To be able to Bear crawl with good form for 10 m forward and back	All players, all squads

7. Respect

	ACTIVITY	MEASURE
Level 1	WIP - to be confirmed: - for other player - for coaches - for referees - for spectators	
Level 2		
Level 3		
Level 4		

