




FOOTBALL FOR PRIMARY SCHOOLS PROGRAMME

- BREAKFAST CLUBS
- AFTER SCHOOL FOOTBALL
- GIRLS ONLY AFTER SCHOOL FOOTBALL
- KS2 DEVELOPMENT SESSION
- TEAM MANAGEMENT
- TEAM SESSIONS

SKY'S THE LIMIT
FOOTBALL
COACHING SPECIALISTS
FOR PRIMARY
AGES

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“ 8BY8 Coaching are just amazing and have changed our football ethos in school. The children absolutely loved the sessions, football has become a passion for all of our children from reception to year six. The dedication, skill, fun and kindness shown to our children is outstanding! ”

Hague Bar Primary School

SESSIONS & SERVICES

Our Football For Primary Schools Programme is a variety of sessions and team management provided to primary schools by the 8BY8 team of football specific coaches.

AFTER SCHOOL FOOTBALLERS' CLUB

PERFECT FOR:

Fun football development with friends

AIMS OF THE SESSIONS:

To provide a safe learning environment with major social, psychological and technical benefits.

Age Range: Reception to year 6

BREAKFAST FOOTBALL CLUB

PERFECT FOR:

Fun football with music and friends.

AIMS OF THE SESSIONS:

To provide the perfect energy boosting start to the day. It's proven that exercise before lessons improves students' focus and learning capability.

Age Range: Reception to year 6

GIRLS ONLY AFTER SCHOOL FOOTBALL

PERFECT FOR:

Creating a lasting love of the game for the girls

AIMS OF THE SESSIONS:

Total football enjoyment, helping girls develop their understanding of the game at their own pace.

Age Range: Reception to year 6

PROGRESSIVE DEVELOPMENT - KS 2

PERFECT FOR:

Enhancing individual performance levels.

AIMS OF THE SESSIONS:

To develop each individual player using the 8BY8 yearly programme. Creating the best possible learning environment incorporating all four corners of the coaching model into each session.

Age Range: KS2

TEAM SESSIONS INC. GIRLS ONLY

PERFECT FOR:

Match preparation and enhanced understanding of team structure and team spirit.

AIMS OF THE SESSIONS:

To develop the school teams, enhance their reputation and gain success through good practice.

Age Range: KS2

TEAM MANAGEMENT & FIXTURE ORGANISATION

PERFECT FOR:

Increasing competitive football opportunities, keeping players engaged in attendance and progressing the development of the school team.

COSTS

After School football	Parent paid per half term	£5 per session.
Breakfast Clubs	Parent paid per half term	£4 per session.
Progressive Development Session	School funded	£40 per session (up to 2 coaches)
Team session, management & fixture organisation	School funded	£40 a week (1 session)

TEAM PROGRAMME

True development requires a considered programme of learning. We implement practices within a yearly schedule to deliver the key principles of team play and educate the individuals within a team dynamic.

TERM	WK	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL/SOCIAL
Sept - Oct	1	Passing & receiving (P & R) basics	IP - Building play from GK	Twisting and turning	Respect
	2	Dribbling at speed	OP - Defending low	Aerobic fitness	Learning through failure
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Teamwork
	4	Ball mastery - coerver	OP - Defending mid 3rd	Aerobic fitness	Leadership
	5	Longer passing - Ariel receiving	IP - Retain to switch	Changes of speed	Dealing with disappointment
	6	Skills and tricks - 1 v 1	OP - Transitions	Changes of speed	Preparing for competition
	7	P & R back to goal	IP - Penetrate to score	Building strength and power	Resilience
Nov - Dec	1	Passing & receiving (P & R) basics	IP - Finishing the attack	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Courage
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Trust
	4	Ball mastery - turns	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - Ariel receiving	IP - Retain to switch	Changes of speed	Commitment
	6	Skills and tricks - dummies	OP - Pressing and chasing	Changes of speed	Aims and goals
	7	P & R back to goal	IP - Creating chances	Building strength and power	Taking risks
Jan - Feb	1	Passing & receiving (P & R) basics	IP - Building play from GK	Twisting and turning	Respect
	2	Dribbling at speed	OP - Defending the box	Aerobic fitness	Learning through failure
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Teamwork
	4	Ball mastery - dragging	OP - Defending as units	Aerobic fitness	Leadership
	5	Longer passing - Ariel receiving	IP - Retain to switch final 3rd	Changes of speed	Dealing with disappointment
	6	Skills and tricks - 1 v 1	OP - Transitions	Nutritional needs	Control & restraint
	7	P & R back to goal	IP - Finishing the attack	Building strength and power	Resilience
Feb - Apr	1	Passing & receiving (P & R) basics	IP - Shooting and finishing	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Courage
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Trust
	4	Ball mastery - turns	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - Ariel receiving	IP - Retain to switch	Building strength and power	Commitment
	6	Skills and tricks - Keepy ups	OP - Pressing	Changes of speed	Preparation
	7	P & R back to goal	Player led unit sessions	Nutritional needs	Taking risks
Apr - May	1	Passing & receiving (P & R) basics	IP - Playing through the thirds	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Taking responsibility
	3	Passing and receiving side on	IP - Building Play D 3rd	Twisting and turning	Trust
	4	Ball mastery - shielding	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - Ariel receiving	IP - Retain to switch	Changes of speed	Setting the example
	6	Skills and tricks - dummies	OP - Pressing and chasing	Dynamic movements	Technical Preparation
	7	P & R back to goal	IP - Shooting and finishing	Building strength and power	Taking risks
Jun - Jul	1	Passing & receiving (P & R) basics	IP - Playing through the thirds	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Responsibility
	3	Passing and receiving side on	IP - Building Play D 3rd	Twisting and turning	Trust
	4	Ball mastery - shielding	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - Ariel receiving	IP - Retain to switch	Changes of speed	Commitment
	6	Tournaments	Tournaments	Match fitness	Achievement

PROGRESSIVE DEV

These sessions have an individual focus, with the opportunity for every player to get involved we deliver this detailed development programme for all key stage 2 players.

TERM	WK	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL/SOCIAL
Sept - Oct	1	Passing & receiving (P & R) basics	Creating Space	Dynamic movements	Respect
	2	Defending 1 v 1	Defending in 1 v 1 situations	Acceleration and deceleration	Control & restraint
	3	Ball mastery - dribbling	Attacking wide areas	Twisting and turning	Teamwork
	4	Passing & receiving (P & R) basics	Retaining possession	Aerobic fitness	Leadership
	5	Defending 1 v 1 with transitions	Defending in 1 v 1 situations	Acceleration and deceleration	Dealing with disappointment
	6	Ball mastery - turns	Attacking from mid 3rd	Dynamic power	Preparing for competition
	7	Shooting and finishing	Creating chances	Balance and Co-ordination	Resilience
Nov - Dec	1	P & R to play forwards	Building play from GK	Dynamic movements	Self belief
	2	Defending 1 v 1 from behind	Defending wide areas	Acceleration and deceleration	Courage
	3	Ball mastery - coever	Attacking wide areas	Twisting and turning	Trust
	4	P & R to play forwards	Retaining possession	Aerobic fitness	Communication
	5	Defending 1 v 1 with transitions	Defending in 1 v 1 situations	Upper body strength	Patience
	6	Ball mastery - dragging	Attacking centrally	Dynamic speed	Taking risks
	7	Shooting and finishing	Creating chances	Generating power	Taking responsibility
Jan - Feb	1	P & R to play forwards	Angled movements	Balance and Co-ordination	Communication
	2	Defending 2 v 2	Defending the d 3rd	Lateral movements	Leadership
	3	Ball mastery - dribbling	Attacking wide areas	Twisting and turning	Learning through failure
	4	P & R back to goal	Retaining possession	Aerobic fitness	Leadership
	5	Defending 2 v 2 from behind	Defending the box	Physical strength	Controlled aggression
	6	Ball mastery - dribbling	Attacking centrally	Changes of speed	Showing courage
	7	Shooting and finishing	From distance	Building strength and power	Resilience
Feb - Apr	1	P & R to play forwards	Playing through the lines	Balance and Co-ordination	Preparation / application
	2	Defending 3 v 2	Defending the D 3rd	Sprinting	Intelligence
	3	Ball mastery - dribbling	Attacking the box	Twisting and turning	Trust
	4	P & R back to goal	Retaining possession	Aerobic fitness	Communication
	5	Defending 3 v 2 recovery runs	Defending the box	Physical strength	Commitment
	6	Ball mastery - turns	Attacking from wide areas	Changes of speed	Preparation
	7	Shooting and finishing	Clever finishes	Building strength and power	Taking risks
Apr - May	1	P & R to play forwards	Playing through the lines	Twisting and turning	Self belief
	2	Defending as a unit	Defending the D 3rd	Aerobic fitness	Taking responsibility
	3	Ball mastery - coever	Attacking the box	Twisting and turning	Excitement
	4	P & R to play forwards	Creating chances	Aerobic fitness	Taking responsibility
	5	Defending as units	Defensive shape	Lateral & backwards movement	Setting the example
	6	Ball mastery - dragging	Attacking from wide areas	Dynamic movements	Patience
	7	Shooting and finishing	Crosses and cut backs	Twisting and turning	Taking risks
Jun - Jul	1	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	2	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	3	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	4	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	5	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	6	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork



“ J*** has had an amazing few days at holiday club and I wanted to thank the 8BY8 team. Not just for this week - I feel really grateful he has had the opportunity to be apart of 8BY8, he has learnt so much, and become more footy obsessed than I thought possible. Thank you. ”

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Chloe - Mother



OUR COACHING

We pride ourselves on inspiring every player to get involved in football, ensuring enjoyment and social belonging, then delivering correct and detailed practices to enhance their development and maximise potential.

OUR AREAS OF IMPORTANCE:

TECHNIQUES

Receiving Skills
Dribbling at Speed
Defending 1v1
Beating on opponent
Striking the ball

PSYCHOLOGICAL

Confidence
Resilience
Leadership
Taking responsibility
Teamwork

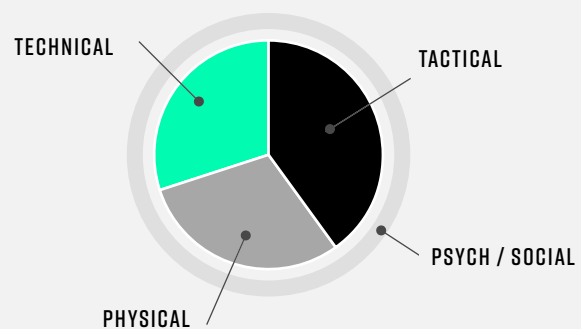
PHYSICAL

Twisting and turning
Balance and core strength
Acceleration & deceleration
Aerobic fitness

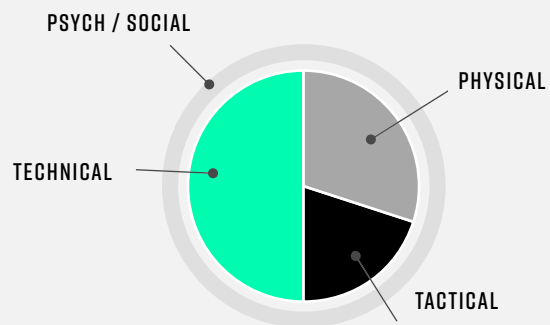
TACTICAL

Team shape
Understanding pitch areas
Denying & creating space
Transitions

TEAM SESSION BREAKDOWN



INDIVIDUAL SESSION BREAKDOWN



CONTACT US:

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OWNERS AND HEAD COACHES:



ALEX BROWN

16 years professional coach. Ex Academy coach, Oldham & Crewe Alexandra. UEFA B Licence



RYAN BROOKE:

6 years professional coach. Ex professional player at Oldham Athletic. Current Semi Pro. Level 2 coach

"NEVER HAVE I SEEN SUCH CLARITY AND CARE FOR YOUNG KIDS FOOTBALL DEVELOPMENT THEN WITH 8BY8"

