

## Important U8 Coaching Resources:

### What Important Safety Measures should I expect to enforce with my team?

- Coaches should familiarize themselves with the Player Safety Guidelines on HFC's Website: <https://www.harleysvillefc.org/player-safety>
- **Shin Guards:** Players are **REQUIRED** to play. Shin guards should be worn over the shins with soccer socks directly on top of shin guards. Please enforce this rule with parents and players each session.
- **U8 Soccer Goals:** Players may NOT hang from soccer nets/goals for safety reasons. If you see players/siblings of players hanging from the nets/goals, remind them to stop for their safety and the safety of the players on our fields.
- **Sandbags on U8 Goals:** Check the Goal on your practice field prior to the start of your session to be sure the sandbags are on top of the arms of the goal (to stabilize the goals). Please do NOT allow players to stand on the sand bags on the U8 Nets. These bags are there to anchor the goal and prevent them from toppling.
- Heading is not permitted at the U-8 Level (Heading Policies): [EPYSA Heading Policies](#)
- Players should remove ALL jewelry before playing soccer. This includes earrings, necklaces, watches, etc.

### U-8 Rules/Laws of the Game (US Youth Soccer)

[https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame\\_8AndUnder.pdf](https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_8AndUnder.pdf)

### Where can I find FUN Drills & Activities to play with the players?

- HFC Sample Practice Packet
- <https://www.epysa.org/u8-training-plans/>
- <https://www.soccerxpert.com/>
- <https://www.usyouthsoccer.org/lesson-plans/>
- <http://www.freeyouthsoccerdrills.com/soccer-coaching-drills.html>
- [Fun Soccer Drills](#)
- First Time Coaches: <https://www.usyouthsoccer.org/first-time-coaches/>
- EPYSA Videos: <https://www.youtube.com/playlist?list=PLJws9FK9EeJvsNK4rGZfRAGjz3T-KULpw>

### What equipment does each player need?

**Every player should bring/wear the following each week:**

- Players should wear their soccer uniform each session.
- Size 3 Soccer Ball (Labeled with CHILD'S NAME)
- Sneakers or Cleats
- Shin-guards (socks should be pulled up OVER the shin-guards) NO EXCEPTIONS!
- Water Bottle (Labeled)
- PLAYERS SHOULD REMOVE ALL JEWELRY BEFORE PLAYING SOCCER