



# U8 Practice Plans

## Typical Characteristics of U8 Players

- Tend to play well in pairs – unlike 5-year-olds; these children enjoy playing in pairs. Try to set up the pairs yourself to control the games and manage the personalities.
- Are now able to take another’s perspective – they now have a sense of how other people are feeling.
- Still unable to think abstractly – still do not have this capability, be patient.
- Heating and cooling system still less efficient than adults – still make sure to give frequent water breaks.
- Still much prefer playing to watching – keep everyone active during practice and remember no lines.
- Limited attention span (on average 15-20 seconds for listening, up to 20 minutes when engaged in a task) – this may vary greatly on any given day depending on school, diet, etc. Try to get a gauge each day and do not fight crankiness.
- Have an understanding of time and sequence – they now understand “if I do this, then that happens”.
- Many have incorporated a third or fourth speed into play – not all players, but many players now have incorporated a speed or two between stopped and as fast as possible.
- Extremely aware of adult reactions – be very aware of your verbal and nonverbal reactions, as they look for your reaction frequently.
- Seek out adult approval – be supportive when they ask about their performance or try to show you skills. They very much need reassurance and you need to help build their confidence to try new things at this age.
- Begin to become aware of peer perception – a social order is beginning to develop. Be sensitive to this.
- Wide range of abilities between children at this age – children all develop at varying paces. You may have an 8-year-old who seems more like a 10-year-old and one that seems more like a 6-year-old on the same team. Your challenge is to manage this range in a way that challenges each player at a level that is reasonable for that player.
- Beginning to develop motor memories – by attempting beginning technical skills, they are training their bodies to remember certain movements.

- Some will keep score – the competitive motors churn faster in some than others. Surely some parents are fueling the motors with their own. Regardless, we do not need to stress winning and losing at this age. Results should not be important at this age.
- Less active imaginations than U6 players – still have active imaginations by adult standards, but some of the silliness that 6-year-olds allowed will not be appreciated by this group. However, children at this age are still quite silly, just in a different way. Still use their imaginations, but watch their reactions to games to read how far you can go with things. Always keep things fun!

### **Psychological/Fun Aspects of Coaching U6 & U8**

The most important aspect of working with these age groups is FUN. If not having fun, children will no longer want to play. Children remind us adults of this fact over and over again when asked in research studies and anecdotally. Psychosocial development is also a very important focus for this age group. Children are still learning how to enter and interplay within a social group and we can help with this through soccer. It is important that we praise children of these ages regularly and help build self-esteem and a willingness to be creative. In this manner, we can support them as individuals and help facilitate their entry into the world of group play.

Five and six-year-olds have a short attention span and loads of energy. As a result, quick instructions and simple activities work best. Activities that utilize their active imaginations are preferred and will help keep their attention. These players all want to play with the “toy” on the field, which is the ball. In practice, make sure to have a “toy” for each player.

The U8’s, like the U6’s, need activities that have fun as a central theme. From a psychosocial standpoint, the U8 player has a high need for approval from adults and can be easily bruised psychologically by negative comments from adults. They are very aware of not only what you say to them but how you say it. U8 players are more involved socially, and do enjoy working with a partner; however, they will struggle with larger group sizes. It is important to note there is a wide degree of variation in the social and physical development at this age.

### **Technical Development of 6-8 Year Olds**

Fun, dribbling, and motor development (running, skipping, galloping, turning, jumping) should be the central soccer themes in U6 practices. In order to become comfortable on the ball, U6 and U8 players need to touch the ball as often as possible. The U8 player is now ready to continue the development of dribbling skills, and begin passing and shooting; however, maximizing touches on the ball while having fun is still the focus from a technical standpoint. As we have said repeatedly in this manual, players tell us they play soccer in order to have fun! What we must remember is that one of the main components of fun, according to young players, is seeing themselves improve at something. For this reason, helping them see their technical improvement

when they make improvements and praising them for it is vital. It is important that each player be shown their own improvement and that we do not compare all players to the “best” player. We cannot stress enough that tactical instruction should be kept to a minimum at these ages.

Below are recommended guidelines for the following age groups:

U6 Skill Priorities:

- Dribble with all sides of both feet
- Dribble out of trouble
- Dribble past other players
- Soft first touch

U8 Skill Priorities:

- Dribble with all sides of both feet
- Dribble out of trouble
- Dribble past other players
- Soft first touch
- Shielding
- Introduction of proper shooting technique
- Introduction to passing

## Technical Coaching Points

### Dribbling

- Low, balanced body position.
- Agile lateral (left-to-right) movement for dribbling in tight spaces, change of direction and faking out opponents.
- Proper use of insides and outsides of the feet and the toe to propel ball an appropriate distance.
- Proper use of soles of the feet to pull, push and roll the ball.
- Eyes up enough to survey the situation and to have good peripheral vision.
- Keep the ball close when under pressure (lots of touches).
- Propel the ball away from feet when dribbling into space away from pressure.

### Receiving

(These coaching points are common to all surfaces.)

- Keep body relaxed.
- Eyes on the ball while it is traveling and as you receive it.
- Position body in-line with the in-coming ball.
- Present a surface to receive the ball with.
- Cushion the ball if it arrives with velocity.
- Propel the ball away if it arrives slowly or if under pressure or in open field.

(These coaching points are unique to the specific receiving surfaces.)

### Sole of the Foot

#### *Ground Ball*

- Comfortable body position.
- One foot on the ground.
- Present the sole of the foot at about a 45 degree angle to the ground as the ball arrives.

- Wedge the in-coming ball between the sole and the ground.

#### *Flighted Ball (Angled/vertical arrival)*

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the sole of the foot over the ball (wedge the ball between the sole of the foot and the ground).

### **Inside of the Foot**

#### *Ground Ball*

- Comfortable body position.
- One foot on the ground.
- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

#### *Flighted Ball (Angled/vertical arrival)*

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the inside of foot over the ball and drag the ball away from pressure.

#### *Line-Drive Ball (Horizontal arrival)*

- Comfortable body position.
- One foot on the ground.
- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

## **Outside of the Foot**

### *Ground Ball*

- Comfortable body position.
- One foot on the ground.
- Present the outside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

### *Flighted Ball (Angled/vertical arrival)*

- Comfortable body position.
- One foot on the ground
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the outside of foot over the ball and drag the ball away from pressure.

## **Laces (In-step)**

### *Flighted Ball (Angled/vertical arrival)*

- Comfortable body position.
- One foot on the ground
- Present the laces to the in-coming ball.
- Lower foot (give with the foot) as ball is received.

## **Thigh**

### *Flighted Ball (Angled/vertical arrival)*

- Comfortable body position.
- Straight back.
- One foot on the ground.
- Present the mid/upper thigh (horizontal to the ground) to the in-coming ball.

- Lower thigh (give with the thigh) as ball is received.

#### *Line-Drive Ball (Horizontal arrival)*

- Comfortable body position.
- One foot on the ground.
- Present the mid/upper thigh (perpendicular to the ground) to the in-coming ball.
- Pull the receiving thigh or propel it forward depending on the velocity of the ball.

#### **Kicking (Passing and Shooting)**

(These coaching points are common(related?) to kicking low/ground balls)

#### *Low/Ground Balls*

- Non-kicking foot placed comfortably next to the ball.
- Non-kicking foot pointed in the direction of the target.
- Body slightly over the ball.
- Knee of kicking leg slightly over the ball.
- Eyes on ball.
- Land on the kicking foot.

(These coaching points apply to using specific surfaces of the foot)

#### *Inside of foot*

- Lock ankle with toe pointed up on kicking foot.
- Straight kick... Strike through the center (equator) or slightly above the center of the ball with the ankle surface of the foot.
- Bent kick...Strike/Slice the outside center (or slightly below center) of the ball with the inside of the foot.

#### *Instep (laces)*

- Lock ankle with toe pointed down on kicking foot.
- Strike ball with instep surface of the foot.



*Outside of the foot (for deceptive passes and shots)*

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.
- Straight kick...Strike (punch) the inside center (or slightly above center) of the ball with the outside of the foot.
- Bent kick...Strike/Slice the inside center (or slightly below center) of the ball with the outside of the foot.

(these Coaching Points apply to sending flighted/air balls)

*Flighted/Air Balls*

- Approach ball from slight angle.
- Non-kicking foot placed comfortably next to and slightly behind the ball.
- Non-kicking foot pointed in the direction of the target.
- Body upright and slightly leaning back..
- Eyes on ball.
- Strike with laces or upper inside surface of the foot.
- Strike through the bottom/center of the ball.
- Land on the kicking foot.

(these Coaching Points are unique to specific types of kicks)

*Long/Driven ball*

- Big power step (step right before the kick is taken)
- Lock ankle with toe pointed down on kicking foot.
- Strike ball with instep surface of the foot

*Outside of the foot (for deceptive passes and shots)*

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.

## Tackling





### *Block tackle*

- Maintain a comfortable playing distance from the opponent.
- Do not telegraph your intent.
- Shepard the opponent to one side or the other.
- Do not commit yourself too early (do not dive in)...time your execution.
- Throw stabbing fakes at the opponent to force mistakes.
- Keep your eyes on the ball.
- Keep a low center of gravity.
- One foot slightly angled in front of the other with bent knees; back foot is the tackling foot; front foot is the plant/balancing foot.
- When tackling, place the front foot to the side of the ball (as if to make an inside of the foot pass).
- Use the inside of the back foot to drag through the ball keeping the ankle locked, toe up and knee bent.
- Lower same side shoulder (as tackling foot) thrusting it forward to provide the necessary forward momentum and velocity to handle the impact of the opponent's force.
- Drag the ball through and into the space behind the opponent and start the attack!





### *Poke tackle*

- Use the toe of the front foot to poke the ball away!

## U8 Practice Plan #1

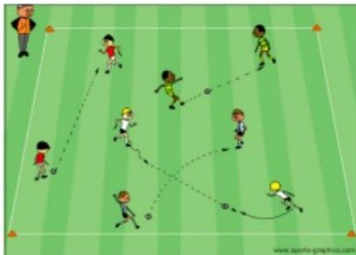

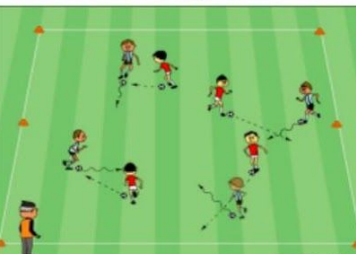
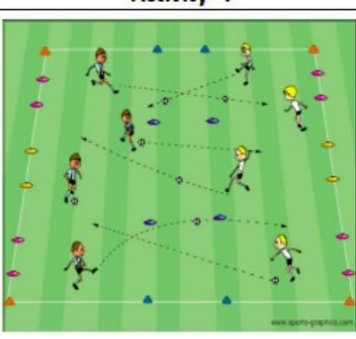
<p style="text-align: center;"><b>Activity 1</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their head up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 2</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Sharks and Minnows:</b> In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Defending – 1v1</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 3</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Snake:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Sudden stops and going</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 4</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Get “Outta” There with Numbers:</b> The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• 1v1 dribbling</li> <li>• 1v1 defending</li> <li>• Scheming and creativity</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

## U8 Practice Plan #2

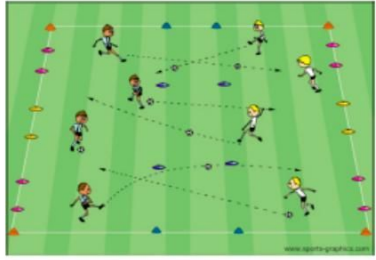
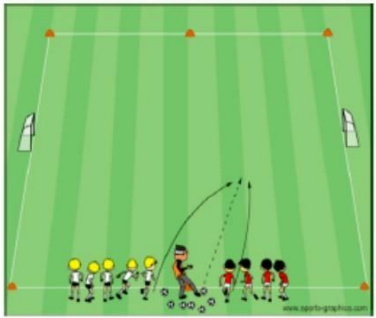

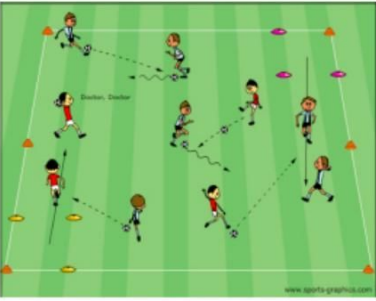
Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Look for open space</li> <li>• Keep ball close</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Gate Dribbling:</b> In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p> <p><b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>



## U8 Practice Plan #3

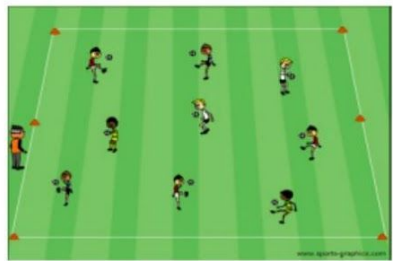

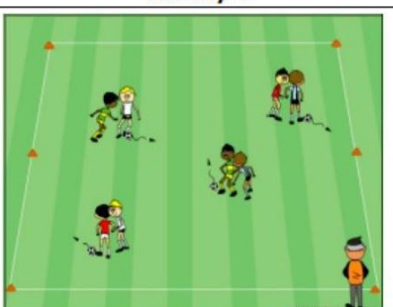

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Team Tag:</b> Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.</p> <p>Coach: Can help taggers adding their points.</p> <p>Version 2: Taggers can only tag the dribblers' ball.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

## U8 Practice Plan #4





<b>Activity 3</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals. <b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there. <b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> <li>• Shoot, Shoot, Shoot!</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Activity 4</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>“Get Outta There” with Numbers:</b> The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”. <b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<ul style="list-style-type: none"> <li>• 1v1 dribbling</li> <li>• 1v1 defending</li> <li>• Scheming and creativity</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>
<b>Activity 1</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. <b>Version 2:</b> Tell the players to use the other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Activity 2</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell “Doctor, Doctor”. The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Wight and accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>



## U8 Practice Plan #5


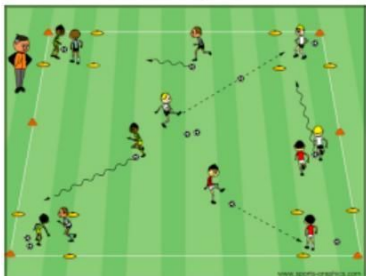


Activity 1	Activity Description	Coaching Considerations
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. <b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground. <b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> <li>• Hand, foot, eye coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. <b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Use different surfaces of the foot</li> <li>• Change of direction</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit. <b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

## U8 Practice Plan #6





Activity 1	Activity Description	Coaching Considerations
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. <b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground. <b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> <li>• Hand, foot, eye coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. <b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Use different surfaces of the foot</li> <li>• Change of direction</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit. <b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>



## U8 Practice Plan #7





Activity 1	Activity Description	Coaching Considerations
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>1v1 to Cross Goals:</b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>2v2 to Cross Goals:</b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

## U8 Practice Plan #8




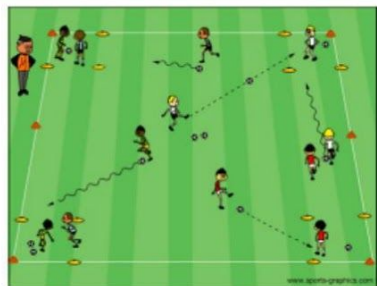
Activity 1	Activity Description	Coaching Considerations
	<p><b>Gate Passing:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling Technique</li> <li>• Decision Making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Team Freeze Tag:</b> Divide the group into two teams. In a 20x25 yard grid, one team (Dribblers) is dribbling their soccer balls while the other team (Taggers) tries to tag the dribblers, who then freeze with the soccer ball above their head. Dribblers can unfreeze their team-mates by kicking the ball through their legs. <b>Coach:</b> First play the game making the Taggers tag with their hands and then play it making the Taggers tag the dribbler's soccer ball or below the dribbler's knee with their soccer ball.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Catching Robbers:</b> All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says "let's catch some robbers", the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop. <b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>



## U8 Practice Plan #9


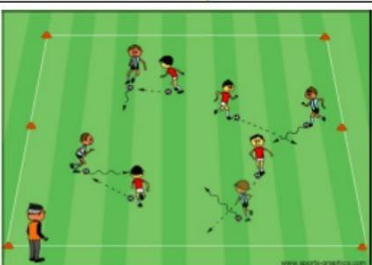
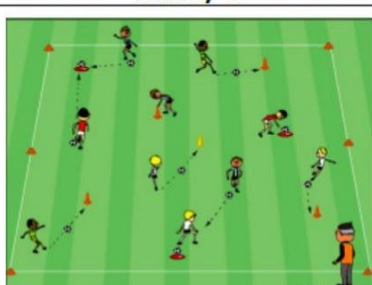

Activity 1	Activity Description	Coaching Considerations
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> <li>• Dribbling with different surfaces of the foot</li> <li>• Ability to stop and go</li> <li>• Dribble with the head up</li> <li>• Sudden change of direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their heads up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

## U8 Practice Plan #10




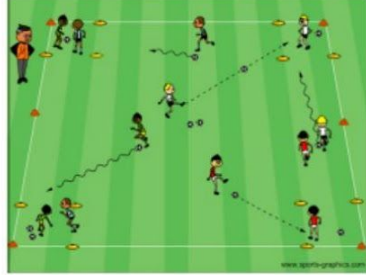
<b>Activity 1</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) each with a ball will dribble their soccer balls in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow.</p> <p><b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Running with the ball</li> <li>• Using different foot surfaces</li> <li>• Changing direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
<b>Activity 2</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Sharks and Minnows:</b> In a 20x25 yard grid, have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO”, the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Keep the ball close</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Activity 3</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Look for open space</li> <li>• Keep ball close</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Activity 4</b>	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>



## U8 Practice Plan #11

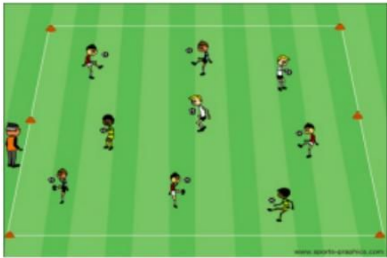



Activity 1	Activity Description	Coaching Considerations
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Team Tag:</b> Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.</p> <p><b>Coach:</b> Can help taggers add their points.</p> <p><b>Version 2:</b> Taggers can only tag the dribblers' ball.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Cops and Robbers:</b> The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p><b>Variation 2:</b> If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Dribbling Technique</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p><b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p><b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic shooting technique</li> <li>• Simple decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

## U8 Practice Plan #12





Activity 1	Activity Description	Coaching Considerations
	<p><b>Freeze Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. <b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players. <b>Version 2:</b> Players can unfreeze each other by tagging them. <b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Use different surfaces of the foot</li> <li>• Change of direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Gate Passing:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with their other foot.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling technique</li> <li>• Decision making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. <b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 or 4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>



## U8 Practice Plan #13



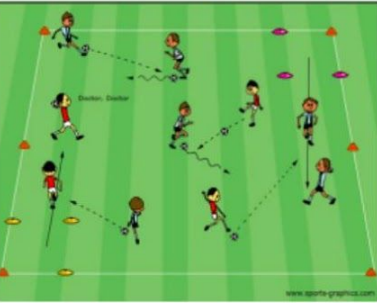

<p style="text-align: center;"><b>Activity 1</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. <b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground. <b>Version 2: Controlled juggling -</b> Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Hand, eye, foot coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
<p style="text-align: center;"><b>Activity 2</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using the inside, outside, and sole of their foot. <b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. <b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their heads up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 3</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>1v1 to End-Lines:</b> Divide a 20x25 yard grid into two even grids. Make two groups, one with the balls and the other without the balls at opposite ends of the grid. At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If the defender gets the ball, he/she tries to score. <b>Coaches:</b> After each 1v1 bout, players switch sides.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 4</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>“Get Outta There”:</b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”. <b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• 1v1 dribbling</li> <li>• 1v1 defending</li> <li>• Scheming and creativity</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

## U8 Practice Plan #14





Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (Leader and Shadow) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Look for open space</li> <li>• Keep ball close</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>1v1 to Cross Goals:</b> In a 10x15yd grid, set up a two yard goal (two red and blue goals) in each side of the grid. Divide the team into two groups. The attacker starts with a soccer ball trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>



## U8 Practice Plan #15

<p style="text-align: center;"><b>Activity 1</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their other foot</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
<p style="text-align: center;"><b>Activity 2</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 3</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Weight and accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 4</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

## U8 Practice Plan #16

<p style="text-align: center;"><b>Activity 1</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Paired Tag:</b> In a 20x25 yard grid, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
<p style="text-align: center;"><b>Activity 2</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their other foot</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 3</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Activity 4</b></p> 	<p style="text-align: center;"><b>Activity Description</b></p> <p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands.</p>	<p style="text-align: center;"><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>