



## United States Youth Soccer Association

# Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Ball Awareness, Dribbling, Passing

### Activity

### Coaching Points

<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Street Soccer Game</i></p> <p>Have pinnies organized as players arrive. Put players on teams and have supply of balls ready. Does not have to be equal number of players on each team. Play in small sided grid with 3 yard goals</p> <p>Progression: Add a goalie</p>	<ul style="list-style-type: none"> <li>Game that gets the kids playing immediately as they arrive</li> <li>Observe and try not to coach</li> </ul>
<p><b>2<sup>nd</sup> Activity</b> <i>Spiderman/Spiderwoman</i></p> <p>Mark off an area on the field as city. Choose several people to be “its” either a Spiderman or Spiderwoman. The rest of the players are Green Goblins and attempt to dribble ball away from taggers. If tagged, players go to spider web (the goal/net) and wait until they are release by the coach.</p>	<ul style="list-style-type: none"> <li>Can dribbler maintain control and get away from taggers with change of speed and/or change of direction?</li> <li>When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?</li> <li>Can we spin away from pressure (a defender)?</li> </ul>
<p><b>3<sup>rd</sup> Activity</b> <i>4 vs. 1 Monkey in the Middle</i></p> <p>Put 5 players into a grid 1 player grabs vest and is the monkey trying to steal ball from other 4 If successful award one point Switch after several minutes</p> <p>Progress: allow monkey to steal ball and become new attacker, player who made mistake is now the new monkey</p>	<ul style="list-style-type: none"> <li>Decision making</li> <li>Vision and awareness</li> <li>Movement</li> <li>Change of direction</li> <li>Passing and receiving</li> </ul>
<p><b>4<sup>th</sup> Activity</b> <i>Get Out of Here</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a <b>small</b> line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2 to 3v3 etc...</p>	<ul style="list-style-type: none"> <li>This game should be <b>very</b> fast paced</li> <li>As soon as the ball goes out of bounds throw another ball in immediately</li> <li>The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them</li> <li>Vary how balls are distributed into the playing area</li> </ul>
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Scrimmage 4v4</i></p> <p>Divide into 2 teams Have extra balls handy around field</p>	<ul style="list-style-type: none"> <li>Let them play!!!</li> </ul>