

## **U7/U8 Practice Plan (4v4)**

### **Warm up: (5-10min)**

#1 –Pull the tails out (Targets are tails tucked in the back of their shorts)  
(Without a Ball)

-Progression (With a Ball)

### **Dribbling Activities/Games: (25-30min)**

#1 -Body Part Dribble/Math Game/Musical Balls

-Coach gives instructions (stop with different body parts, change speeds, fast footwork, etc.) (Groups of 2 plus 2)

#2 –Playing through the gates (Cone gates spread around the field)

-Dribbling through as many gates as possible

-Progression is passing through the gates with a partner

-Double points for weaker foot passes/Outside of the foot

#3 –Ball Retrieval (Bring the ball back to the coach)

-Groups of 2(foreheads, backs, touch limit, etc.)

#4 –Get out of Here!

-1V1 and 2V2 (With Goals on each end)

### **End Game: 4v4 (Something that looks like the game) (20-25min)**

-Teach rules

-Let them play

### **Cool Down: Body Part Draw/Clapping game/Do this-that (5 min)**

Simon Says....etc.