



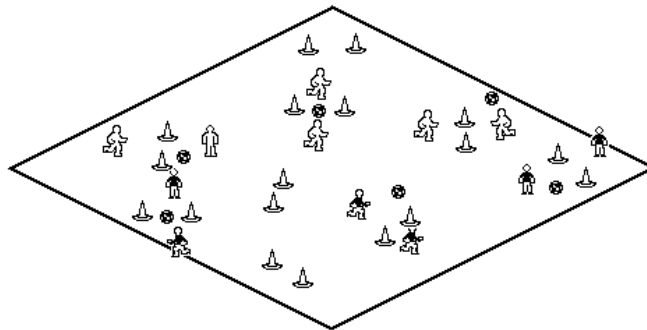
Tri-County  
Soccer Club

# U8 Practice Plan: Session 8

**Objective:** To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving. (*Sessions, including the 4v4 game, should be about 60-70 minutes in duration.*)

**1) Soccer Marbles**---Players are in pairs, each with a ball. One player plays out their ball (using the inside of the foot) and the partner passes their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner's ball. *Version 2:* Once players understand this game, make it fast paced by having the players take turn at trying to hit each other's ball without ever stopping. If player 2 misses player 1's ball, then player 1 immediately runs to their own ball and tries to hit player 2's ball (player 2 does not get to touch his ball after missing player 1's ball). After player 1 has a chance, then player 2 immediately tries to hit player 1's ball right back. etc. This game is continuous and players should keep score. Hint: If 2 balls are very close to each other a player should kick their ball hard at the other ball so when they hit it, it is more difficult for the other to hit their ball back. *Version 3:* Three players start the game in a triangle, ten giant steps apart. They take turns trying to hit another player's ball. Number one goes first and so on. They keep score, and the first to ten points wins. If they hit two balls with one shot, they get two points. (10 minutes)

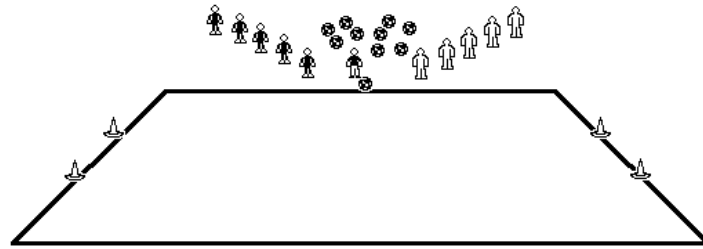
**2) Gates Passing**---Using cones, set up many small goals (gates) approximately 2 yards wide all around the playing area. Players are now paired up with one ball and must successfully pass the ball through the gates to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Coach can manipulate the game by requiring the players to pass only with their left foot, right foot, or the outside of their foot. (10 minutes)



**3) Freeze Tag**---Break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the **Taggers**. Otherwise, stop game after a few minutes and have teams reverse roles. *Version 2:* Coach can be the freeze monster and try to tag all the players; players continue to unfreeze each other. (10 minutes)

**4) Get Outta' There with Numbers**--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. The players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players) The coach then calls out a number, kicks a ball onto the field and the player assigned that number on each team enters the field to play 1v1. If the ball goes in the goal or out of bounds, the coach yells "get outta there", calls out a new number and plays the next ball into the field immediately for the next 1v1 dual. *Version 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the

ball up in the air. **Version 3:** Coach can set up particular match-ups and call out more than one number at a time for 2 vs. 2 or 3 vs. 3 competition. (10 minutes)



**5) 4v4 Game**---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE TECHNIQUE!** (20 minutes)

