



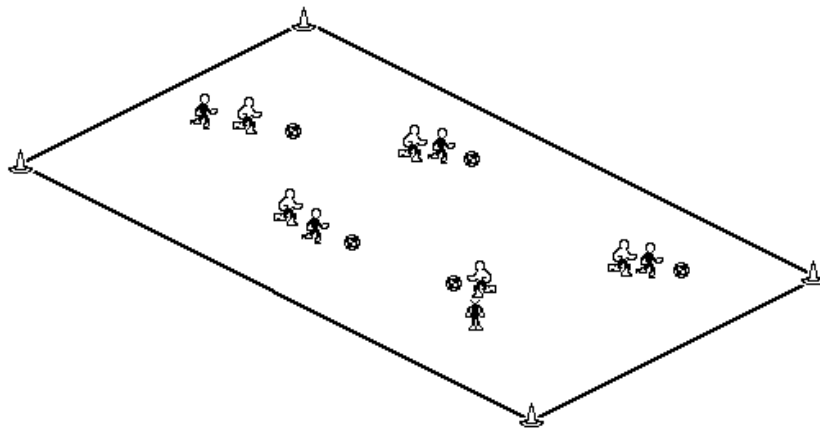
Tri-County
Soccer Club

U8 Practice Plan: Session 7

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) Tag---Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees. (8 minutes)

2) Shield-Steal---Two players (partners) with one ball. One player starts with the ball and, on the coach's command, her partner tries to steal the ball from her. Play 30-45 second matches. Whoever has the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of bounds, one of the players must get it back into play quickly. **Coaching points:** Show shielding technique with body sideways on to opponent, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (8 minutes)

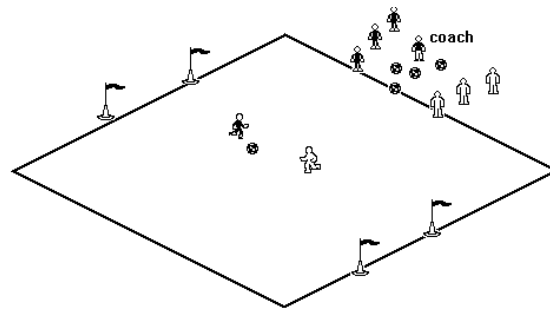


3) 2 vs. 2 to Endlines---In a space that is wider than long (20 x 25 yds) each team defends one endline and attacks the other. Players score by dribbling the ball, under control, over the opposing team's endline. *Note: Coaches should make multiple 2v2 fields and have 1 team on deck at each field.* (10 minutes)

4) Team Gates--- Using cones, set up many small goals (gates) approximately 2 yards wide all around the playing area. Players are split into two teams and each team has a ball and must pass the ball through the gates in order to score. Players must count how many goals their team scores in 45 seconds. After the two teams get comfortable moving and passing through the gates with their own soccer ball, play a competitive game with only one ball. (10 minutes)

5) Get "Outta" There---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. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells "get outta there" and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling "get outta there" and see if the 1st players in each line recognize that they should begin play when a new ball

is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)



6) 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)

