

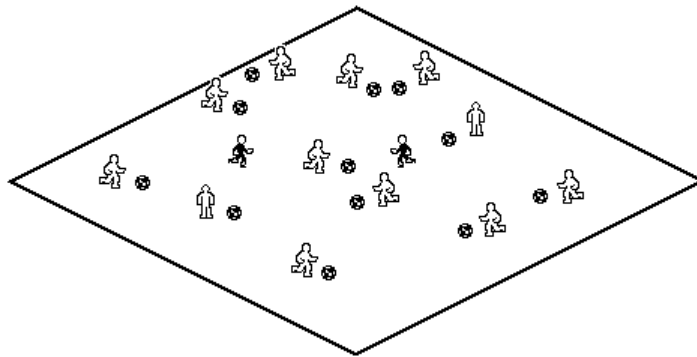


Tri-County  
Soccer Club

# U8 Practice Plan: Session 3

**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) Ball Tag**---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 minutes)

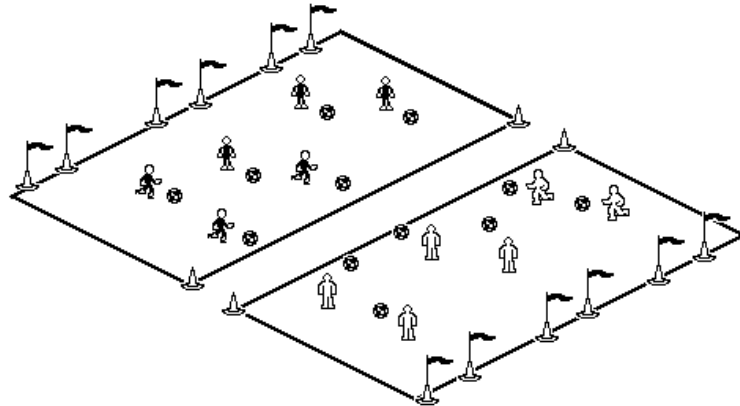


**2) Team Ball Tag**---Split into two teams. One team (*the Taggers*) is trying to tag the players on the other team by kicking their soccer ball at them below their knee or on their soccer ball. They keep track of how many times they tag the other team; after each game the coach can help them add up their numbers. Then the other team gets a chance to do the same thing. In each game, only one team is designated as the *Taggers*. The other team is trying to keep away and shield their soccer balls. *Version 2:* Can only have the teams tag the other team's soccer balls. (10 minutes)

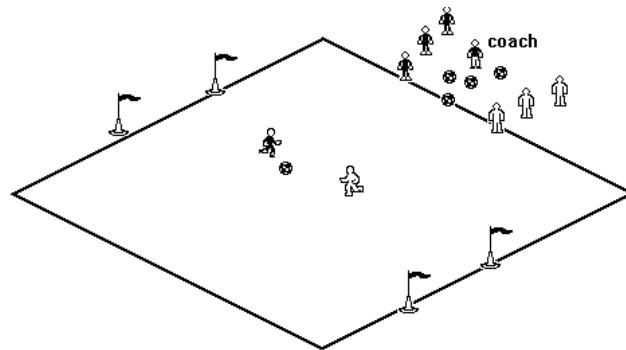
**3) Soccer Marbles**---Players are in pairs, each with a ball. One player plays out their ball (using the inside of the foot) and the partner passes their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner's ball. *Version 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. 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)

**4) Clean Your Backyard**---Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot at the other team's goals in an attempt to score through any one of the 3 small goals (below knee height). Players can only enter the buffer zone to retrieve a ball that has stopped inside. Otherwise they cannot enter the buffer zone or go into the other team's half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense, though no hands allowed. Options: Shots with

laces are awarded 2 points. *Version 2:* Allow teams to defend with hands as well. *Version 3:* Take out the buffer zone and play a normal game except with 3 goals at each end. (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 1<sup>st</sup> 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)

