



Tri-County
Soccer Club

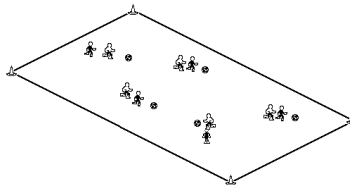
U8 Practice Plan: Session 9

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.*)

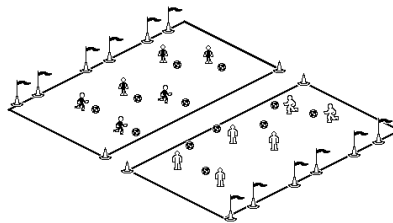
1) Paired Tag---Pair players up, each pair has 2 balls. One player starts and is given a 2 second lead to get away from his/her partner. The chaser (“it”) dribbles after the first player and tries to tag him/her with his/her hand. If tagged, the roles reverse and the player who was previously “it” has two seconds to get away before their partner tries to tag them. Players must always dribble their soccer ball during this activity. (8 minutes)

2) Paint the Field---15 yds x 20 yds rectangular grid. In pairs, players move around the grid and pass their ball back and forth in the area defined. At first have each pair in their own grid. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by passing (kicking) their soccer balls all over the grid. Progressively build this so that players go from moving slowly in their own grid to having multiple pairs in the same grid moving at a faster pace. *Version 2:* Have players use opposite foot. (8 minutes)

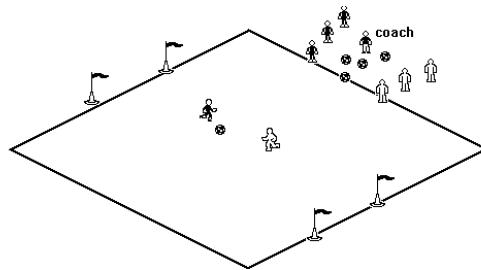
3) Shield-Steal---Two players (partners) with one ball. One player starts with the ball and, on the coach’s command, her partner tries to steal the ball from her. Play 30-45 second matches. Whoever has the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of 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)



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 balls 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 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)

