



U8 Practice Plan Week 10

1) Free Dribble---In a 20x25 yard space, everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. Variation 1: As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes).

2) Sharks and Minnows---Set up a grid roughly 10yds x 15yds. Have 3-4 players inside the grid acting as sharks. The sharks do not have a soccer ball. The rest of the players (Minnows) start at one end of the grid and when the coach says “Go”, they attempt to dribble their soccer balls to the other end of the grid. The sharks try to kick their soccer balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a shark as well. If the minnows reach the other end of the grid with their soccer ball, they wait for the coach’s command and play again. Play continues until all players turn into sharks. (8 minutes).

3) Snake---In a 20x25 yard space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 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. Variation 2: 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 competitions. (8 minutes)

5) Small Sided Scrimmage---In a 20yd x 25yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. (30 minutes)