

U8 Soccer Practice Plan

WEEK # 1 THEME Dribbling & Ball Control

TEAM RULES (Review Each Week)

1. Listen to the coach - we want you to do the drills slowly and properly - fastest isn't best
2. When the coach calls you in - take a knee and listen
3. Cheer each other on all the time! We build up!
4. Have fun!

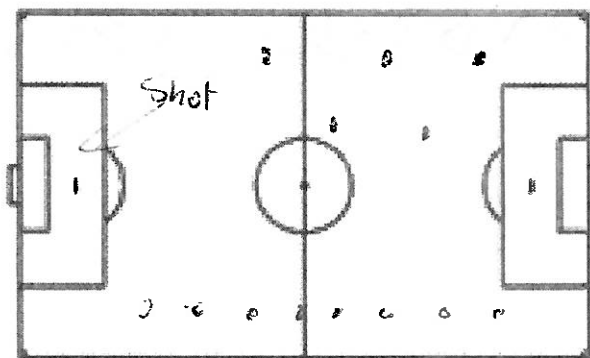
WARM UP (10 to 12 minutes)

- Sprints
 - First time make animal noises - high S coach @ ^{other} end
 - Second time backwards - low S "around far net"
 - Third time alternate side steps
 - Fourth time hop across the field
 - Final time try and beat the coach around far net
- Chicken Tails - X # of players get a pinny for a tail. Other players chase them. When you get a pinny - you put it on as a tail and get chased. Stay inside the boundary of the field.
- Pass & Keep Away - Coach puts you into partners (coach is always in charge of partnering people up - reduces chance of exclusion). Coach will tell you to pass back and forth (can change up the pass - inside foot, outside foot, drag the ball with your toes back/to the side then pass, etc.) When coach yells 'Keep Away!' Whoever has the ball is trying to keep it away from their partner. Must stay inside the boundary of the field!
- Star Wars - Each player has a ball. You are chasing the coaches while dribbling your ball. You get a point if you kick your ball into the coaches legs beneath the knee (anything above the knee and you lose 1 billion million thousand points!!!!)

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

The Weave



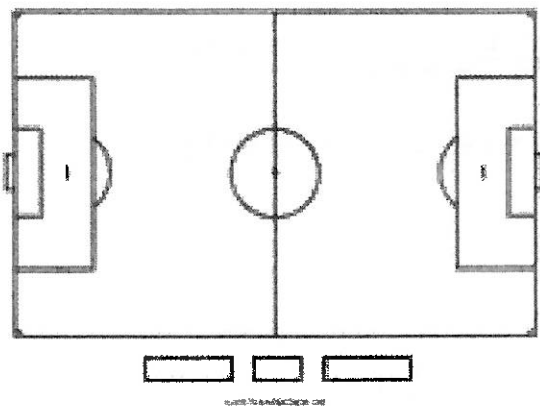
- Use both feet
- Keep the ball close for control
- slowly and properly

Notes:

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

Freeze Tag

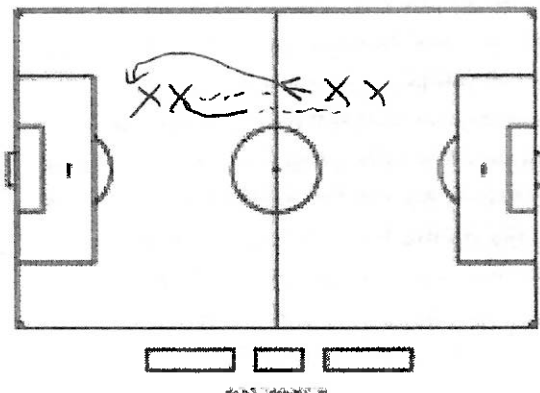


- Everyone has a ball
- Keeping control of your ball while trying to tag each other
- if you get tagged, be a statue with feet spread → you get

Notes: unfrozen when someone passes their ball between your legs

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

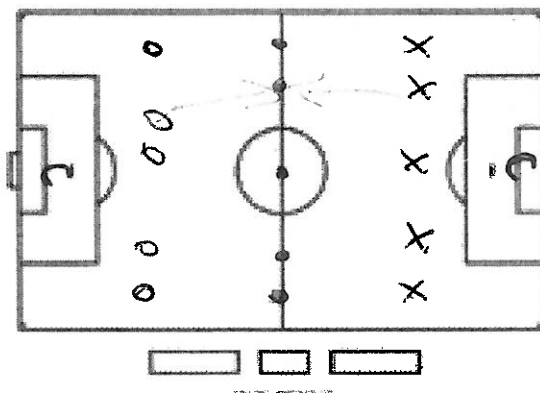


Passing Relay

- Pass then follow the ball - go to end of other line → keeps players in motion

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



3 on 3 Race to the ball

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

U8 Soccer Practice Plan

WEEK # 2 THEME Stopping A Rolling Ball - Sole & Inside

TEAM RULES (Review Each Week)

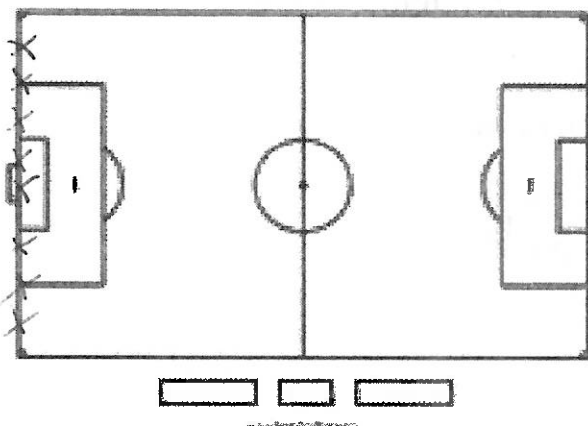
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WARM UP (10 to 12 minutes)

- Sprints
 - First time make animal noises
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WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill



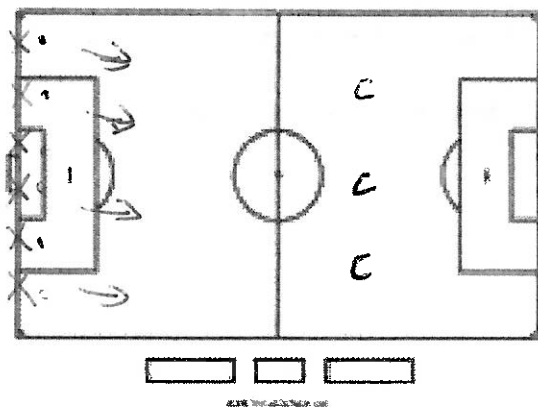
Red Light, Green Light, Purple Light
(shoot)
Disco Ball
(dance)
• Forward on green light
• Stop & Step on ball for control

Notes:

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

Shark Attack

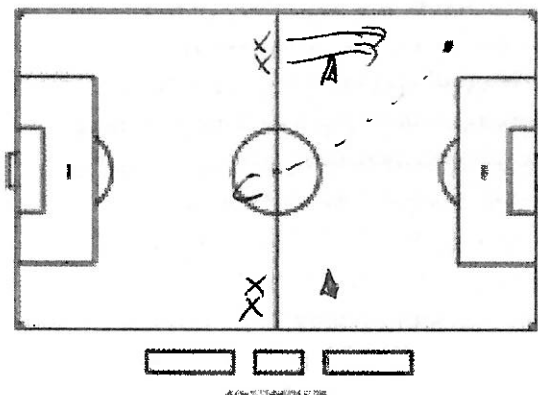


- Players start on end line with a ball
 - Start 'swimming forward'
 - Coach yells 'shark attack'
 - Players return to the line trying to protect the ball from the sharks (coaches)
- Notes:

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

1 on 1 race and shoot

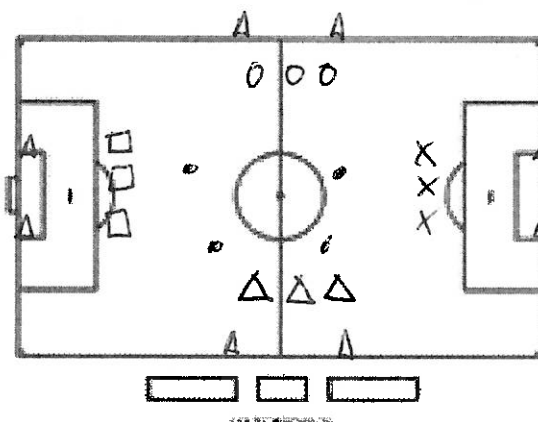


- Coach rolls ball into play
- 2 players race for the ball then try to score
- if you don't have the ball try and steal it

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)

4 Team Game



- 4 teams
- 4 balls
- 4 nets

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

U8 Soccer Practice Plan

WEEK # 3 THEME Trapping - Sole & Inside

TEAM RULES (Review Each Week)

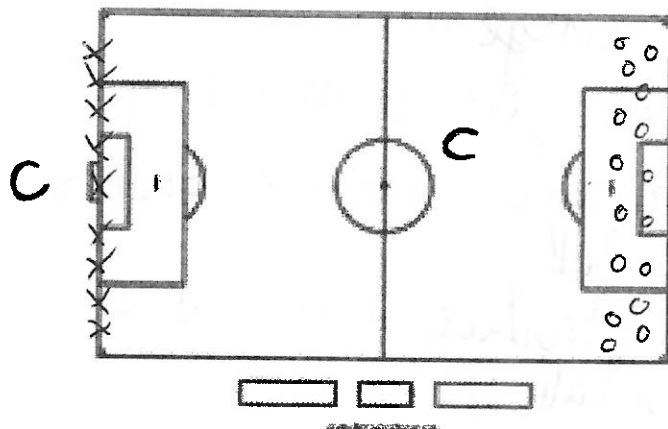
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WARM UP (10 to 12 minutes)

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- Star Wars - Each player has a ball. You are chasing the coaches while dribbling your ball. You get a point if you kick your ball into the coaches legs beneath the knee (anything above the knee and you lose 1 billion million thousand points!!!!)

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill Robinhood

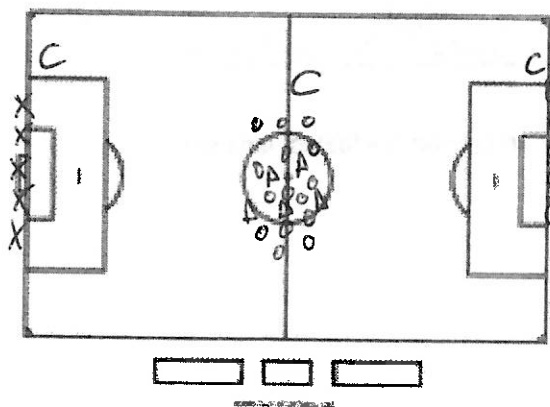


- Players line up on the base line with a ball
- Goal is for players to dribble the ball to the far end of the field, stop the ball, and pick up the treasure, then dribble back.
- Players are to use both feet, and keep the ball close!
- If the ball goes too far away from the player, the field coach will kick it away and they have to go ~~slow~~ back to the line.
- Can have 2 or 3 players at a time going

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

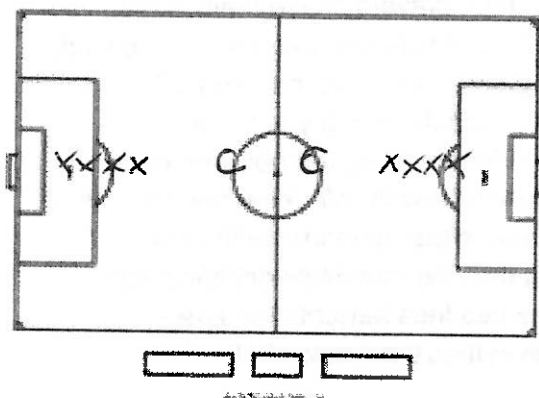
Treasure Hunt



- Set up both round and pointy pylons in the middle of the field
 - Players are split into 2 teams
 - One at a time they dribble to the middle of the field, stop the ball, pick up a piece of treasure, then return
 - if your ball hits a pointy cone you return to line with no treasure
- Notes:
- go when coach says not before
 - dribble the ball close

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

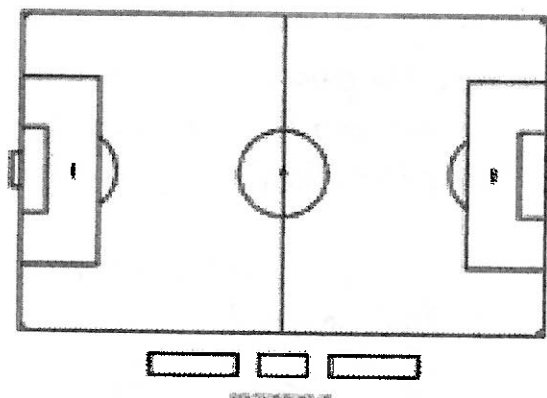


Trapping Competition

- 2 coaches w 2 lines
- Players stay mobile and on their toes
- Coaches roll ball to left foot for a bit, then right foot for a bit so players are practicing with both feet.
- Transition to a game - first team to 30

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



Scrimmage

- 2 Teams just let them play.
- Make sure everyone touches the ball
- Can introduce a second or 3rd ball.

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

U8 Soccer Practice Plan

WEEK # 4 ~~Extra Practice~~ THEME Ball Control

TEAM RULES (Review Each Week)

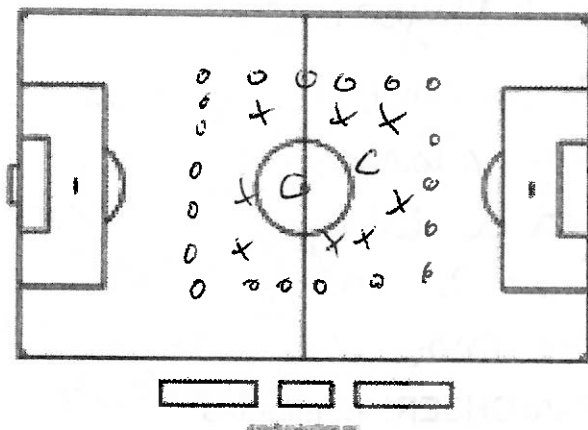
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WARM UP (10 to 12 minutes)

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WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill Knock out

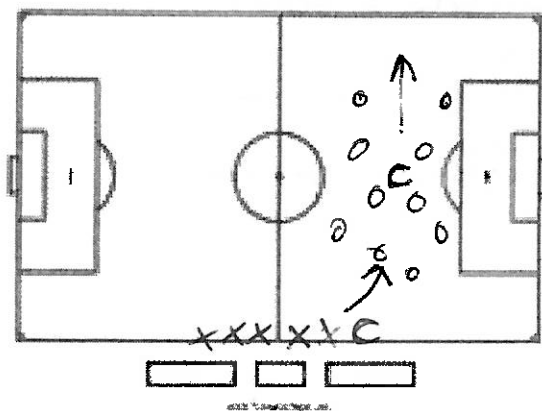


- Practice turns, pull backs, protecting the ball, use speed etc
- DEMONSTRATE THESE
- Players spread out in the square with a ball
 - Coaches will try and kick the ball away - if a player does have their ball knocked away - they step outside and do 3 I am a Star
- Notes: DEMONSTRATE

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

Cookie Monster

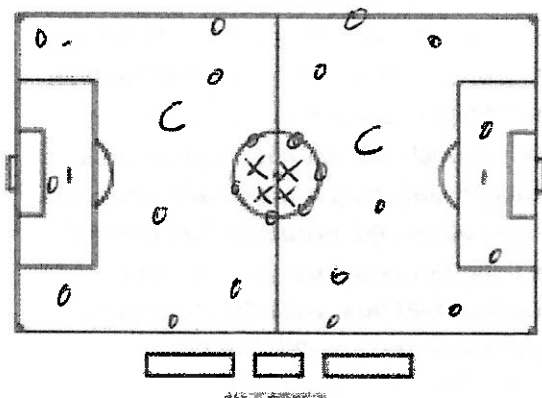


- Coach on the field is the cookie monster
 - Player's balls are the cookies
 - Players try and control the ball across the field
 - Coach tries to take the ball away and score in the net
- Notes:
- if you lose your cookie you go back and start again

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

Shark Attack 2.0

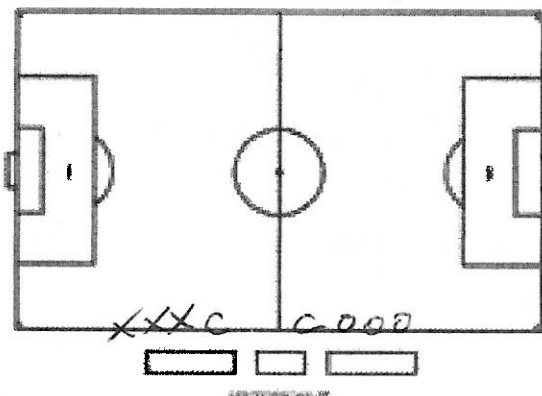


- Players start in the centre with a ball
- They get one point for dribbling around a near pylon
- 3 points for dribbling around a far pylon (add up as a team)
- Coaches can steal ball and shoot into net - player retrieves

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)

Add A Player Game



- Coaches roll a ball out
- Game starts as 1 on 1
- Add a player it becomes 2 on 2, add another 3 on 3
- Play max one minute then start again

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

U8 Soccer Practice Plan

WEEK # 5 THEME Shooting

TEAM RULES (Review Each Week)

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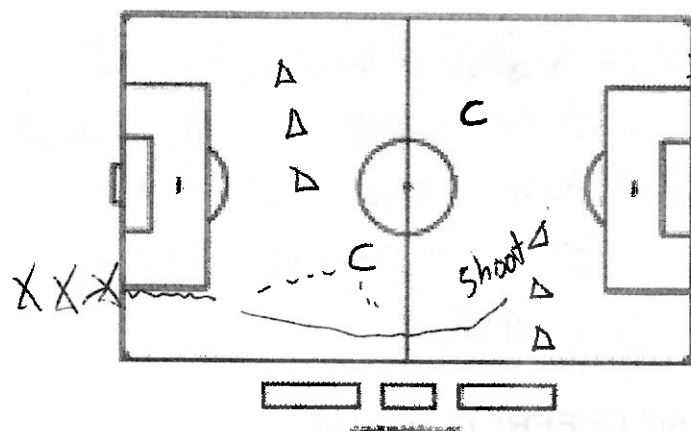
WARM UP (10 to 12 minutes)

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WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

3,2,1 Shoot



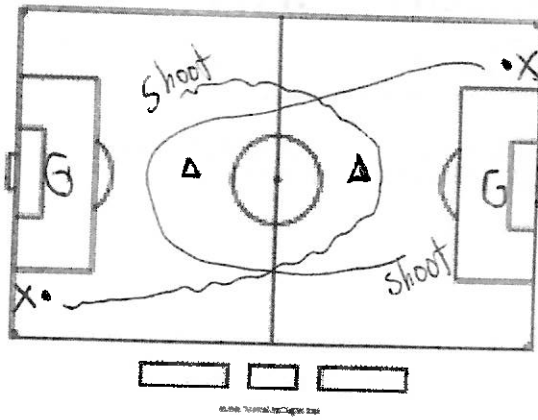
Notes:

- When coach says 'go' dribble the ball, pass to the coach
- Coach passes back
- dribble then shoot before the pylons and try to score

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

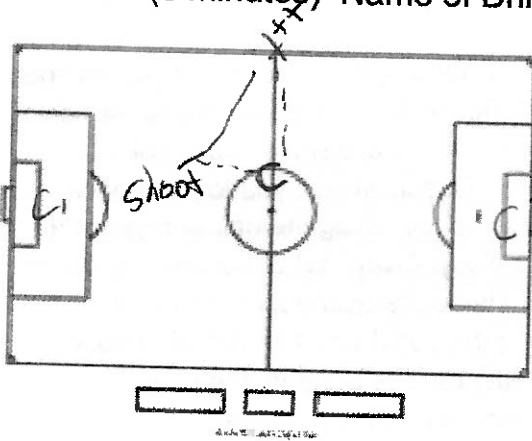
Race to Goal



- Dribble ball around the far pylon and come back to shoot on the net @ end where they started
 - After they shoot, they become the goalie.
- Notes:
- goalie grabs the ball and goes to the end of the line

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

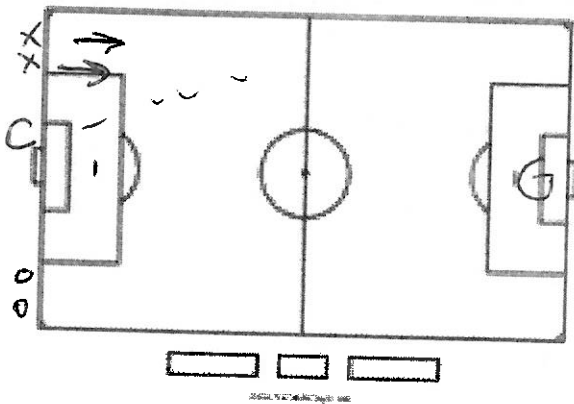


First Timers

- Players line up @ centre
- pass to the coach - coach re-directs to open field (alternates sides)
- Player races to the ball and takes a shot

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



1 on 1 Race to the Ball

- Coach rolls the ball out to random spot on the field
- 2 players race for it and go 1 on 1 trying to score on far net.

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

U8 Soccer Practice Plan

WEEK # 6 THEME First Touch Direction Review

TEAM RULES (Review Each Week)

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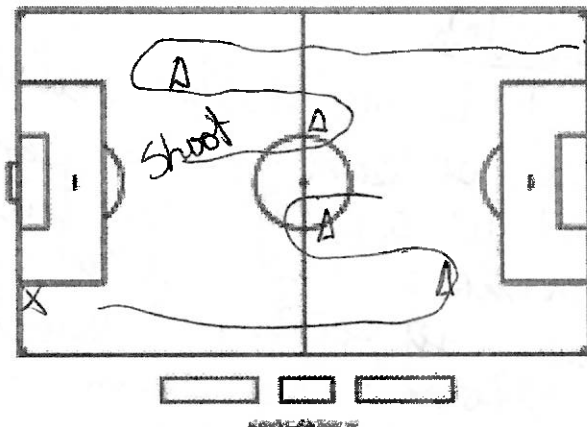
WARM UP (10 to 12 minutes)

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WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

Reversals



- Players dribble the ball around pylons then go into shoot

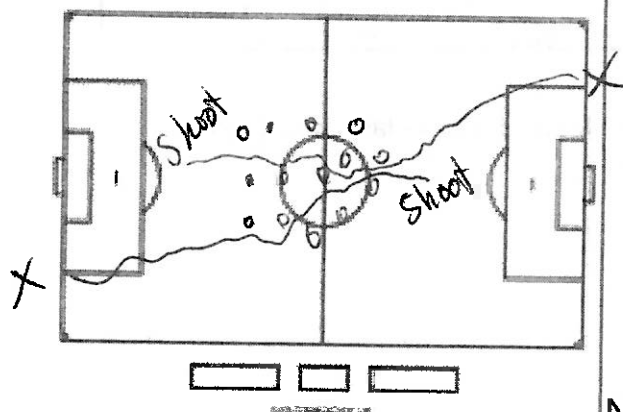
- Keep ball close

- Work on moving and reversing play. (Not always forward in a game!)

Notes:

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill



Minefield

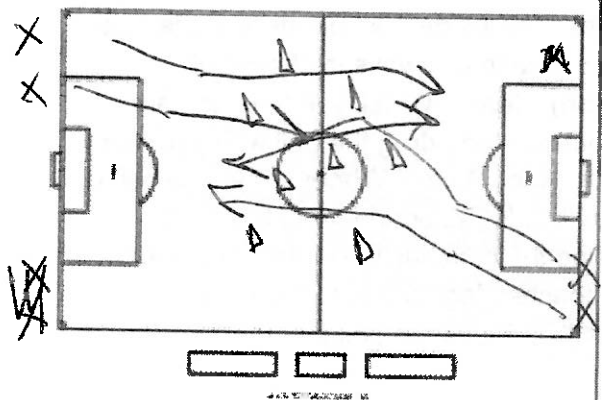
- Players dribble their ball through the minefield
- If their ball hits a cone or the other player they have to go back to the end of the line.

Notes:

- V.2 add a player chase - give first player 5 second head start then send another player to chase and defend.

WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill

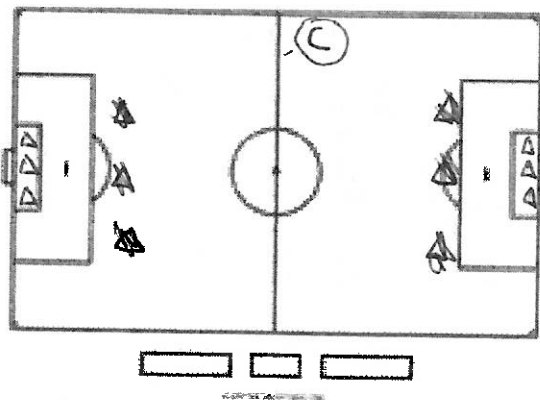


Angry Birds

- 2 players leave from each end → they have to knock over an 'angry bird' (pylon) then retrieve ball and go shoot

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



Quidditch

- Coach is the golden snitch
- 1 seeker per team - chase coach and get a point every time you kick a ball and hit coach
- Chasers get points for knocking over pylons in other teams net with a ball

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

- Beaters Kick their ball at other team whoever they hit has to go touch their own net

U8 Soccer Practice Plan

WEEK # 7 THEME Passing

TEAM RULES (Review Each Week)

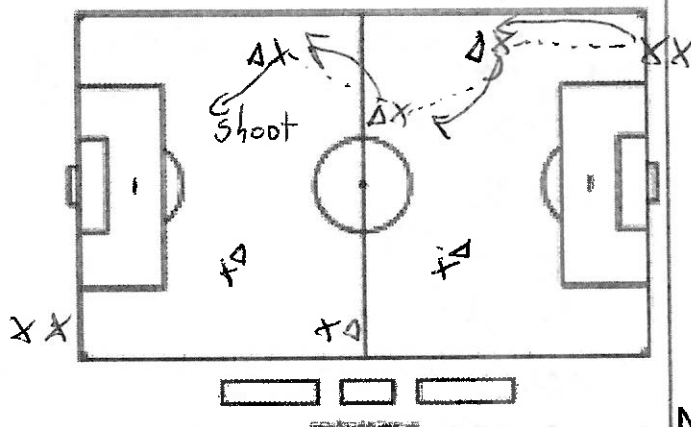
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WARM UP (10 to 12 minutes)

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WATER BREAK (2 minutes)

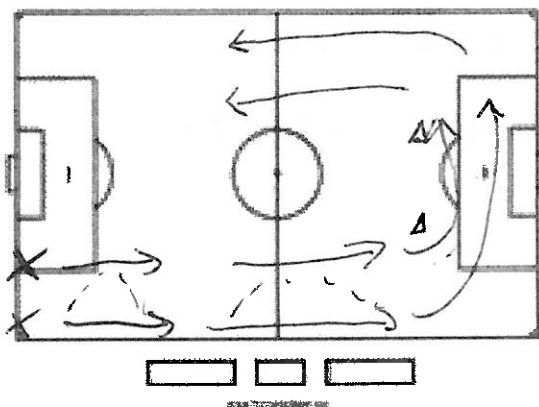
DRILL #1 (8 minutes) Name of Drill Pass & Follow



- Pass the ball to the person @ the first pylon then run to take their spot
 - That person passes to person @ next pylon then runs to take their spot
 - Final person shoots then goes to the end of the line
- Notes:

WATER BREAK (2 minutes)

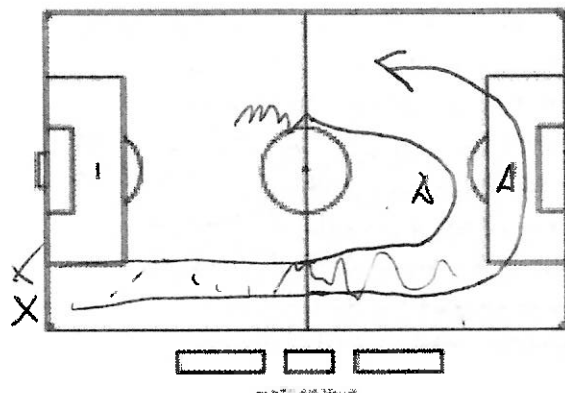
DRILL #1 (8 minutes) Name of Drill



- ## 2 on 0 Passing
- 2 players leave together passing the ball back and forth
 - when they get to the end they take a shot
- Notes: • switch spots next time

WATER BREAK (2 minutes)

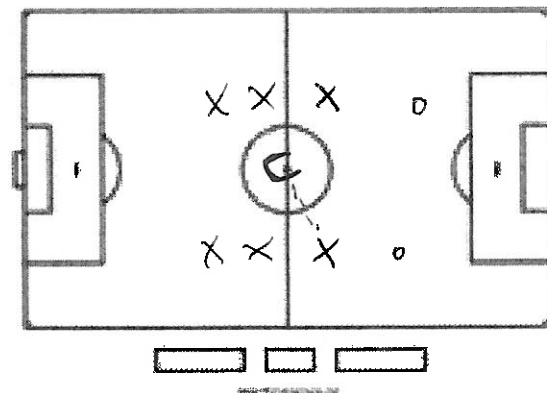
DRILL #1 (8 minutes) Name of Drill



- ## 1 on 1 Passing
- 2 players leave together passing back and forth
 - @ far end, outside player becomes attacker
 - inside player becomes defender
 - go 1 on 1

WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



- ## Continual 2 on 2
- Play starts when coach rolls the ball to one of the attackers
 - Play 2 on 2
 - Forwards win if they score
 - Defense wins if they get control of the ball and pass to the coach
 - Forwards then move to D
 - Defense go to end of the line

FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

Sample 8 Week Season - Weekly Themes

	Ages 3-5	Drills - Try adding the "Theme Skill" to activate certain drills
Week 1	Running with the ball	Cookie Monster, Hit the Coach, Angry Birds
Week 2	Stopping a Rolling Ball	The River, Red Light Green Light, Volcanoes vs Craters, Robin Hood
Week 3	Shooting	Hit the Coach, Hit the Golden Egg, Storm the Castle
Week 4	Trapping a Bouncing Ball	Pirates of the Caribbean, Water Slides, Trapping Competition
Week 5	Review (Stop, Trap, Shoot)	Shark Attack 2.0, Knockout, Tree Farm, Avoid the Trees
Week 6	Passing	Hit the Coach, Hit the Golden Egg, Angry Birds
Week 7	Compete vs Teammate	The River Game, 1v1's, 2v2's
Week 8	Review	Choose Favourite Games

	U7 +	Drills
Week 1	Dribbling - Ball Manipulation	Cookie Monster, Hit the Coach, Angry Birds, Knockout
Week 2	Stopping a Rolling Ball Sole + Inside	The River, Red Light Green Light, Knockout, Treasure Hunt, Volcanoes vs Craters
Week 3	Trapping - Sole + Inside	Robin Hood, Treasure Hunt, Trapping + Dribbling Competition
Week 4	Shooting	Shark Attack 2.0, Race to Goal, First Timers, Shooting 3,2,1 touch
Week 5	First Touch - Direction Review	Scoring Competition, Trapping Competition, Shooting 3 2 1
Week 6	Passing - Give and Go	1v1 Battleship, Dribble Pass Score Races, Crossing Finishing
Week 7	Compete	Dribbler vs Runner, Dribbling Race U9 & U11, 1v1's,
Week 8	Review	Choose Favourite Games

Session Outline

Warm Up

Drill 1

Drill 2

Drill 3

Skill and Score

Scrimmage

Score a Goal

U8 Soccer Practice Plan

WEEK # _____ THEME _____

TEAM RULES (Review Each Week)

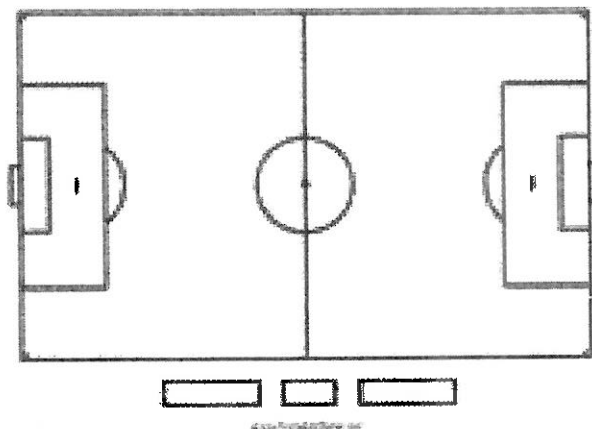
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- Star Wars - Each player has a ball. You are chasing the coaches while dribbling your ball. You get a point if you kick your ball into the coaches legs beneath the knee (anything above the knee and you lose 1 billion million thousand points!!!!)

WATER BREAK (2 minutes)

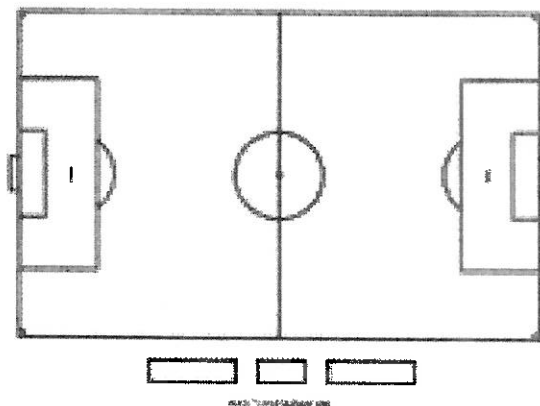
DRILL #1 (8 minutes) Name of Drill _____



Notes:

WATER BREAK (2 minutes)

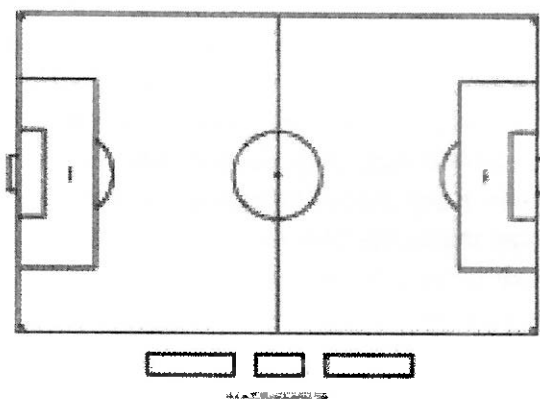
DRILL #1 (8 minutes) Name of Drill _____



Notes:

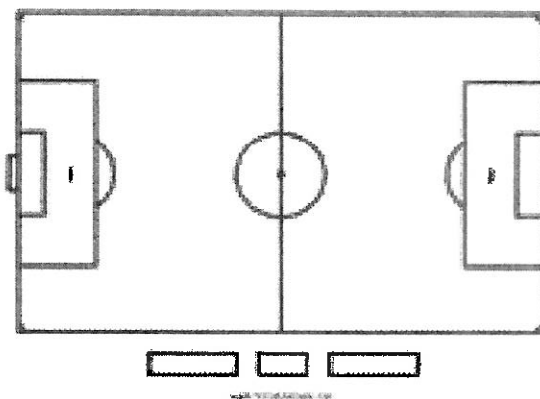
WATER BREAK (2 minutes)

DRILL #1 (8 minutes) Name of Drill _____



WATER BREAK (2 minutes)

THE BIG FUN FINISH GAME! (12 - 15 minutes)



FINISH WITH ANNOUNCEMENTS & BIG TEAM CHEER! (2 minutes)

