



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Dribbling, Focus on Passing and Receiving

Activity	Diagram
<b>1<sup>st</sup> Activity (warm-up) Copy Cat</b> Have players copy coach. Hop, skip, and jump. Progress to having players manipulate a ball. Catch, roll, throw, etc... Show stopping, turning, and changing speeds with ball.	
<b>2<sup>nd</sup> Activity Hand Passes vs. Foot Passes</b> Players partner up with one ball as a pair. Have them first begin by tossing and catch the ball while moving around in a grid. Count each pass/catch as a point and play for approximately 1-2 minutes. Try again and see if they can beat their previous score. Now change to passing with feet. Emphasis body shape when receiving and passing, making eye contact and using their words.	
<b>3<sup>rd</sup> Activity Technical Squares (12x 12)</b> Group into 5-6 players. 1 <sup>st</sup> player dribble balls to next person waiting at corner, take their spot, next person dribbles, etc... Progress to passing. After passing with inside of foot follow pass and wait at cone. Continue around square. Pass with right than left foot. Encourage players to pass and receive with same foot (i.e. right foot, right pass).	
<b>4<sup>th</sup> Activity Keep Away</b> Players play 4 against 1. Object is to have them pass through square to team mate to score a point. If defender wins ball they get a point. Defender cannot leave square. Attackers can pass ball to players on outside to keep it but do not score a point. By using a square limit attackers to a side at first to move back and forth to support ball Switch after 2 minutes with a new defender	
<b>5<sup>th</sup> Activity (the game) New Ball Pairs</b> Make teams of two players and set-up a field with 2 large goals. Do not use goalies. Instead as the coach have a large supply of balls near edge in center of the field. Anytime a ball is scored or goes out of bounds, play a new ball in and call "new ball". After all balls are out have players collect and restart game. Assign any goal that is scored from a partner pass = 5 points. Keep game active and fun!!!	