



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Passing, receiving

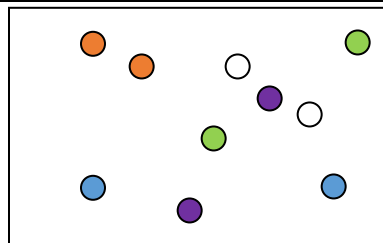
Activity

Diagram

1st Activity (warm-up) 2 vs. The World

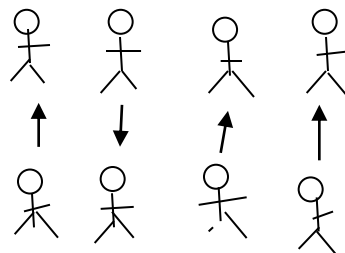
Have players pair up. Object is to tag other people. If tagged sit down. To get saved a players partner must run over and tap them to get back in. Coach can also call "Freedom" to allow all player back up to play.

Progress: Add two groups together to make 4 vs. World, Add same rules but players must dribble their soccer ball and attempt to tag others.



2nd Activity Croquet

Have players partner up with one ball between them. Have them stand 10-20 yards apart depending on ability. One player attempts to pass the ball between the others legs (have that player stand with their legs shoulder width apart). If the ball hits their leg = 1 point, if the ball hits their leg and goes through = 2 points. If the ball goes directly through the legs = 3 points

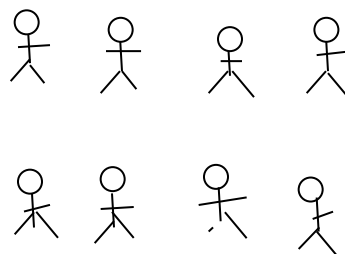


3rd Activity Technical Passing

Same set up as above but now work on passing and receiving. Have players receive the ball using select surfaces:

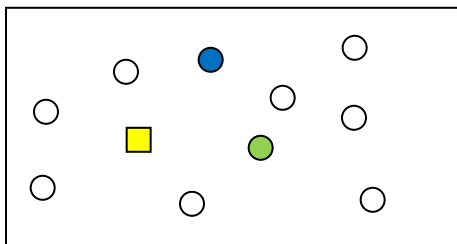
- 1) Inside and play with opposite
- 2) Outside and play with the same
- 3) One touch (emphasize not just blasting the ball)

Progression: Place a cone in the middle and award 1 pt. to player who hits cone with their pass



4th Activity Avengers Assemble

Based off of the movie the Avengers have each player dribble their ball around inside a grid. Select several players to be "it". One "it" wears a green vest and is Hulk (to be safe from Hulk a player must stop dribbling and stand still holding their hand together by their face while smiling). Another "it" is Ironman who also attempts to tag players. To be safe from Ironman, players must stand still with their ball and place both arms at their side with their hands out like they are hovering. Choose a Loki who wears a yellow vest who can dribble around and rescue those players who are out.



5th Activity (the game) 2 vs 2 vs 2 vs 2

Pair players up and have them play against other groups of 2. Look to pass and score. Keep track of points. Ball hit over endline, begin with a new ball from the coach.

Progressions: Whichever team scores become the goalies, make a coned off area where players cannot shoot (to avoid getting too close)

