

U8 Practice Plans

Preseason- 1 hour, 2 days a week
Mid-Season- 1 hour, 1 day a week

- Characteristics of U8 Players
 - o Enjoy playing in pairs
 - o Can take another's perspective
 - o Unable to think abstractly. Be patient
 - o Cooling system are less efficient. Need frequent water breaks.
 - o Prefer playing to watching. Keep everyone active during practice.
 - o Limited attention span.
 - o Understand time and sequence- "if I do this, then that happens"
 - o Some may have multiple speeds- fast, medium, slow, stopped.
 - o Very aware of adult reactions- be very mindful of how you react!!
 - o Seek adult approval and need reassurance.
 - o Begin to become aware of peer perception. Social order is beginning to develop.
 - o Wide range of abilities between children at this age.
 - o Beginning to develop motor memories
 - o Some become more competitive
 - o Less active imaginations than U6 players

Pre-Season Practice Plan

- Dribbling- 15 minutes
- Passing- 15 minutes
- Shooting- 15 minutes
- Scrimmage- 15 minutes

Mid-Season Practice Plan

- Dribbling- 10 minutes
- Passing- 10 minutes
- Shooting- 10 minutes
- Game Corrections- 15 minutes
- Scrimmage- 15 minutes

Pre-Season Practice Plan

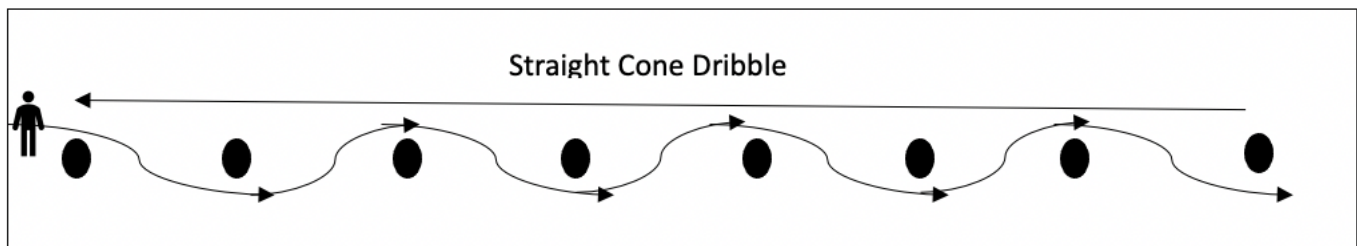
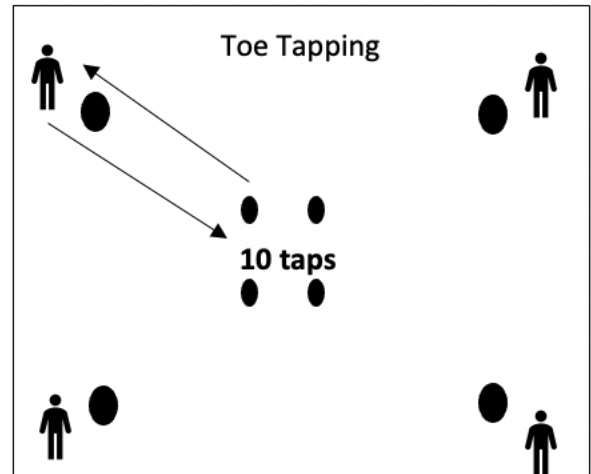
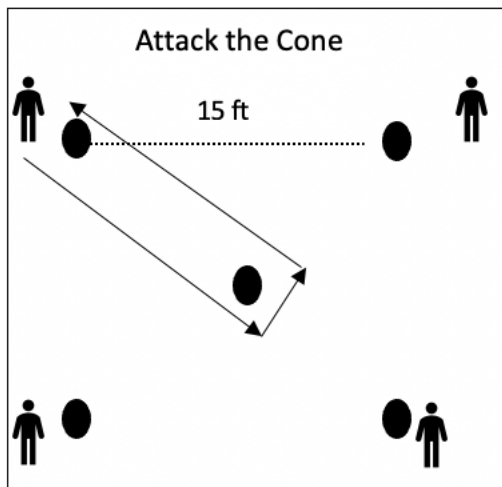
- **Start with U6 Practice Plans to assess the skill level of your players and advance accordingly**
- Dribbling- ***Focus on control, increasing touches, increasing speed, and looking up***
 - o Drill #1- Attack the Cone-
 - ***Players must look up to avoid collisions in the center***
 - Create a 15yd X 15 yd grid with 4 cones and one cone in the middle (may need to adjust size)
 - Divide players into 4 groups and line up behind a corner cone
 - One player from each corner dribbles to the middle cone, around it, and back to corner cone then next player goes
 - Or when first player gets to the center cone, the next player in line starts (this creates more chaos and requires them to look up while dribbling)
 - Game
 - If 2 players crash into each other, they are out
 - Last player (or 2) standing wins
 - o Drill #2- Toe Tapping
 - ***Players learn to stop and control the ball by placing their foot on top of it***
 - Create a 15yd X 15yd grid with 4 cones. In the center create a 2yd X 2 yd grid with 4 cones
 - Divide players into 4 groups and line up behind a corner cone

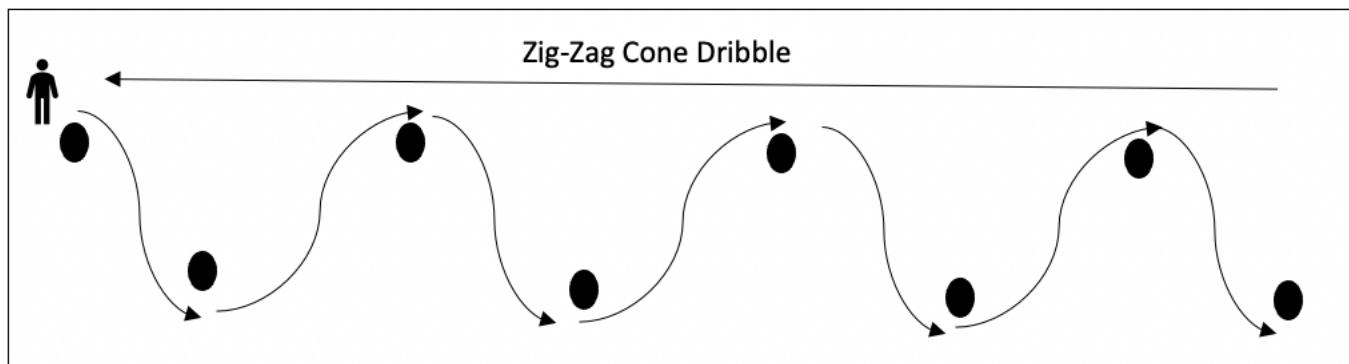
- One player from each corner dribbles into the middle grid, stops their ball, and does 10 toe taps on the top of their ball
 - Game
 - Divide players into 2 or 4 groups and run this as a relay race
- Drill #3- Straight Cone Dribble
 - **Players learn to dribble around obstacles**
 - Place 10 cones in a straight line with 1 yard between each cone
 - Players dribble through the cones using the inside/outside of both feet
 - At the last cone, turn and dribble back to the start using the laces of both feet
- Drill #4- Zig Zag Cone Dribble
 - **Players learn to combine laces dribbling and inside/outside dribbling while moving up the field and around obstacles**
 - Place 10 cones 5 yards apart in a zig zag pattern
 - Players dribble to cones using laces dribbling and then around the outside of the cones using inside/outside dribbling
 - At the last cone, turn and dribble back to the start using the laces of both feet
- Modifications
 - Dictate if they are to use right foot only, left foot only, or both feet for laces dribbling, inside/outside dribbling, and toe tapping
 - Have players practice Inside/Outside Dribbling or Toe Tapping while waiting for their turn or when they are out of a game
- Sharks and Minnows
 - Create a 20yd X 20 yd grid with cones (may need to adjust size)
 - 1-2 players are sharks and do not have a ball
 - Remaining players are minnows and stand on one side of the grid with their ball
 - The minnows try to get to the opposite side while dribbling their ball and avoiding the sharks
 - The sharks try to kick the minnows' balls out of the grid
 - Once they lose their ball, Minnows become seaweed. They sit down and become an obstacle to slow down the other minnows
 - Last 1-2 minnows become the shark for the next round
- Red Light/Green Light
 - Players start on one Touch Line with their ball and will work their way to the other side
 - On the coaches command they will
 - Green Light- Dribble with laces
 - Yellow Light- Dribble with inside/outside
 - Red Light- Stop and toe tap their ball
 - First one to the other side becomes the caller for the next round
- Passing- **Focus on accuracy, weight of the pass, stopping the pass, making and receiving the pass when on the move**
 - Partner Passing
 - **Players should aim their pass, kick with appropriate force, and stop passes with toe taps**
 - Players partner up and use 1 ball
 - Players stand 5 yards apart with a set of 2 cones behind each player
 - Players pass the ball back and forth
 1. After passing the ball, they run around their cones and receive the next pass while on the move OR

- 2. After receiving the ball, they must dribble around their cones and then pass the ball while on the move
 - Game- the pair with the most passes in 2 minutes wins
- Zig Zag Cone Passing
 - ***Players learn to pass to a moving target, ball and player arrive at the cone at the same time***
 - Place 10 cones 5 yards apart in a zig zag pattern
 - Players partner up and use 1 ball
 - The player on the zig side passes the ball to the player on the zag side while they walk, jog, or run to the next cone
 - Then the player on the zag side passes the ball to the player on the zig side while they walk, jog, or run to the next cone
 - Player receiving the ball should stop it with a toe tap
 - Game- Monkey in the Middle
 - Have a third player working in between the cones to stop the passes
 - If the Monkey gets the ball, they become a passer and the last person to pass the ball becomes the Monkey
- Modifications
 - Increase the distance between partners or cones
 - Specify if they must use right foot, left foot, or both feet
- Shooting- ***Don't worry about how the kick it, let them figure it out on their own***
 - Drill #1- Score (rotate players as goalie)
 - Divide team in half and create 2 lines
 - Place 2 cones 10 feet from goal
 - Players shoot from the cone
 - Goalie stops the ball and rolls towards the touch line
 - Coaches can help retrieve what the goalie doesn't stop
 - Player dribbles ball to the end of the line
 - Drill #2- Dribble and Score (rotate players as goalie)
 - Put a second cone 5 feet behind each of the original cones
 - Player dribbles from new cone to original cone
 - Player shoots from this cone
 - Goalie stops the ball and rolls towards the touch line
 - Coaches can help retrieve what the goalie doesn't stop
 - Player dribbles ball to the end of their line
 - Drill #3- Dribble, Pass, Score (rotate players as goalie)
 - Put a third cone 5 feet behind the second set of cones
 - Put one player at the cones closest to the goal and all others behind the third cone
 - Players dribble from third cone to second cone then pass to player at first cone who then scores
 - Player that dribbled then goes to the first cone
 - Goalie stops the ball and rolls towards the touch line
 - Coaches can help retrieve what the goalie doesn't stop
 - Player dribbles ball to the end of their line
 - Modification
 - Switch the order have player pass to player at second cone, they dribble to first cone and score
 - Modifications

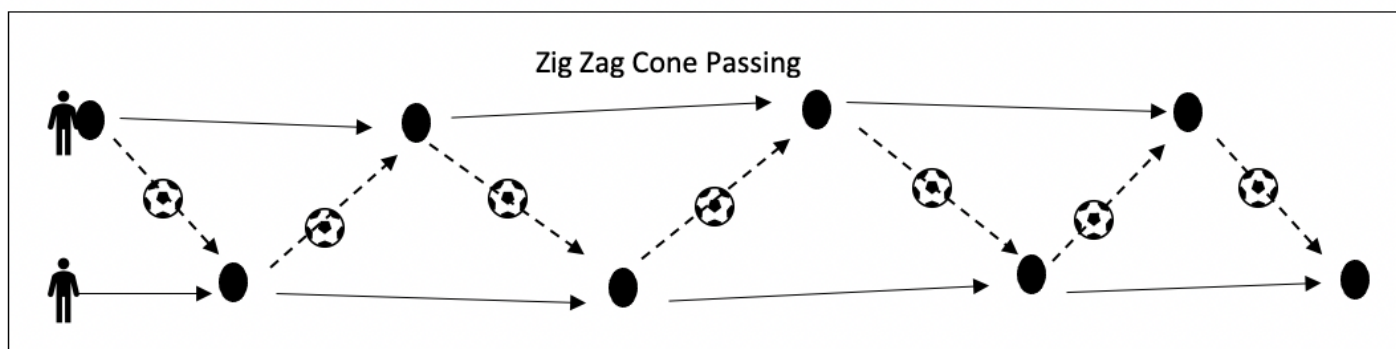
- Increase distance goal to cones and/or between the cones
- Move cones around to change the angle of shooting, dribbling, and passing
- Have players practice Dribble Drill #2 while waiting in line
- Players on the right side of the goal use right foot to dribble, pass, and score
- Players on the left side of the goal use left foot to dribble, pass, and score
- 1 Minute Blitz
 - Coaches act as goalies/defenders
 - 1 ball per 2 players
 - Players work together to score as many goals against the coaches as they can in 1 minute
- Scrimmage- **NO COACHING**
 - Preferably play 7v7 against another team
 - If not possible, divide team in half and play with no goalkeeper
 - Coaches should referee the scrimmage but don't coach
 - Let them play backyard ball, let them have FUN!
 - Game Concepts to work on
 - Kick-off
 - Throw-in
 - Goal Kick
 - Corner Kick
 - Goalkeeper
 - Defender/Striker
 - They should start to understand and stay in their positions

Dribbling Drills Diagrams





Passing Drills Diagrams



Shooting Drills Diagram

