



# United States Youth Soccer Association

## Practice Plan

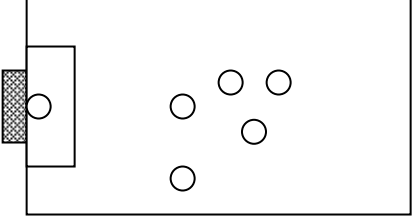
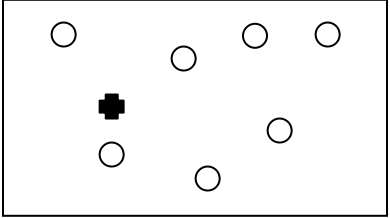
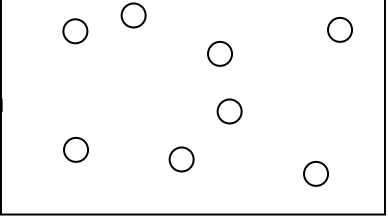
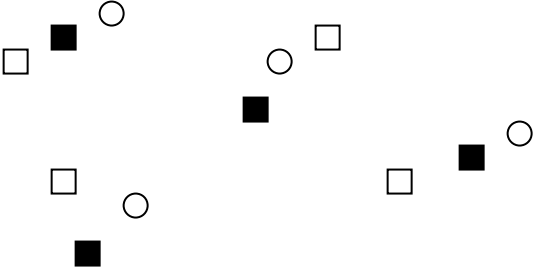
Name: Jeff Hopkins

Age Group: U8

Theme: Ball exploration, dribbling, passing

### Activity

### Diagram

| Activity   | Diagram   |
|--|---|
| <p><b>1<sup>st</sup> Activity (warm-up)</b> <i>One Against the World</i></p> <p>As players arrive, have them join a game to one goal. Object is to score a goal. Whoever scores the goal becomes the next goalie. If players are shooting too close, make a safety line that they cannot shoot in front of.</p> <p>Progressions: Put into pairs, put into teams of 3</p>   |     |
| <p><b>2<sup>nd</sup> Activity</b> <i>Free Dribble</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Give them 2 moves to work on.</p> <ol style="list-style-type: none"> <li>1) Pull back</li> <li>2) Cut (inside and/or outside)</li> </ol> <p>Time to see how many they can do in 30 seconds</p>  |    |
| <p><b>3<sup>rd</sup> Activity</b> <i>Hospital Tag</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Hospital Tag: Each player is "it" they try and tag another player with hand. If tagged the player needs to put their hand on the part of their body (a band-aid). After third tag the player goes to coach and does a simple trick to get back into the game.</p> |  |
| <p><b>4<sup>th</sup> Activity</b> <i>Draw/Fire Pit</i></p> <p>Two Players stand facing each other with a ball between them. On coaches signal "draw", players pull ball back and play</p> <p>Object is to score by kicking ball into bag (or ball on a cone). Other player defends bag/ball. Make small circle with pinnies if player guards too close to goal.</p> <p>Progressions: Play 2v2, 3v3, etc... Play with 2 bags apart</p>  |   |
| <p><b>5<sup>th</sup> Activity (The game)</b> <i>4v4 Games</i></p>  | <p>Let them just play!</p>  |