



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Dribbling, Passing

<b>Activity</b>	<b>Coaching Points</b>
<p><b>1<sup>st</sup> Activity (warm-up) <i>Ball Retrieval</i></b></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one <b>hands</b> you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older. Be creative!</p>	<ul style="list-style-type: none"> <li>▪ After a few commands the coach should move to force the players to look up before heading back</li> <li>▪ This game is great for teaching body awareness</li> <li>▪ Fun for the kids too!</li> <li>▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?</li> </ul>
<p><b>2<sup>nd</sup> Activity <i>Hospital Tag</i></b></p> <p>All players have a ball and are dribbling in an area. The coach is the doctor and stands outside the area. Players dribble in the area and try to tag each other. When tagged, the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Progressions: Can only dribble with one foot, outsides of feet, soles.</p>	<ul style="list-style-type: none"> <li>▪ The hospital gives them a chance to get back into the game and continue to practice.</li> <li>▪ Players must dribble their ball and cannot leave the ball to go and tag another player</li> </ul>
<p><b>3<sup>rd</sup> Activity <i>Fox versus Chickens</i></b></p> <p>Split into two groups. One group starts in the goal without balls (foxes). Other group spreads out in 30x 40 yard grid (chickens). On coach's signal foxes run out and try to take away chickens egg (ball) and shoot into the goal. If chicken loses ball they can help teammate by passing. Play until all balls are out of grid. Switch roles. Progression: Chickens can have one hen to play as a goalie.</p>	<ul style="list-style-type: none"> <li>▪ Can the players protect their ball (egg)? Can they help support their teammates?</li> <li>▪ Can the foxes work as a group to score as many goals as possible?</li> </ul>
<p><b>4<sup>th</sup> Activity <i>GK Game</i></b></p> <p>Set up several small 15 x 20 yard fields and have the team play 2v2 in them. When a team is on defense they have to have one person drop back and be a goalie. When the defender steals the ball he passes the ball back to the goalie and they then start to attack. While this is happening, the other team is having someone drop back into their goal. Comments: Have several games going at once and rotate the teams so everyone two person teams gets to play all the other teams.</p>	<ul style="list-style-type: none"> <li>▪ Physically demanding game</li> <li>▪ The nature of the game demands instant transition from attack to defense</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>End Zone</i></b></p> <p>Make two teams. Make 5 yard end zones at the endlines of the field. Object is for attacking team to dribble into end zone and stop ball. Once attacker is in end zone no defender can go in (safety). Progression(s): If you score now attack opposite side. Make it directional. Can pass to a player into end zone, but they cannot be waiting in the end zone.</p>	<ul style="list-style-type: none"> <li>▪ Look to get a good team shape (wide and long)</li> <li>▪ Play the way you are facing</li> <li>▪ Attack open spaces</li> <li>▪ Switch ball away from defenders</li> </ul>

### Scrimmage 4v4