



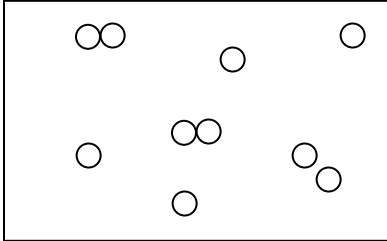
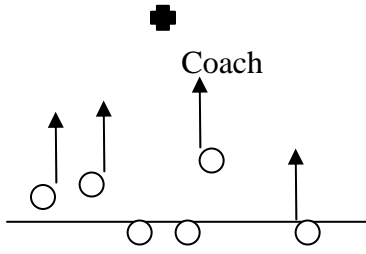
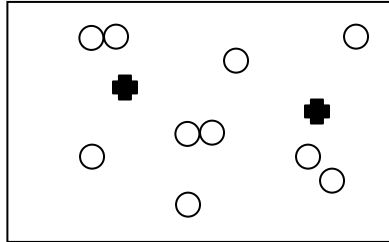
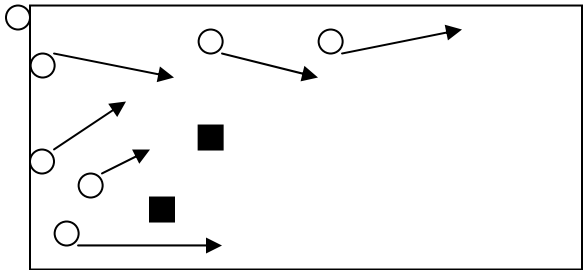
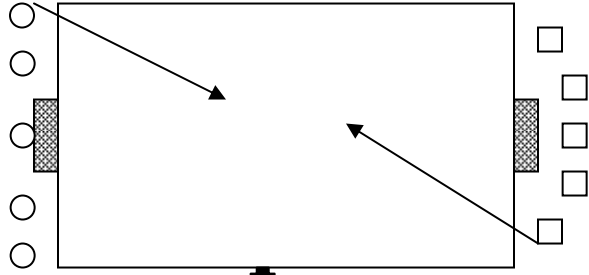
# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Dribbling, passing, shooting

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Grouping</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of groups, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Make groups of 3, 6, 2, etc...</p> <p>Progressions: Add dribbling.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Sneak Attack</i></p> <p>All the players start on a designated line with the coach about 25 yards away. When coach turns back away from players, they try to dribble to the coach. When the coach turns back to face the players they must stop ball with foot. Anyone who is not stopped moving has to go back to the beginning line.</p> <p>Progressions: The coach can move around to make the game more challenging. Add command "attack" and coach can chase players back to line. If tagged they become helpers.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Space Invaders</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot). Give points for hits.</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Alligator, Alligator</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players are alligators and try to tag the other players as they try to get to the other line. When a player is tagged they become an alligator helper.</p> <p>Progressions: Add logs (cones) that players must go around to get to the other end.</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Numbers Game</i></p> <p>Two teams of equal numbers stand at either end of a 35 x 25 yard grid. Give each player a number (#1, #2, etc...). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.</p> <p>Progressions: Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time. Call out several numbers to play 2v2 or more.</p>	

### Scrimmage 4v4