



United States Youth Soccer Association

Practice Plan

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

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Red Light, Green Light</i></p> <p>In a rectangular area play tag with the team. Give kids certain activities to correspond with colors. Red light = Stop! Green light = Go! Blue light = run around ball Orange light = Jump over ball</p>	<ul style="list-style-type: none"> ▪ Get kids moving ▪ Allow for body awareness ▪ Brown light = Chase kids ▪ Gold light = Coach be chased
<p>2nd Activity <i>Sharks and Minnows</i></p> <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won’t have balls, but they are on the prowl for someone else’s. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ Can we spin away from pressure (a defender)?
<p>3rd Activity <i>Gate Dribbling</i></p> <p>Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. In order to score a point, players must dribble the ball through a goal. Play for 30-45 seconds at a time.</p> <p>Progressions: Specify how players must dribble. Have coach assistants block off certain gates by standing in between them. Can also have players play 1v1 through the gates.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>4th Activity <i>Gate Passing</i></p> <p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30-45 seconds at a time.</p> <p>Progressions: Have them play 2v2 to gates (as described above).</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>5th Activity (the game) <i>Get Out of Here</i></p> <p>In a 35 x 25 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “out of here.” This should be a very fast paced game. Make it fun and quick! Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 4v4