



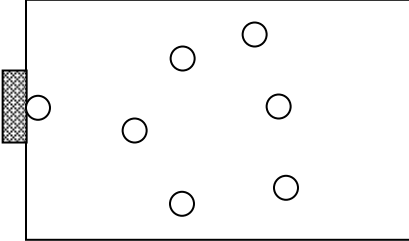
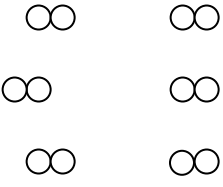
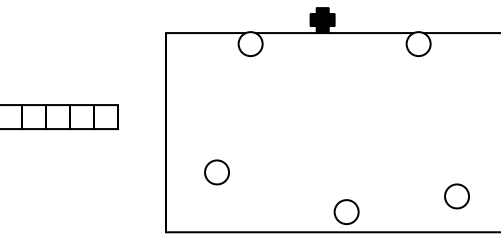
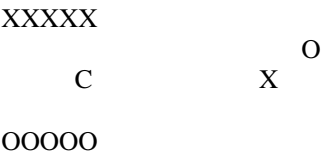
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Passing

Activity	Diagram
<p>1st Activity (warm-up) <i>1 Against the World</i></p> <p>As players arrive, just allow them to play a game of pick-up soccer. Assign one player to be the goalie. Whoever scores becomes the next goalie. Have a supply of balls ready.</p> <p>Progressions: Make teams of 2 or 3 (Depending on your numbers)</p>	
<p>2nd Activity <i>Technical Lines</i></p> <p>Players dribble ball to other side and leave ball for next player. Have them use only right foot, then left. Progressions: -dribble and turn using inside of foot, outside of foot -dribbling half way across and then pass -pass -pass then defend passively</p>	
<p>3rd Activity <i>6 Balls</i></p> <p>Divide players into 2 teams. One team starts in grid, other in a line about 5 yards outside of grid. Coach has supply of balls. Coach sends one ball into grid and team tries and possesses the ball as long as they can. The team standing in line sends one defender in to get ball out of grid. Once ball is out of grid, coach sends a new ball in and defending team sends a new player in. Time how long it takes for 6 balls to be played. Switch team roles. Can make it competitive.</p>	
<p>4th Activity <i>Ball to Coach</i></p> <p>Make 2 teams. Players stand in a line with coach between. When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc... Keep it going and fast paced.</p> <p>Progression: Coach move around to see if players have vision.</p>	
<p>5th Activity (the game) <i>Fire Pit</i></p> <p>The game takes place in any open space. Object is to hit bag or ball on a cone to score a point. Can be played 1v1 to any number of players. Free flowing. Let the players problem solve. Add vests around goal if players stand to guard right next to goal.</p> <p>Progressions: Add a second goal</p>	