



United States Youth Soccer Association

Practice Plan

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| Name: Jeff Hopkins | |
| Age Group: U8 | Theme: Attacking |

| Activity | Coaching Points |
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| <p>1st Activity (warm-up) Partner Passing</p> <p>2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30 seconds. Stop and start passing ball again.</p> <p>Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?</p> | <ul style="list-style-type: none"> ▪ Good passing/receiving technique. Transition on signal. Support angles. ▪ Shielding, turning, change of speed ▪ Have endlines behind players to try and attack as another progression |
| <p>2nd Activity 1v1 Duels</p> <p>Set-up: 2 players stand with ball between them, other 2 players are about 20-25 yards apart with a ball in their hands and have legs about shoulder width apart. On signal "draw", X and Y play a 1v1 game. To score X must kick ball between opposing goalies legs. 3 points if ball goes through cleanly, 2 if ball goes through but hits a part of goalies leg, and 1 point if ball hits leg. If shot is wide, goalie gives extra ball to their player and retrieves missed shot.</p> | <ul style="list-style-type: none"> ▪ Players start with "draw" standing across from ball. On coach's signal "draw" players pullback ball and play ▪ Game should last about 1 minute. Then have players switch with goalies. Can switch opponents-tourney <div style="text-align: center; margin-top: 10px;"> <p>▪ X A.D X</p> </div> |
| <p>3rd Activity Ball to Coach</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> | <div style="text-align: center;"> <p>XXXXX</p> <p style="margin-left: 100px;">O</p> <p style="margin-left: 50px;">C X</p> <p>OOOOO</p> </div> |
| <p>4th Activity Queen/King of the Court</p> <p>Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.</p> | <ul style="list-style-type: none"> ▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!) ▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in. |
| <p>5th Activity (the game) 3 Goal Game</p> <p>In a 30 x 40 yard grid. 2 teams play against one another and must try and dribble through on of the 3 opposing goals. Players should look to play away from the defenders and look to attack open goals</p> <p>Progression: Players can shoot ball into goals</p> | <ul style="list-style-type: none"> ▪ Set up field but place 3 small goals (3 yards) on each endline spaced out evenly. Field is wider then long <div style="text-align: center; margin-top: 10px;"> <p>^ ^ ^ ^ ^ ^</p> <p style="margin-top: 20px;">^ ^ ^ ^ ^ ^</p> </div> |