



United States Youth Soccer Association

Practice Plan

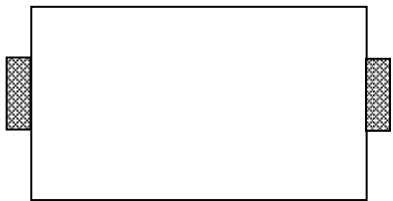
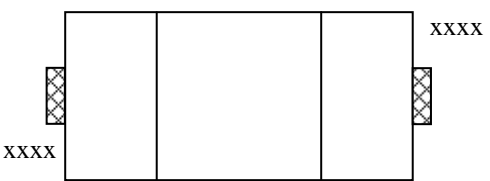
Name: Jeff Hopkins

Age Group: U8

Theme: Finishing

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Free Play</i></p> <p>As players arrive, have them join a game to 2 goals. Object it to score a goal. Have pinnies sorted to make enough for 2 teams. As players arrive, have them go on one of the teams. It is ok if teams are not equal numbers.</p>	
<p>2nd Activity <i>Partner Passing/Pong</i></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>Pong = 2 players pass ball through small gate (3 yards apart) and players get 2 touches to play ball through gate. Ball must be passed on ground using selected technique</p>	<ul style="list-style-type: none"> Good passing/receiving technique. Transition on signal. Support angles. Shielding, turning, change of speed <pre> X → O PONG ^ X → O ^ </pre>
<p>3rd Activity <i>Double Goal Shooting</i></p> <ul style="list-style-type: none"> Each player has a ball and dribbles up to line and shoots at goalie Retrieve ball and go to opposite line Both lines are working simultaneously Switch sides after several minutes <p>Progression: Play 1v1 to a small sided game (distance is about 30-36 yards)</p>	
<p>4th Activity <i>King of the Court</i></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) <i>Scrimmage 5v5</i></p> <p>In a 35 x 30 yard grid. 2 teams play against one another and look to score goals. Players should look to play away from the defenders and look to attack goal</p>	