

**U8 Age  
Group  
Practice  
Plan**

# Activities for U8 age division

## Week 1

### Warm up

**Time: 5 minutes**

Play follow the coach! Every player follows the coach/assistant coach around the field dribbling the ball. Along the way, do different things like; hopping on one foot, kicking the ball with only the inside or outside of your foot, etc. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Crocs in the River

**Time: 10 Minutes**

Using the whole field, line all the players up on one side with their ball. The coaches start as crocs in the river (halfway point between sideline and center line). On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

**Round 1:** Coaches start as crocs and if ball is lost, dribbler and croc switch rolls. **Round 2:** Players start as crocs and if ball is lost, dribbler and croc switch rolls. **Round 3:** When ball is lost, dribbler becomes a croc also. **Round 4:** Players get in pairs and work together to beat the crocs

### Score in any Goal

**Time: 10 minutes**

Using the whole field, with 1 cone goal (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. The coach divides the players into 2 teams set up on either side of the coach. The coach serves a ball onto the field and 1 player from each team steps on and tries to score in either of the 2 goals. Play for 30 sec. or until a goal is scored or the ball is out of bounds. **Round 1:** A passing goal is one point a dribble through the cone goal is 10 points. **Round 2:** Players can only score in opponent's goal. **Round 3-4:** Coach makes game a 2v1 with bonus points for goals scored after a turn or pass.

### 4v4 Scrimmage

**Time: 25 Minutes**

Scrimmaging at the end of practice will show you what your players strengths are, and what you will need to work on in practice going forward. Plus it gives the kids the chance to “play the game” without the pressure of an actual game.

### Balls in the Bag

**Used at the end of the session**

Roll all the balls away from where you are standing. Tell each child to go to one of the balls and dribble it back to you. Hold your ball bag on the ground. As each child reaches you, have them “shoot” the ball into the bag. Each week you can have them dribble to you with a different part of their foot.

**End session**

## **Week 2**

### **Warm up**

**Time: 5-10 minutes**

Every player has a ball and goes to the coach. One at a time they give the coach the ball. The coach then tosses the ball out/kicks the ball for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Carry the ball and hop back to the coach, skip back to the coach, dribble the ball back, etc. The coach can also move after tossing the ball so the players have to find you. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Alien Invasion**

**Time: 10 minutes**

Have kids dribble their ball around in a set area (half the field). Once kids get going, have “aliens” (coaches/some players) enter and try to go after kids balls. This will encourage kids to shield their ball from a potential opposing player. If the “alien” successfully kicks the ball away from a player, the player goes and retrieves their ball and starts over in the circle. Add new rules (i.e: only can dribble w/ right or left foot, only using the outside of your foot).

### **Steal and Shield**

**Time: 10 minutes**

Using the whole field, each player has a partner with one ball to share. One player starts with the ball. On the coach's command the partner tries to steal the ball away. Once a player steals the ball they must try and keep possession until the end of the round. The partner who ends up with the ball gets a point. If the ball goes out of bounds, the player who kicked the ball out must give possession to their partner. **Round 1-2:** Players work against only their partner. **Round 3-4:** If a player loses possession and can't steal the ball back from the player who just stole their ball, they can now steal a ball from any player with a ball.

### **4v4 Scrimmage**

**Time: 25 Minutes**

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### **Balls in the Bag**

**Used at the end of the session**

Roll all the balls away from where you are standing, farther than previous week. Tell each child to go to one of the balls and dribble it back to you. Hold your ball bag on the ground. As each child reaches you, have them “shoot” the ball into the bag. Each week you can have them dribble to you with a different part of their foot.

### **End Session**

## Week 3

### Warm up

#### Time: 5 minutes

Play follow the coach! Every player follows the coach/assistant coach around the field dribbling the ball. Along the way, do different things like; hopping on one foot, kicking the ball with only the inside or outside of your foot, etc. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Four Goals Game

#### Time: 10 Minutes

Using the whole field, with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Play starts when the ball is served onto the field and 1 player from each team steps on and tries to score in either of the opponent's 2 goals. Each game goes for 30sec. or until a goal is scored. **Round 1:** Passing into the goal is 1 point, dribbling through either goal is 10 points. **Round 2-3:** Bonus points awarded for goals scored after a turn, move or pass. **Round 4:** Coach can play 2v1, 2v2, 3v2, or 3v3 with each serve.

### 2v2 to Four Goals

#### Time: 10 Minutes

Using the whole field, with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Coach serves a ball onto the field and 2 players from each team steps onto the field and tries to score in either of the opponent's 2 goals. Play until a goal is scored or the ball goes out of bounds. **Round 1:** Bonus points awarded for a Dribble goal or if both players can touch the soccer ball and score. **Round 2:** Play 30 sec games before rotating players. **Rounds 3-4:** Add players to make it 3v2 or 3v3.

### 4v4 Scrimmage

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### Balls in the Bag

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Roll all the balls away from where you are standing, farther than previous week. Tell each child to go to one of the balls and dribble it back to you. Hold your ball bag on the ground. As each child reaches you, have them “shoot” the ball into the bag. Each week you can have them dribble to you with a different part of their foot.

### End Session

## Week 4

### Warm up

**Time: 5-10 minutes**

Every player has a ball and goes to the coach. One at a time they give the coach the ball. The coach then tosses the ball out/kicks the ball for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Carry the ball and hop back to the coach, skip back to the coach, dribble the ball back, etc. The coach can also move after tossing the ball so the players have to find you. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Danger Zone

**Time: 10 minutes**

Using the whole field, with a 3 yard zone across the middle of the field, all the players on one end line with a soccer ball. Coach(es) start inside the middle zone. On the coach's command players must dribble from one end line to the other through the danger zone to the other end line and stop their ball on the line. If the coach steals the ball and dribbles it to the side of the zone that player is now in the danger zone. **Round 1:** Players can steal the ball back from the coaches and get to the end line. **Round 2:** Only way to get the ball from a dribbler is to steal it and dribble the ball to the sideline. If the ball is kicked away, the dribbler gets their ball back again. **Round 3-4:** Players get in pairs and work together to cross the danger zone.

### 4 Corner Game

**Time: 10 minutes**

Using the whole field, 3 yard cone goals at each end, two teams, players from the same team are evenly placed by the corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball to one of the corners. The first player at each corner comes onto the field. Players try to score on their opponent's goal. Play ends on a goal or the ball goes out of bounds. **Round 1:** Start with 2v2 games. **Round 2:** Shooting goal is worth 1 point, a dribble goal is worth 10 points. **Round 3-4:** Coach can add more players at their discretion.

### 4v4 Scrimmage

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### Balls in the Bag

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## End Session

### Week 5

#### Warm up

**Time: 5 minutes**

Play follow the coach! Every player follows the coach/assistant coach around the field dribbling the ball. Along the way, do different things like; hopping on one foot, kicking the ball with only the inside or outside of your foot, etc. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### Angry Birds

**Time: 10 minutes**

Using the whole field, Coach will select 2-3 players to be Angry Birds with a ball. The rest of the players are Piggies and do not have a ball. Angry Birds try to tag the Piggies by passing their ball to hit the Piggies below the knee. If a Piggy gets tagged they get their ball and join the Angry Birds. If Piggies leave the grid to escape Angry Birds they become Angry Birds. **Round 1:** Coach(es) start as Angry Birds. **Round 2-4:** Coach selects 2-4 players to be Angry Birds, rotate starting Angry Birds

#### Get Outta There!

**Time: 10 minutes**

Using the whole field, a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. Coach divides the players into two teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in their opponent's goal. After a goal or ball out of bounds coach calls "Get Outta There!" **Round 1:** Two players from each team play 2v2 until a goal or the ball is out of bounds. When the coach says "Get Outta There!", players leave the field immediately. Coach plays a new ball onto the field for the next 2v2. **Rounds 2-4:** Coach can make games 3v2, 3v3 as players get back to their teams

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#### Balls in the Bag

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## End Session

## Week 6

### Warm up

**Time: 5-10 minutes**

Every player has a ball and goes to the coach. One at a time they give the coach the ball. The coach then tosses the ball out/kicks the ball for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Carry the ball and hop back to the coach, skip back to the coach, dribble the ball back, etc. The coach can also move after tossing the ball so the players have to find you. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Dribbling Gates with Defenders

**Time: 10 minutes**

Using the whole field, place multiple gates (2 cones, 2 yards apart). Each player has a ball and must dribble through the gates to score points. See "Variations" on how to score points. After a few Rounds add "Defenders"; players without a ball to the game. Defenders try to steal ball from the Dribblers. If a Defender steals a ball they become a Dribbler and can score through the gates. Coach(es) start as Defenders. **Round 1-2:** Dribble through as many gates as you can, beat your score. **Round 3:** Score by dribbling through a gate, turn (with inside of the foot or a drag back) and go back through the same gate. **Round 4:** Add defender(s), if your ball is stolen, go steal a ball from another player.

### Gates Passing

**Time: 10 Minutes**

Using the whole field, set up several gates (two cones 2 yards apart). Players get in pairs with one soccer ball. Players must pass the soccer ball through the gate to their teammate in order to score a point. Players keep track of their points. Each round try to beat the previous score. Have players use the inside of the foot to pass and receive the ball from their teammate. **Round 1:** Players make 1 pass through a gate for a point, and go to the next gate **Round 2:** Players make 2 passes through a gate for a point and go to the next gate **Round 3:** Players use only their weaker foot to make their passes through the gate **Round 4:** Players can use any part of their foot to pass or receive the pass.

### 4v4 Scrimmage

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### Balls in the Bag

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## End Session

### Week 7

#### Warm up

**Time: 5 minutes**

Play follow the coach! Every player follows the coach/assistant coach around the field dribbling the ball. Along the way, do different things like; hopping on one foot, kicking the ball with only the inside or outside of your foot, etc. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### Freeze Tag

**Time: 10 minutes**

Using the whole field, players are dribbling their soccer ball. 1-2 players don't have a ball and are the "freeze monsters". The freeze monsters try to tag the dribblers with their hand. If a dribbler gets tagged they are "frozen" and must stop, pick up their ball, and hold it above their head. The only way to get unfrozen is if another dribbler passes their ball through the frozen player's legs. **Round 1:** Coaches start as the freeze monsters. **Round 2-3:** Select 1-3 players to be the freeze monsters. **Round 4:** Players get in pairs with one ball, avoid the freeze monsters, and unfreeze other players.

#### Combat 2v1

**Time: 10 minutes**

Using the whole field, with 1 goal on each end line, the coach makes two teams. Teams are on either side of the coach. When the coach serves a ball onto the field, the coach will tell one team to send out 2 players, and the other team to send out 1 player. Players retrieve the soccer ball and pass it into the opponent's goal for a point. Play for 90 sec. or until a goal is scored. Next group of 2v1 plays. **Round 1-2:** One game of 2v1 at a time. **Round 3-4:** Coach can make the games of 2v2, 3v2, 3v3 & 4v3.

#### 4v4 Scrimmage

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**End Session**

## **Week 8**

### **Warm up**

**Time: 5-10 minutes**

Every player has a ball and goes to the coach. One at a time they give the coach the ball. The coach then tosses the ball out/kicks the ball for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Carry the ball and hop back to the coach, skip back to the coach, dribble the ball back, etc. The coach can also move after tossing the ball so the players have to find you. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Pairs passing with Defenders**

**Time: 10 minutes**

Using the whole field, with a goal on each end, all players are in pairs with a ball. Select one pair to be the Defenders without a ball. The Defenders try to steal the ball from the passers and put it in a goal. The passing pairs can take the ball back from the Defenders. If the Defender succeeds in putting the ball in the goal the passing pair become additional Defenders. **Round 1:** Two coaches start as the Defenders. **Round 2-4:** Select 2 players to start as the Defenders.

### **2v2 to Goals at Either End**

**Time: 10 minutes**

Using the whole field, coach has all the balls on the sideline at midfield. Coach divides the players into 2 teams, a team is on either side of the coach. When the coach plays a ball onto the field, the first 2 players from each team will step on the field. Both teams can score on either goal. **Round 1:** Award bonus points for scoring goals after a pass. **Round 2:** Award bonus points for scoring goals after a turn, or move. **Round 3-4:** Play 3v2, 3v3.

### **4v4 Scrimmage**

**Time: 25 Minutes**

Scrimmaging at the end of practice will show you what your players strengths are, and what you will need to work on in practice going forward. Plus it gives the kids the chance to “play the game” without the pressure of an actual game.

### **Balls in the Bag**

**Used at the end of the session**

Roll all the balls away from where you are standing, farther than previous week. Tell each child to go to one of the balls and dribble it back to you. Hold your ball bag on the ground. As each child reaches you, have them “shoot” the ball into the bag. Each week you can have them dribble to you with a different part of their foot.

**End Session**