U8 Practice

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS

Warm Up (10 minutes)

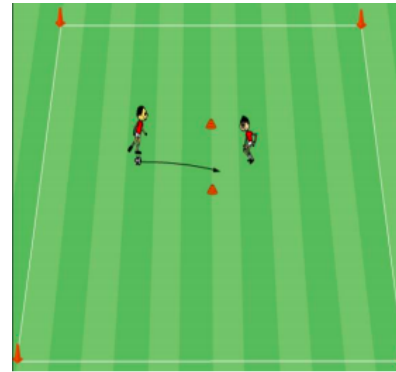| ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Stop and Go	1. Players dribble freely in various directions. On the coach's command (whistle, "NOW", etc.), the players "stop and go" quickly, continuing to dribble the ball. When the coach says "change", the players change direction while dribbling.		Fitness: Keeping the players healthy and warming up their muscles should be the goal to help avoid injury.

Activity Name (10 minutes)

| Gate Dribbling | 1. Set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball.
2. Players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting…make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts. | | Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, direction making (if one player is occupying a gate, the other players must look for another open gate). |

Activity Name (10 minutes)

| Soccer Pong | 1. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. Set up enough gates for everyone to play. Whoever wins moves up to the winning "court".
2. Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones. Whenever this is violated the other person moves up. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade | | This activity will help players with learning how to move quick and to pass the ball with intention and accuracy. |

	"pong" game.		

Activity Name (15 minutes)

Combat	1. Open area (no boundaries). Players divided into two teams. Each team lines up single file on opposite sides of the coach facing the open area. 2. The coach kicks the ball out into the open area. The first player from each line chases after the ball. The first player to the ball attempts to possess it while the other player tries to steal it from him/her. They play 1v1. Whoever passes the ball back to the coach's feet gets a point. Coach must move locations so the players have to lift up their head to look for the coach to deliver an accurate pass. 3. When the ball is returned to the coach's feet, he/she immediately kicks the ball out again for the next 2 players.		This game will teach: Quickness, speed, dribbling for possession (shielding), vision (finding target = coach) and passing.

Activity Name (10 minutes)

Cool Down Juggling	1. Make sure each player has a ball. 2. Coach demonstrates a juggle with one thigh then catches the ball (thigh, catch). Then he/she asks if the players can juggle the ball twice, once with each thigh, before catching it (thigh, thigh, catch). 3. After they have tried with their thighs then have them try with their foot.	No image.	This will help introduce the kids to juggling.