



U8 PRACTICE PLANS

Finishing & Shooting

- » 2 vs 2 Play
- » Goal to Goal
- » 1 vs. 1 Turn & Shoot
- » 4 Corner Shooting
- » 4 vs 4 Scrimmage

Focus on Passing

- » 2 vs 2 Play
- » Soccer Marbles
- » Team Tag
- » Colored Gates in Pairs
- » 4 vs 4 Scrimmage

Pressuring Defender

- » 2 vs 2 Play
- » Get Your Own Ball
- » 1 vs. 1 To Single Goal
- » 4 vs 4 Scrimmage



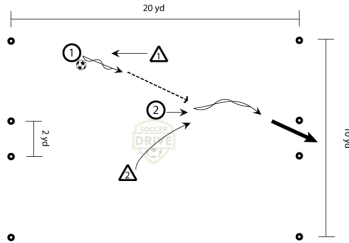
Finishing and Shooting

AGE LEVEL: U8

TIME: 60 MINUTES

20 X 10 2 VS 2

TIME 10 minutes



SETUP:

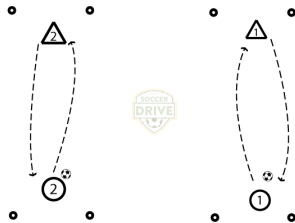
- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

GOAL TO GOAL

TIME 15 minutes



SETUP:

- » Players are in pairs with one ball per group
- » Each player has a goal (3yds wide). The goals are 10yds apart (make further away/closer depending on ability). Make further away/closer depending on ability. Have extra balls close by.
- » The object is to score a goal on the opponent, but you can only strike the ball when it is between your own goal posts. Ball must be below waist height to count as a goal. Defender is a GK
- » If ball goes in, they get a point. Opponent then starts with ball on their line and tries to score on opponent.

COACHING POINTS:

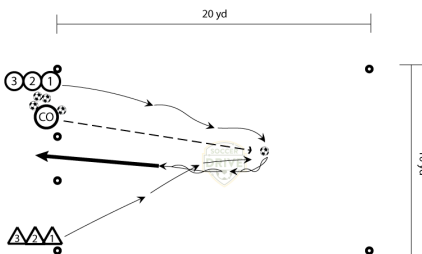
- » Players need to lock ankle down to use instep. Toe down, heel up. Strike ball in center with the knuckle of your big toe.
- » Play ball on ground as low as you can. Placement is more important than power.

PROGRESSION

- » Ball has to be moving before striking it. Ball starts behind goal and player gets one touch to get ball moving. Must still take shot before ball crosses over own goal line while still moving in order to count.

1 VS 1 TURN AND SHOOT

TIME 15 minutes



SETUP:

- » This game is played with one goal. Make a line on either side of the goal with the coach behind the goal with all the balls.
- » Coach throws a ball into the field and the first person from each line runs out to compete and get the ball in the only goal.
- » After a goal is scored, or the ball goes out of bounds, both players return to their own line and a new ball is thrown out for the next two.
- » Encourage players to cheer for their teammates, and get into the game. Ask teams to keep score!

COACHING POINTS:

- » Encourage players to deceive their opponent by using body parts to "duke" them out.
- » Once you get some space from the defender, look to score!
- » What part should you use to score with? Should you use the inside of your foot and be more accurate? Or the laces to kick harder? Every situation has a different answer!



Finishing and Shooting

4 VS 4 SCRIMMAGE

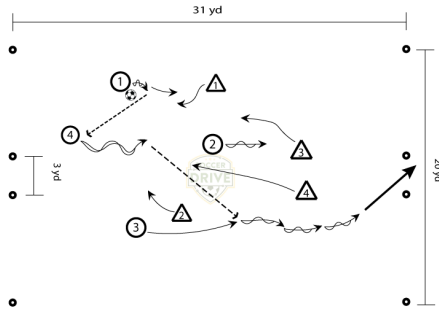
TIME 15 minutes

SETUP:

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Remove the four goals from corners and place goals in center to make a normal game field.
- » Cones for goals are 2yds wide
- » There are no goalkeepers

COACHING POINTS:

- » None! Just sit back and let them play. Help remind them of your league's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.



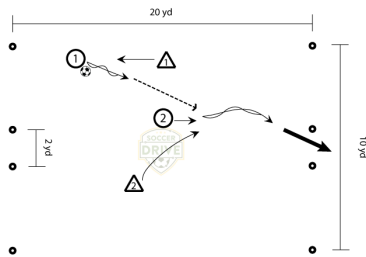
END OF PRACTICE DISCUSSION

- » How is the shape of our foot different if using the inside of our foot to pass, vs. the instep (laces) to pass/shoot? (toe up, heel down for inside of foot, and toe down, heel up for instep). Show the players.
- » What does the coach mean when talking about placement vs. power? (we don't always want to blast the ball into the net. Inside of the foot is more accurate, and sometimes we just need to pass the ball into the goal).
- » When should you look to shoot? (whenever you see an opportunity to! Always be looking to see if you can score).



EMPHASIS ON PASSING

AGE LEVEL: U8 TIME: 60 MINUTES



20 X 10 2 VS 2 SCRIMMAGE

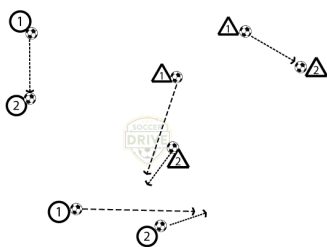
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



SOCCER MARBLES

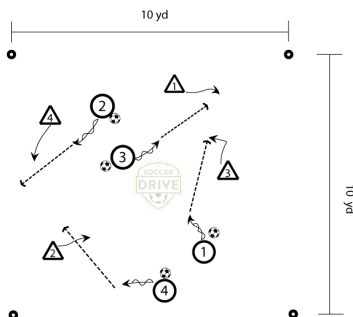
TIME 10 minutes

SETUP

- » Players are in pairs with one ball each (so, every-one has a ball).
- » Game starts with partners facing each other about 3yds apart from each other. Decide which partner gets to go first.
- » The first person kicks their ball and tries to hit the other person's "marble." If contact is made, that person gets a point. If miss, then they don't. Both players must wait until both balls stop moving before it is the next person's turn. No stopping your ball!
- » Players only get one touch on the ball for a turn. They cannot move their ball after it stops rolling to set up a better angle.
- » Switch partners after each round and play again.
- » Progression: Challenge players to only use their non-dominate foot.

COACHING POINTS

- » Demonstrate how to lock the ankle (toe up, heel down)
- » Square hips towards target, and use inside of foot to be more accurate when striking the ball.



TEAM TAG

TIME 10 minutes

SETUP

- » When coach says go, the players with the balls try and hit (below the knees) as many of the other team as they can with their ball. If they hit someone, they get a point. If they miss, they get their ball and try getting someone else. Players without the balls are trying to stay away.
- » Play for 1 minute. At the end of the minute tally up how many points each person has and add their scores together to get their team score. Switch roles and play again.
- » Play for several rounds. Encourage teams to get a higher score then they did last time.
- » If players aren't able to get many people, make grid a bit smaller.

COACHING POINTS

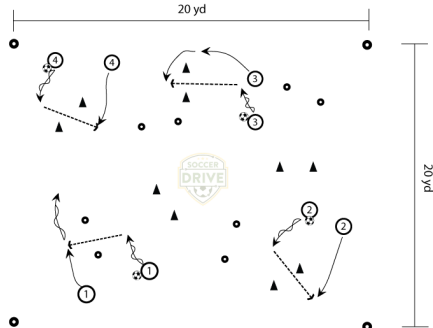
- » Talk about locking ankle when passing (toe up, heel down), and striking ball at equator or above.
- » Stress weight and timing of pass to hit a player. Can dribbling the ball better set up a pass?
- » Players need to lock their ankles (toe up, heel down) when using the inside of their foot to pass in order to be more accurate.



EMPHASIS ON PASSING

PRACTICE PLAN

COLORED GATES IN PAIRS



TIME 15 minutes

SETUP

- » Put your players in pairs with one ball per group.
- » Create a series of gates (two cones, 1yd apart) for the players to pass through
- » Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
- » Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their own score.

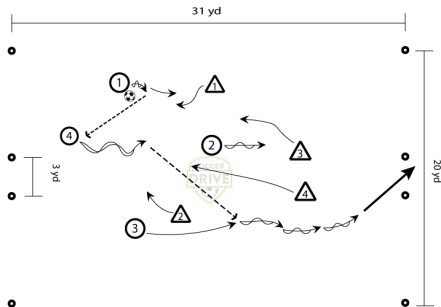
Progression:

Players have to beat their score, but give them a stipulation that they can only use certain parts of their feet to pass the ball. Example: only inside of feet, only left foot etc.

COACHING POINTS

- » Players need to lock their ankles (toe up, heel down) when using the inside of their feet to pass.
- » The non-kicking foot (the one you're balancing on when kicking) should be planted to the side of the soccer ball, a few inches away. You want your kicking foot, and non kicking foot to be about shoulder width apart from each other when passing.

31 X 20 4 VS 4 SCRIMMAGE



TIME 15 minutes

SETUP

- » Remove the four goals from corners and place goals in center to make a normal game field.
- » Cones for goals are 2yds wide
- » There are no goalkeepers

COACHING POINTS

- » None! Just sit back and let them play. Help remind them of your league's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.
- » Praise players who lock their ankle!

END OF PRACTICE QUESTIONS

- » What should our foot look like when passing? (toe up, heel down).
- » Why would we want it to look like this? (it creates a solid surface to pass with. Also, it keeps the ball from rolling over the top of our foot while passing).
- » Where should our non-kicking foot be when passing?
- » How much power should I put on a pass? (depends on where your target is. We want enough for the ball to get there, but not so much the it's hard for the other player to control).

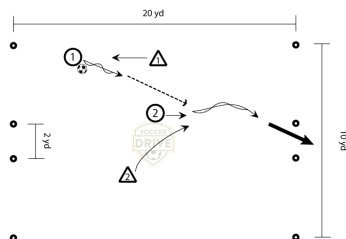


PRESSURING DEFENDER

AGE LEVEL: U8

TIME: 60 MINUTES

20 X 10 2VS. 2



TIME 10 minutes

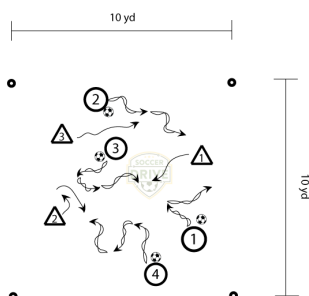
SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

GET YOUR OWN BALL



TIME 15 minutes

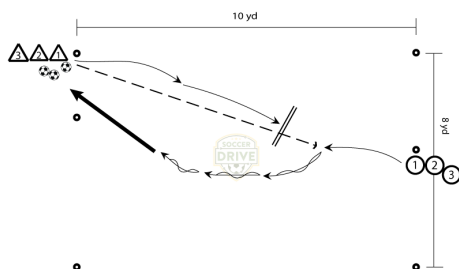
SETUP

- » Every player needs to have a ball, except for three players.
- » The players without a ball are trying to steal a ball from someone who has one. If a player loses their ball, they have to steal someone else's.
- » If someone is trying to steal a ball, but kicks it out. The person they were trying to take it from still keeps the ball. (Meaning, if you kick it out the other person gets it!)
- » Play for 45 seconds and stop. The three players who don't have a ball at the end lose. Play again!
- » Have a goofy activity for the losing players to do. Examples: donkey kicks, star jumps, etc

COACHING POINTS

- » Patience as defender. Diving into a challenge allows an attacker to use your momentum against you to get around you. Try and stay with an attacker, and wait for them to take a poor touch before attempting a tackle.
- » Technique of tackling. Don't stab at ball, but step in between attacker and the ball to win possession.

1 VS. 1 TO SINGLE GOAL



TIME 15 minutes

SETUP

- » Set up game as shown with all the balls with the line behind the goal.
- » Game starts with a pass from the first person in line to the first person in the attacking line.
- » Attacker tries to score on the little goal. If defender gets the ball, they try to dribble over attacker's endline for a point.
- » If ball goes out of bounds, or a goal is scored, game is over and next two start. The players that just went switch lines.
- » As soon as ball goes out, next two have to be ready to play. Get game moving fast!

COACHING POINTS

- » The defender (called the pressuring defender) needs to approach with speed, but slow down as they get closer so attacker isn't able to run by them. Slow down by taking short, choppy steps.
- » Try to make play predictable by angling body to force defender one way or the other.
- » Don't dive in! An attacker will eventually make a mistake, so just keep in between them and the goal. Wait for the right moment to tackle when attacker takes a bad touch.



PRESSURING DEFENDER

31 X 20 4 VS. 4 SCRIMMAGE

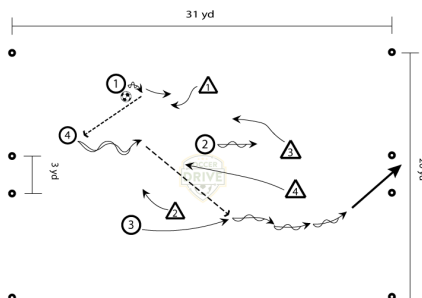
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SETUP

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COACHING POINTS

- » None! Just sit back and let them play. Help remind them of your league's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.
- » Praise patient defending!



END OF PRACTICE QUESTIONS:

- » What is the role of the pressuring defender? (the slow down the attack so teammate can get back to help).
- » When should the pressuring defender try and tackle the ball? (when the attacker makes a bad touch).
- » How quickly should the pressuring defender approach the attacker? (Quick! However, we want to slow down with quick choppy step as we get closer so we don't run by them!)
- » How can a defender make play predictable? (by angling body to try and force attacker one way or the other).