







# Woods Soccer Club :: U8 Practice Plan :: WEEK 10

Stage	Activity Description	Diagram	Checking for Understanding
<p><b>Activity 1</b></p>	<p><b>6 Surfaces:</b> Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Bottom, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p><b>The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with bottom and - Push with the toe, Turn with the Heel and Change foot.</b></p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• Are all of the players engaged in the activity?</li> <li>• If not how do you get that to happen?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to follow the pattern with my voice and my feet?</li> <li>• Can I use softer touches to go even faster?</li> </ul>
<p><b>Activity 2</b></p>	<p><b>4v4 to End Zones:</b> In a 20Wx25L yard grid, place an End Zone of tow yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>		<p><b>Coach's Observation (for all the games below):</b></p> <ul style="list-style-type: none"> <li>• When are the players attempting to score goals by themselves?</li> <li>• What techniques have the players tried to use their to score goals?</li> <li>• Over the season, have you noticed an improvement in the player's: <ul style="list-style-type: none"> <li>○ Ability to dribble?</li> <li>○ Willingness to take players on?</li> <li>○ Accuracy of shots?</li> <li>○ Range of shots?</li> </ul> </li> </ul>
<p><b>Activity 3</b></p>	<p><b>4v4 Hit the Ball Off the Cone:</b> In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone.</p> <p><b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point</li> </ul> <p>No players are allowed in the end zone.</p>		<p><b>Player Challenges:</b> <i>Limit challenges because this is an opportunity to observe the player's progress over the season.</i></p>
<p><b>Activity 4</b></p>	<p><b>4v4 to 4 Goals:</b> In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>		
<p><b>Match</b></p>	<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>