



# Woods Soccer Club :: U8 Practice Plan :: WEEK 2

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>Triangle Dribbling:</b> In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they scored in 30 seconds or a minute. Repeat, asking the players to beat their score by one or more points. You can also ask them to dribble with their favorite foot or their weaker foot or to stop in each triangle.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What parts of their feet are they using?</li> <li>• When are they changing direction?</li> <li>• Where are they changing speed?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to keep the ball close through the triangle?</li> <li>• When should I speed dribble?</li> </ul>
Activity 2	<p><b>Two Turns:</b> Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then running with the ball to the last cone. The player that arrives to the last cone first gets 10 points. Turns are:</p> <ul style="list-style-type: none"> <li>• Inside of the foot cut, Outside foot hook and Drag Back</li> </ul>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When are they turning with the ball?</li> <li>• What are they doing after a turn?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I using the proper part of my foot to turn?</li> <li>• Am I able to turn with the ball and continue my speed?</li> </ul>
Activity 3	<p><b>Gates Passing with Bandits:</b> Get the players in pairs with a ball. Have the pairs start counting passes through the gates. Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What surface of their foot do the players use to pass? To receive?</li> <li>• Where is the player's first touch going?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I working with my partner and moving through the gates quickly?</li> <li>• Are we avoiding the bandits?</li> </ul>
Activity 4	<p><b>Castle Combat 2:</b> The coach makes two teams of 4-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the playing area, the first 2 players next to the coach will go after the soccer ball and try to dribble it into the box or pass and receive the ball by stopping it inside their own box or castle. The defenders can't defend inside the box. The team with the most balls inside their box/castle wins the game.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When should the players pass or dribble?</li> <li>• What are the players doing to get around defenders?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to pass the ball to my teammate?</li> <li>• Can I control the ball when I get it?</li> </ul>
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes