



# Woods Soccer Club :: U8 Practice Plan :: WEEK 3

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>Protect, Turn or Get Tagged:</b> In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>Who doesn't understand the game?</li> <li>Where do the players put their bodies when shielding the ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I protecting/shielding the ball?</li> <li>Am I keeping the ball close?</li> <li>Am I changing direction?</li> </ul>
Activity 2	<p><b>Gate Dribbling:</b> In a 20Wx25L grid set up many gates (two cones about 2 yards apart). All players have a ball and must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points. You can also ask them to dribble with their left or right foot only.</p> <p><b>Version 2:</b> Add "bandits" or defenders</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What surface are the players using to dribble?</li> <li>When do they change speed and direction?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I going fast after I get through a gate?</li> <li>Am I looking at the next gate?</li> <li>Am I avoiding the other dribblers?</li> </ul>
Activity 3	<p><b>Gate Passing:</b> In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.</p> <p><b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p> <ul style="list-style-type: none"> <li>Add two defenders to guard the gates</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What part of the foot are they using to pass and receive the ball?</li> <li>When can you tell they are working together? Who needs help?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I using the correct surface of my foot to pass the soccer ball?</li> <li>Am I using my first touch to get me closer to my next goal?</li> </ul>
Activity 4	<p><b>2v2 Combat:</b> The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point.</p> <p><b>Variation:</b> Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What influences the decision to pass, dribble or turn?</li> <li>Where does the player without the ball go to help?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I working with my teammate to score?</li> <li>Am I shooting when I see the goal?</li> </ul>
Match	<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>