



# Woods Soccer Club :: U8 Practice Plan :: WEEK 4

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>4 Surfaces:</b> Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: ○ Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surfaces of the foot are the players using?</li> <li>• What surface is the most difficult for the players to use?</li> <li>• Why would you ask them to "Talk to your feet"?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I keeping the ball close to my feet?</li> <li>• Am I looking up or at my feet?</li> </ul>
Activity 2	<p><b>Receive, Pass and Dribble:</b></p> <ul style="list-style-type: none"> <li>• Set up as many 5Wx10L grids with 3 or 4 players, 2 at one end.</li> <li>• The player with the ball will dribble towards the cone, beat the cone with a move, and pass the ball to the next player in line</li> <li>• Player should not stop the ball when receiving it but redirect it towards the direction they want to go</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surface of the foot are they using to dribble, pass and receive?</li> <li>• When should they change speed?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Do I have the soccer ball under control while dribbling?</li> <li>• Are my passes to my teammate?</li> </ul>
Activity 3	<p><b>2v1 to Goal:</b> Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal.</p> <ul style="list-style-type: none"> <li>• If the attackers score: 1 point.</li> <li>• If the defender steals the ball and scores: 5 points.</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Why do they try to beat the defender by themselves?</li> <li>• When should they pass the soccer ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I trying to score by myself?</li> <li>• Sometimes, do I give the ball to my teammate so he/she can score?</li> <li>• Have I shot yet?</li> </ul>
Activity 4	<p><b>Up and Down Numbers Get "Outta" There :</b> The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. <b>Coach:</b> play 1v2, 2v3, or 4v3. Vary the service.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Where do the players go to score?</li> <li>• When do they change direction to go to the open goal?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I shooting as fast as I can?</li> <li>• If I can't get to the goal, can I find my teammate?</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>