



# Woods Soccer Club :: U8 Practice Plan :: WEEK 5

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>Cats and Dogs:</b> A 20Wx30L yard grid divided in two halves. All Payers get a partner; one player is a CAT and the other is a DOG. Both players stand on the midline next to each other. When the coach calls CAT or DOG, that player will try to dribble to the end line before the other player. Have the players stop their ball on the end line.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surfaces are the players using to dribble the ball?</li> <li>• When should the players change speeds?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I controlling the ball or kicking it far?</li> <li>• Do I use both feet to dribble?</li> </ul>
Activity 2	<p><b>Gate Problems:</b></p> <ul style="list-style-type: none"> <li>• In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs.</li> <li>• The coach will tell the players how they can score through the gates. The first pair to 10 will win the round.</li> <li>• Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc.</li> </ul> <p><b>Variation:</b> After every gate the players will find a new partner.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Where should the receiver move to be successful?</li> <li>• When should the passer play the ball?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Is the ball going where I want?</li> <li>• Am I able to receive the ball?</li> </ul>
Activity 3	<p><b>2v1 Keep the Treasure:</b> In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around; while the defender is trying to get possession of it. If the defender gets it the Keepers will try it to regain it back ASAP.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• When should the players pass v dribble?</li> <li>• Where should players move to help support the ball?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I helping my teammates?</li> <li>• Should I pass or dribble away from defenders?</li> </ul>
Activity 4	<p><b>Get "Outta" There in 2's or 3's:</b> The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the layers leave the field. <b>Coach:</b> Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What technique is being used to score? (pass/dribble/shoot?)</li> <li>• Where should players move to have a better passing lane?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• How can I work with my teammates to score?</li> <li>• Am I trying to score quickly or am I being patient?</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