



# Woods Soccer Club :: U8 Practice Plan :: WEEK 9

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>Hot Potato:</b> A 20Wx30L yard grid divided into four areas. Place at least two players in each area with a soccer ball. Players will be passing and moving within their area. When the coach says "HOT POTATO" the players in each grid will pass their soccer ball clockwise to the other grid. <b>Variation:</b> have a group of 3 in each area</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 pass the ball to my teammate?</li> <li>• Can I control the ball when I get it?</li> </ul>
Activity 2	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20Wx30L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint a line in their favorite color. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. <b>Version 2:</b> Tell the players to use their other foot</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• Where are the players moving together to paint the field?</li> <li>• What unorthodox ways are the players using to paint the field?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I following my partner?</li> <li>• Am I helping my partner paint the field?</li> </ul>
Activity 3	<p><b>4 Corner 3v3 Dribbling to End Zones:</b> In 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place there cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When are the players taking chances to get by a defender and score a goal?</li> <li>• Why is it good to improvise?</li> <li>• When is it better to play simple?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I ready when the ball is played onto the field?</li> <li>• Did I score a goal by: <ul style="list-style-type: none"> <li>○ Dribbling?</li> <li>○ Passing to a teammate?</li> <li>○ Shooting?</li> </ul> </li> </ul>
Activity 4	<p><b>4 Corner 3v3 to 4 Goals:</b> In a 20Wx30L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 3v3. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back to their cones.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When are the players taking chances to get by a defender and score a goal?</li> <li>• Why is it good to improvise?</li> <li>• When is it better to play simple?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I ready when the ball is played onto the field?</li> <li>• Did I score a goal by: <ul style="list-style-type: none"> <li>○ Dribbling?</li> <li>○ Passing to a teammate?</li> <li>○ Shooting?</li> </ul> </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