

◆ U8 Activities ◆

Coaches,

Here is the practice plan for **Week 1**. Focus on **Dribbling Techniques and Moving the Ball Quickly into Open Space**.

Remember to get a team name, find everyone's favorite food and just get to know them. Also, have a parents meeting if possible at the end of practice.

Staff session – 15-20 min

Introduce the teams and meet your coach – 5 min

Coaches Says – 8 min

Changing of the Guard – 7 min

4v4 Scrimmage – 20 min (Spreading out and going over the diamond shape as well as rules.) (Have them dribble for control when possible).

Please remember to show up early to help set up fields so you don't lose valuable practice times.

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Coach Says

Age Appropriate: 4-8
Function: Dribbling, Coordination

Equipment:

- Entire team
- One ball per player

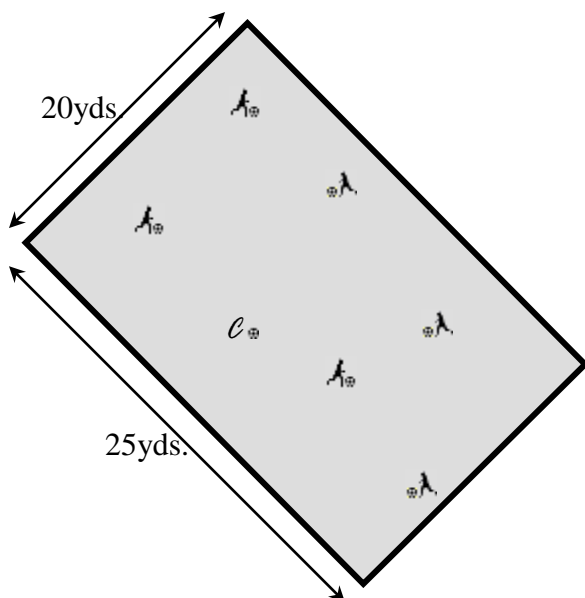
Objective: To work on the players' hand/eye coordination.

Description:

- Almost like the original Simon Says game, but now it's "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you..." This game will help work on the player's motor skills in a fun manner for all to enjoy. *For Example:* Coach Says can you put your forehead on the ball; Coach Says can you stop the ball; Coach Says can you sit on the ball; Coach Says can you dribble the ball; Coach Says can you put your stomach on the ball...
- During the game the coach is also performing the activity to give visual aid for the players.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Let each player call out a "Coach Says"
3. See if you can trick them in doing something Coach didn't say



Key Points for game success!

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Mechanics on stopping ball
- Mechanics on dribbling ball
- Lots of movement and experimenting with the ball

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Changing of the Guard

Age Appropriate: 4-8
Function: Dribbling & Shielding

Equipment:

- Entire team
- One ball per player
- 4 cones

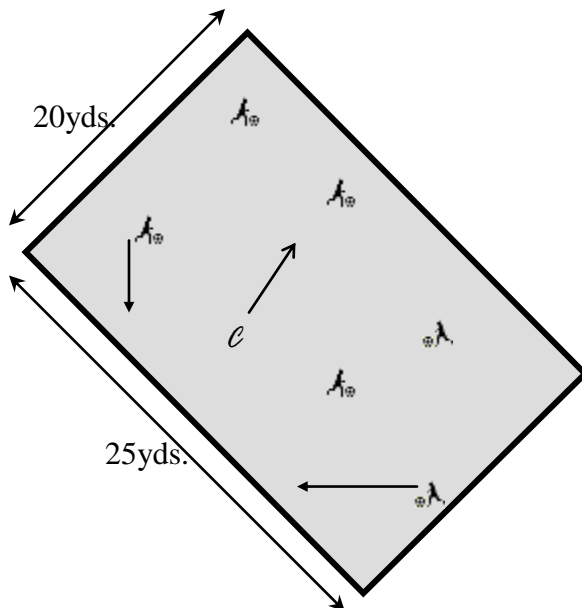
Objective: Not to let coach steal my ball.

Description:

- All players are dribbling around on the court (grid). When the coach says “change,” all players must stop their ball and find another ball to dribble. Throughout the game the coach tries to take the ball away from the players. The player must guard the ball he is dribbling and not let the coach take it. If the ball is taken, then the player must recover the ball.
- The coach dribbles a stolen ball till the player recovers it.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have more than one coach trying to get the balls
3. Have one or two players be the person who is trying to take the ball away from the other players



Key Points for game success!

- Don't wait too long for players to switch balls.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Technique on shielding & dribbling
- How to steal a ball from an opponent