

Spring 2011 Week 1 Practice Plan U8

Theme: Dribbling and Assessment

Time	Topic	Activity	Reference and Notes	Coaching Points	Assignments
5:15 – 5:30	Coaches Planning and Setup		Coaches arrive to go over coaching plan and set up circuits		
At beginning		Equipment Check	No jewelry, wrist bands, beads, or anything dangerous		All
Start with early arrivers end by 5:30	Dribbling or Possession Game	Freeze Tag for early arrivers		Watch and assess	All help as new players arrive.
Station 0	City Forms and Ball Touches	Sign Forms and Introduce Teams	Suggest that you do introductions while the team warms up with ball touches in a circle. See handout on ball touches.		All
Station 1 10 min	Ball Touches & Dribbling	Red Light – Green Light Dribbling practice.	Have them dribble while you call out red light/ green light to stop and go.		U8B – Tim U8G- Brett
Station 2 10 min	Dribbling	Basics of kicking and dribbling	See AYSO U8 Coaching Manual pg 22-26		U8B –Ron U8G-Ron
Station 3 10 min	Team Play	Basic Pass and Trap in pairs	See AYSO U8 Coaching Manual pg 29-32		U8B – Mike U8G-Pete
Station 4 10 min	Go to Goal Game	Salom shooting - 5 steps and shoot	Show foot placement, body coming at angle, contact with laces. Don't let them lean back. See AYSO U8 Games – Salom Shooting	Stress proper technique. Force use of right and left foot. Accuracy and use of laces, no toe kicks.	U8B – Chuck U8G-John
6:30	Academy End				
6:30 – 6:45	Scrimmage	Scrimmage			All