

Spring 2011 Week 2 Practice Plan U8

Theme: Dribbling and Ball Control; Introduction to Positions

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 5:40	Dribbling or Possession Game	Doctor - Doctor	Start with 1 Doctor for each team. Add more as needed. See notes.	Watch and assess	All help as new players arrive.
Station 1 10 min	Ball Touches & Dribbling	Pass, Trap, Move	See insert on 3-2-1.		U8B- U8G-
Station 2 10 min	Attacking/Defending	Starts and Restarts	Throw in, Goal Kick, Kick off, Corner Kick	Stress positions and movement.	U8B- U8G-
Station 3 10 min	Team/ Buddy Play	Field Positions – Red Light/ Green Light on full field area	Forwards, Backs, Midfielders, Wings. Coach may have some special names such as striker or stopper.	Supports multiple systems of play	U8B- U8G-
Station 4 10 min	Go to Goal Game	Shooting with movement	See Shooting Gallery in U8 games on AYSO. Show foot placement, body coming at angle, contact with laces. Don't let them lean back.	Stress proper technique. Force use of right and left foot. Accuracy and use of laces, no toe kicks.	U8B- U8G-
6:30	Academy End				
6:30 – 6:45	Scrimmage	Scrimmage			