

Spring 2011 Week 3 Practice Plan U8

Theme: Basic Defending

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	Knock Out Free for All	Players try to knock others players ball out of the circle		All help as new players arrive.
Station 1 10 min	Ball Touches & Dribbling	Hate to be a Defender (Monkey in the Middle)	You can switch to 2 defenders		U8B- U8G-
Station 2 10 min	Attacking/Defending	You and Me 1 v 1 (Two)	Players can start from opposite ends or you can start both players in a foot race from one end.	Stress delay rather than jabbing at the ball	U8B- U8G-
Station 3 10 min	Team/ Buddy Play	2 v 1		Stress goal side and ball side tactics	U8B- U8G-
Station 4 10 min	Go to Goal Game	Teammates 2 v 2 Center Goal		Stress working together and working without the ball	U8B- U8G-
6:30	Academy End				
6:30 – 6:45	Scrimmage	Scrimmage			