

Spring 2011 Week 9 Practice Plan U8

Theme: Passing and Receiving (Ground)

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	3 v 3			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	Teammates 2 v 2 Center Goal			U8B- U8G-
Station 3 10 min	Team/ Buddy Play	My Buddy			U8B- U8G-
Station 4 10 min	Go to Goal Game	Shooting Gallery		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			