



U8 Practice Plan

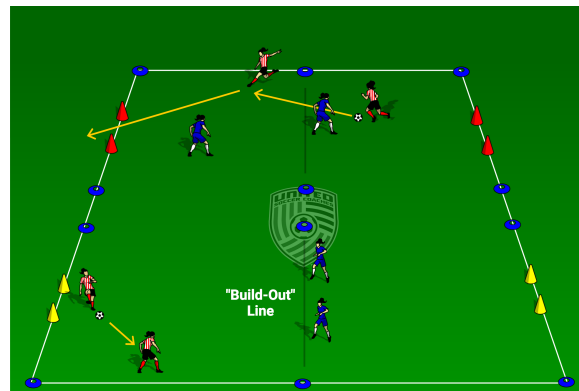
Play (Gathering activity or simple small-sided game)

2v2 – Build-Out

Set up a 2v2 field, up to 24-yds x 16-yds, with a 2-yd wide goal at each end. Players on defending team must retreat to half-way on any goal-kick restart.

Ask questions that can be answered during play:

- Attacking team – when to pass/dribble/shoot?
Where to support the player with the ball?
- Defending team – who pressures the ball?

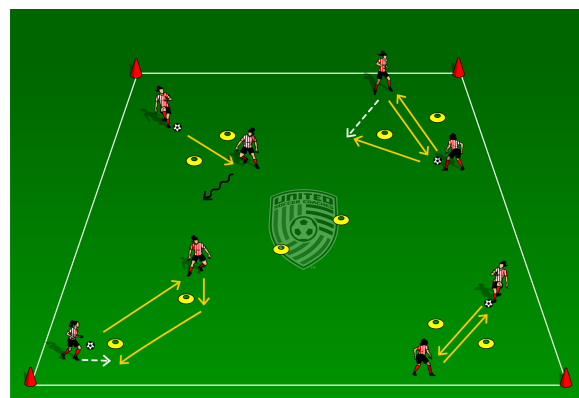


Practice (Develop a theme)

Passing

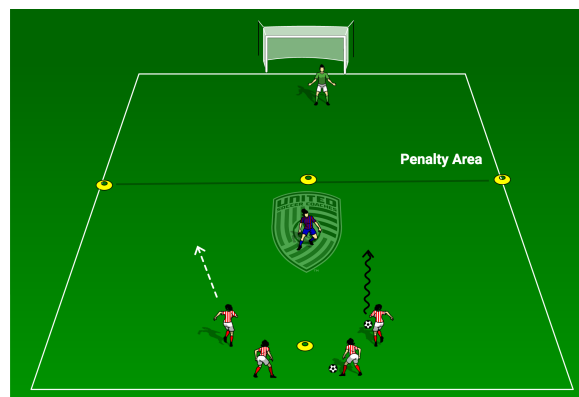
Two players share a ball, and pass around/through cone g. They must pass through the box with the defender before attempting to shoot on a full-size goal with goalkeeper:

- Pass through a cone gate
- Pass around two cones
- Pass through a gate and move to another gate
- Complete a double pass through a gate and a third pass into space



2v1+GK

Two attackers start outside the penalty area and try to get inside the penalty area and score past a goalkeeper. The defender and goalkeeper try to keep the ball outside of the penalty area. Rotate positions and partners.



Play (Observe players in action)

4v4 (3+GK)

Play a 4v4 game with a 12-ft (4-yd) goal at each end
Add penalty areas and a half-way line
Rotate players after any goal (all play GK)
Help players within the flow of the game
Praise effort and engagement

