



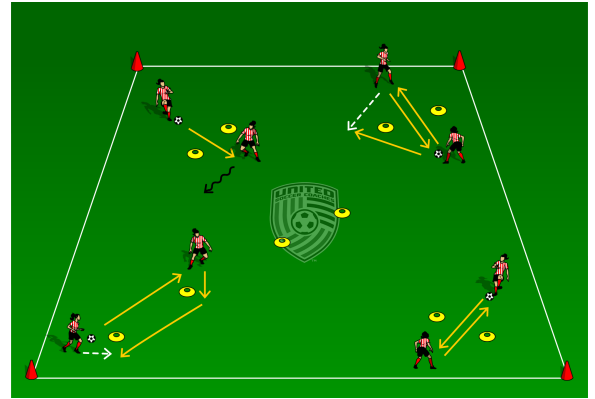
U8 Practice Plan

Warm-Up

Passing

Two players share a ball and pass around/through cone gates:

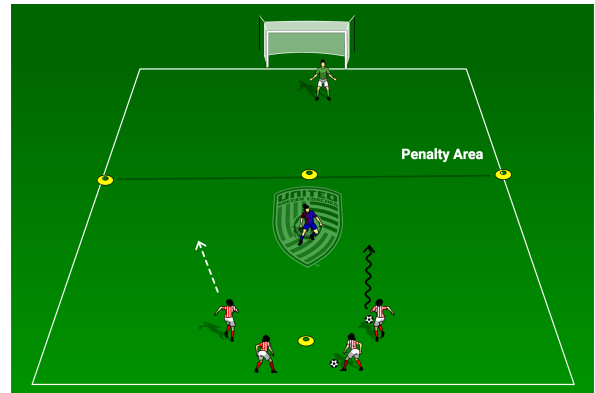
- Pass back and forth through one cone gate
- Pass around two cones
- Pass through a gate and move to another gate
- Complete a double pass through a gate and a third pass into space



Practice (Develop a theme)

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.



2v2 (2v1+GK)

Set-up parallel 2v2 games with a full-width goal (12-ft wide) at each end. Each team has a field player and a goalkeeper. Encourage the goalkeeper to come on the field when their partner has possession to create a 2v1. Play for a set time and rotate players between positions and between teams so that they have the opportunity to play with a variety of partners.



Play (Observe players in action)

4v4 (3+GK)

Play a 4v4 game with a 12-ft wide goal at each end. Add penalty areas and a half-way line. Rotate players after any goal (all play GK). Practice all restarts (kick-off, throw-in, corner-kick, goal-kick.) Opposing team retreats to the half-way line whenever goalkeeper has possession of the ball.

