



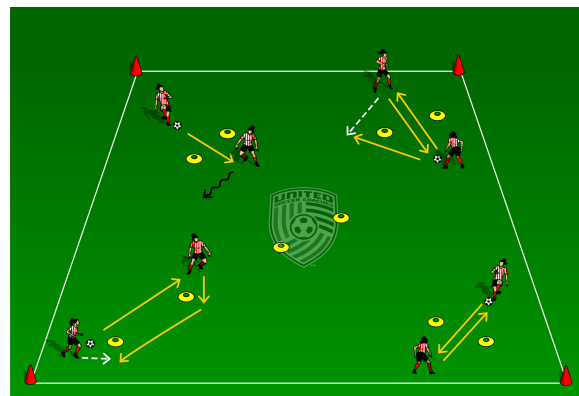
U8 Practice Plan

Play/Warm-Up

Passing (Two cones)

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

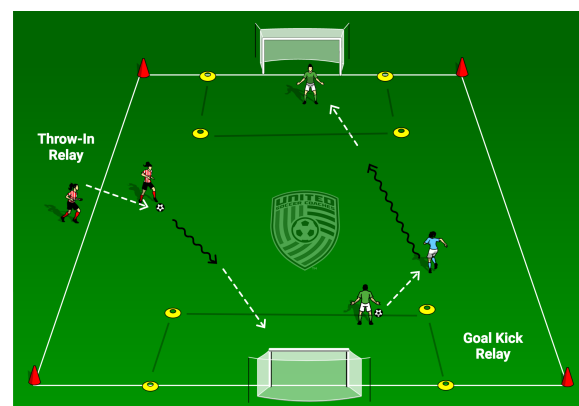


Practice (Develop a theme)

Restart Relay

Practice all restarts (kick-off, throw-in, goal-kick, corner-kick) and go to goal.

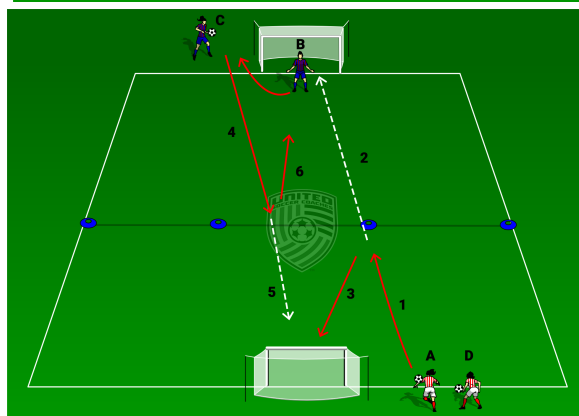
- Pass to partner who goes to goal vs. a goalkeeper (after shooting, player becomes goalkeeper)
- Race against another player



Goalie Wars

Set-up two full-size goals with a half-way line. Players attempt to score and then become a GK.

- Player A runs to half-way line (1), throws ball (2) to try and score on player B, then retreats to own goal (3).
- Player B goes to back of own line while player C attempts to score on player A (4).
- Player D then tries to score on player B (5)...
- Try rolling, throwing, dribbling and shooting.



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 a goal. Practice all restarts (kick-off, throw-in, corner-kick, goal-kick.) Opposing team retreats to half-way line upon goalkeeper possession.

