

Gospel Projects / Eastern Shore SC

U8

Practice Plans

Activity 1 4 Surfaces - Dribbling

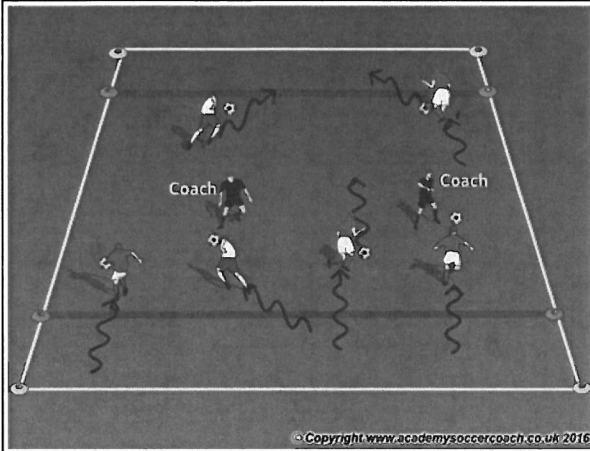
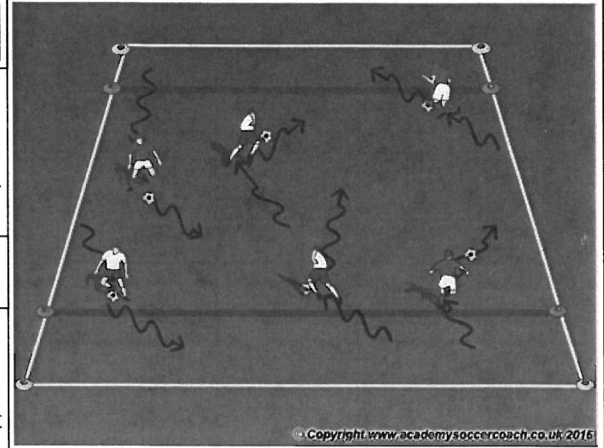
Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces and bottom (sole.) Once the ball has been stopped, have them try it with the other foot. Players must remain inside the boundaries which includes the end zones.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** The players use 1 surface at a time then layer in the next surface.
- **Round 2:** Players complete the pattern with their favorite foot.
- **Round 3:** Players complete the pattern with their non-favorite foot.
- **Round 4:** Players switch feet after completing all 4 surfaces with 1 foot and repeat.



Activity 2 Crocs in the River

Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each end line, all players start with their ball in one end zone. The coaches start as crocs in the river. On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 2:** Players start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 3:** When ball is lost, dribbler becomes a croc also.
- **Round 4:** Players get in pairs and work together to beat the crocs

Activity 3 Score in Any Goal

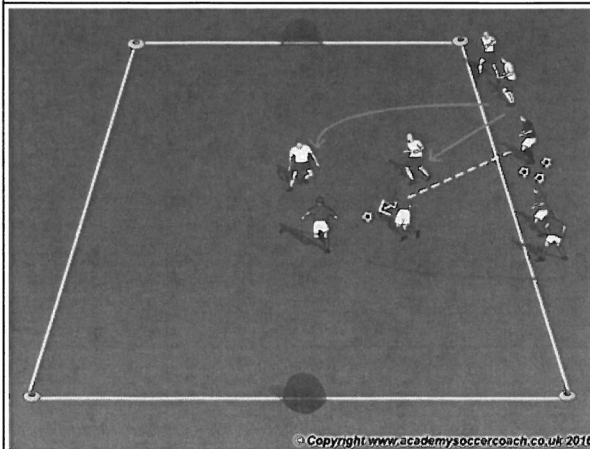
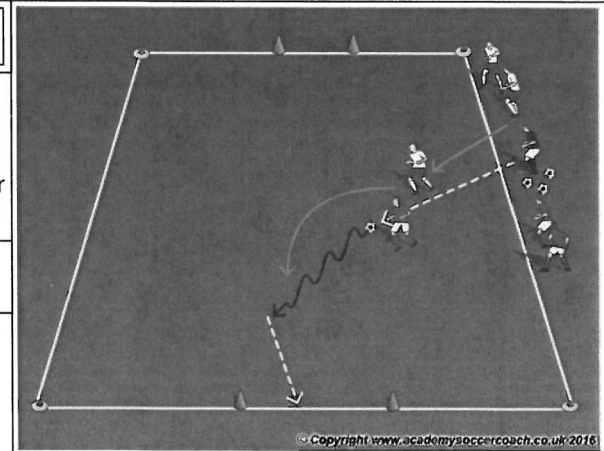
Duration 8 mins

In a 15Wx20L yard grid with 1 cone goal (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams set up on either side of the coach. Coach serves a ball onto the field and 1 player from each team steps on and tries to score in either of the 2 goals. Play for 30 sec. or until a goal is scored or the ball is out of bounds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** A passing goal is one point a dribble through the cone goal is 10 points.
- **Round 2:** Players can only score in opponent's goal.
- **Round 3-4:** Coach makes game a 2v1 with bonus points for goals scored after a turn or pass.



Activity 4 2v2 Combat

Duration 8 mins

In a 15Wx20L yard grid, with a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. The coach divides player into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in opponents goal.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** 2 players from each team play 2v2 to goal or ball leaves the field.
- **Round 2:** Bonus points for goals scored after a move or turn.
- **Round 3-4:** Coach can adjust the number of players on the field to: 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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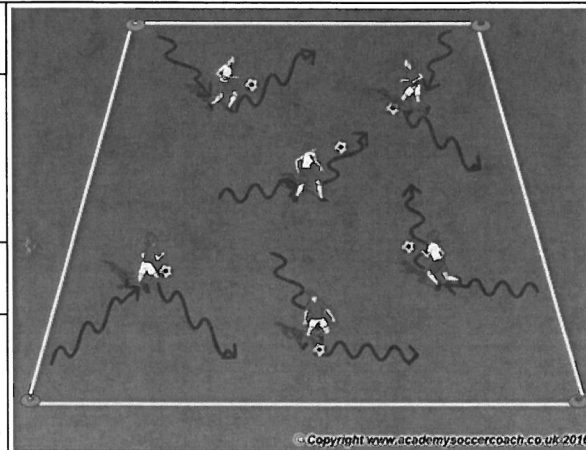
U8

Practice Plans

Activity 1 6 Surfaces - Dribbling

Duration 8 mins

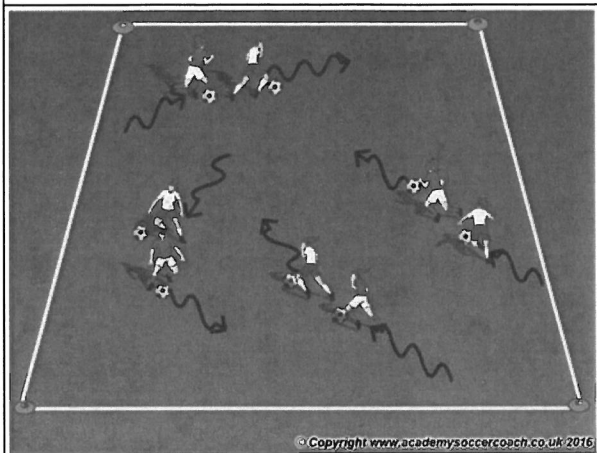
In a 15Wx20L yard grid, each player has a soccer ball. Have the players try to use 6 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces, bottom (sole), toe, and heel. Encourage the players to talk to their feet. "Outside, Inside, Laces, Bottom, Toe, Heel!"



Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** The players use 1 surface at a time then layer in the next surface.
- **Round 2:** Players complete the pattern with their favorite foot.
- **Round 3:** Players complete the pattern with their non-favorite foot.
- **Round 4:** Players switch feet after completing all 6 surfaces with 1 foot and repeat.



Activity 2 Dribble Tag

Duration 8 mins

In a 15Wx20L yard grid, each player with a ball. On the coach's command players dribble around the grid and try to gently tag, with their hand, as many players as they can. Players must be dribbling and have the ball at their feet when tagging another player to get the point. Avoid getting tagged by other players.

Variations

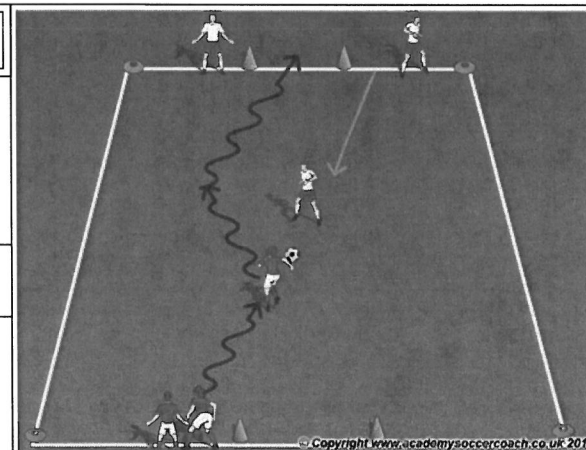
Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** To get a point players must be tagged only in the back.
- **Round 2:** Player gets tagged she dribbles to a sideline, turn and reenter the game
- **Round 3-4:** Players get in pairs and work together to keep the ball w/out getting tagged.

Activity 3 Dribble Combat

Duration 8 mins

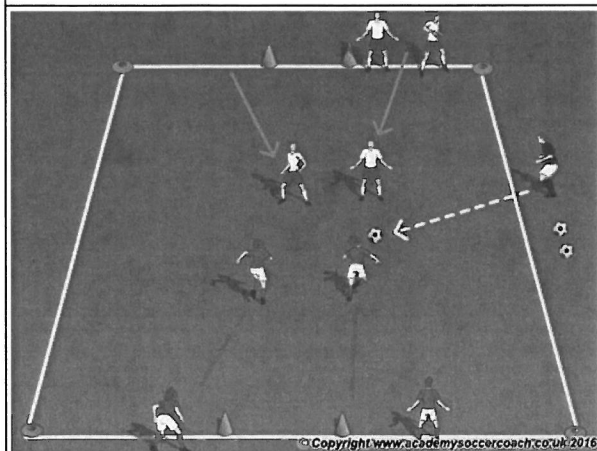
In a 15Wx20L yard grid with a goal on each end line. Each team starts next to their goal. One team starts with a ball. The first player from each team steps onto the field. The player from the team with the ball dribbles and tries to score in the opponent's goal. The player from the team without the ball tries to steal it and score in the opponent's goal. Shooting goal = 1pt, Dribble goal = 10pts.



Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Each team takes a turn starting with the ball.
- **Round 3-4:** Team with the ball sends two players out, team without the ball still only one to make the game 2v1. Score in the opponent's goal.



Activity 4 2v2 Numbers Game

Duration 8 mins

In a 15Wx20L yard grid and a goal on each end line. Each team starts next to their goal. The coach and all the soccer balls are on the sideline at midfield. The coach assigns a number to each player on both teams. Coach calls out two numbers and plays the ball onto the field. The players with those numbers enter the field and try to score in their opponent's goal. Dribble goal is 50 pts. All other goals are 1 pt.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coach starts by calling out two numbers for a 2v2.
- **Round 2:** Coach can call out three numbers for a 3v3.
- **Round 3-4:** Coach calls out four numbers for a 4v4 (no more than 4v4).

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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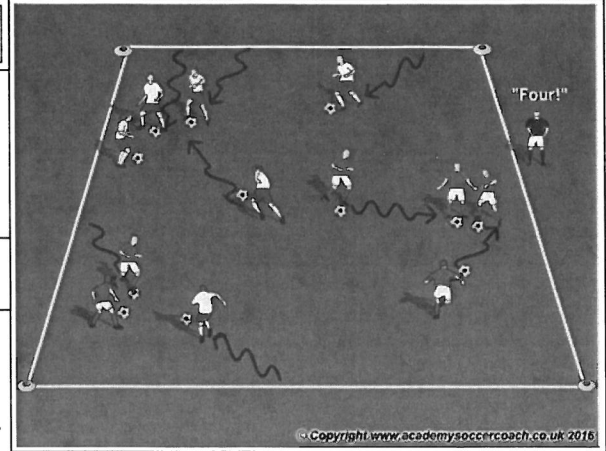
U8

Practice Plans

Activity 1 Math Dribble

Duration 8 mins

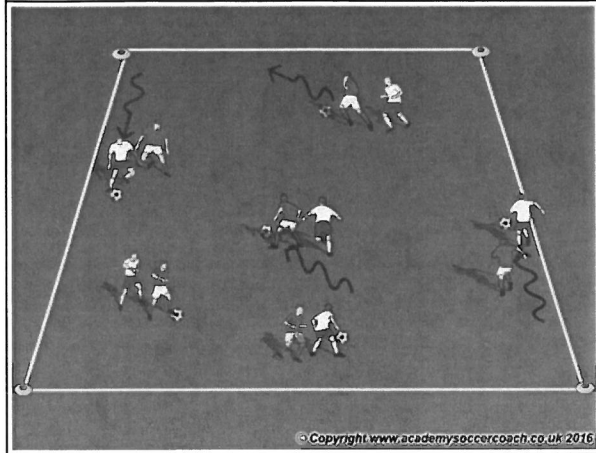
In a 15Wx20L yard grid each player has a ball and is dribbling around the grid. The coach calls out a number, players must get into groups of that number. Example, Coach calls the "#4" and players must dribble their ball and assemble in groups of 4 as fast as they can. See which players gather in groups of 4 the fastest. Then the Coach tells players to dribble and calls out another number, repeat.



Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** If a player goes out of bounds or bumps another player or their ball while dribbling, that player does 10 toe taps on the ball and then continues to dribble.
- **Round 2-4:** Coach calls different #'s or different items like colors of socks or shorts.



Activity 2 Steal and Shield

Duration 8 mins

In a 15Wx20L yard grid, each player has a partner with one ball to share. One player starts with the ball. On the coach's command the partner tries to steal the ball away. Once a player steals the ball they must try and keep possession until the end of the round. The partner who ends up with the ball gets a point. If the ball goes out of bounds, the player who kicked the ball out must give possession to their partner.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Players work against only their partner.
- **Round 3-4:** If a player loses possession and can't steal the ball back from the player who just stole their ball, they can now steal a ball from any player with a ball.

Activity 3 Four Goals Game

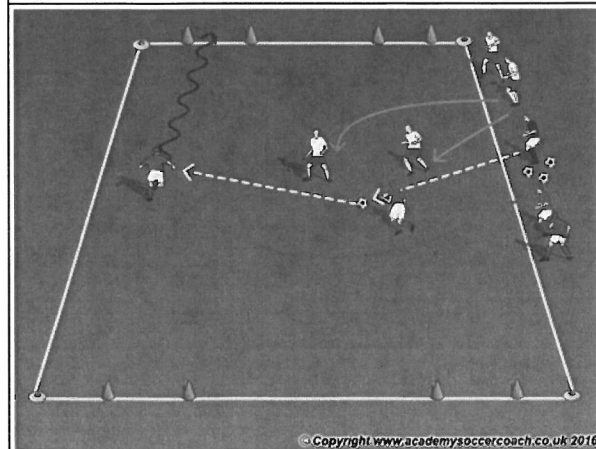
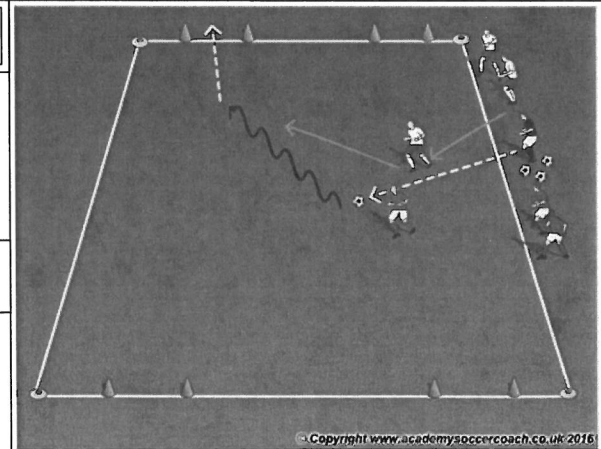
Duration 8 mins

In a 15Wx20L yard grid with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Play starts when the ball is served onto the field and 1 player from each team steps on and tries to score in either of the opponent's 2 goals. Each game goes for 30sec. or until a goal is scored.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Passing into the goal is 1 point, dribbling through either goal is 10 points.
- **Round 2-3:** Bonus points awarded for goals scored after a turn, move or pass.
- **Round 4:** Coach can play 2v1, 2v2, 3v2 or 3v3 with each serve.



Activity 4 2v2 to Four Goals

Duration 8 mins

In a 15Wx20L yard grid with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Coach serves a ball onto the field and 2 players from each team steps onto the field and tries to score in either of the opponent's 2 goals. Play until a goal is scored or the ball goes out of bounds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Bonus points awarded for a Dribble goal or if both players can touch the soccer ball and score.
- **Round 2:** Play 30 sec games before rotating players.
- **Rounds 3-4:** Add players to make it 3v2 or 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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Practice Plans

Activity 1 Pattern Dribble

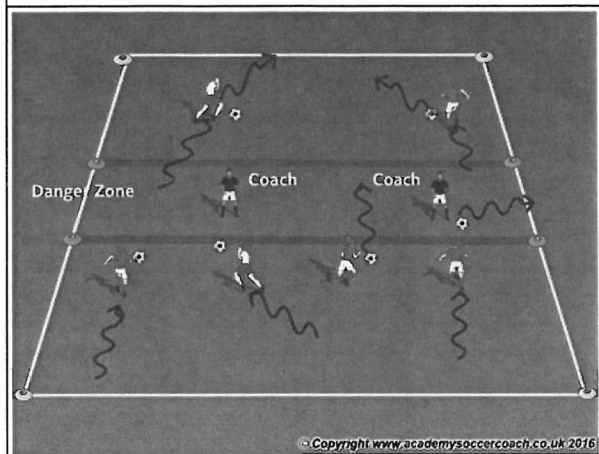
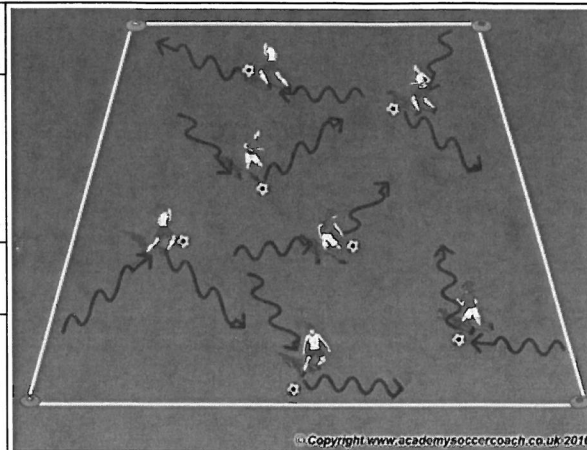
Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot, then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

Variations

Activity Time Rest Intervals

- **Round 1-2:** Players do pattern #1, one foot at a time, then combine feet, "outside, inside, outside, inside", repeat.
- **Round 3:** Players do pattern #2 with both feet, "touch, touch, roll, touch, touch, roll".
- **Round 4:** Combine pattern #1 with pattern #2. "Talk to your feet!"



Activity 2 Danger Zone

Duration 8 mins

In a 15Wx20L grid with a 3 yard zone across the middle of the field, all the players on one end line with a soccer ball. Coach(es) start inside the middle zone. On the coach's command players must dribble from one end line to the other through the danger zone to the other end line and stop their ball on the line. If the coach steals the ball and dribbles it to the side of the zone that player is now in the danger zone.

Variations

Activity Time Rest Intervals

- **Round 1:** Players can steal the ball back from the coaches and get to the end line.
- **Round 2:** Only way to get the ball from a dribbler is to steal it and dribble the ball to the sideline. If the ball is kicked away, the dribbler gets their ball back again.
- **Round 3-4:** Players get in pairs and work together to cross the danger zone.

Activity 3 2v1 Dribble Score

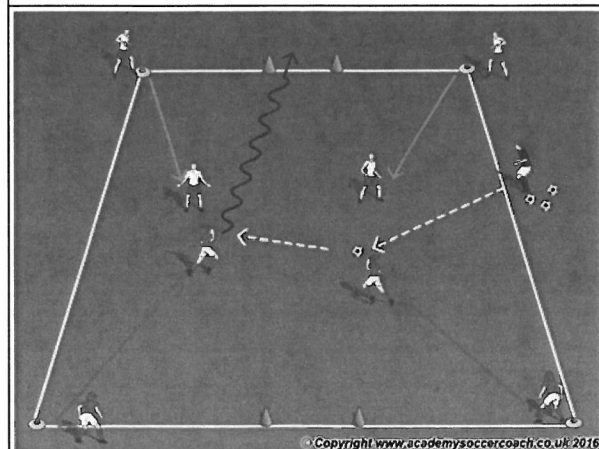
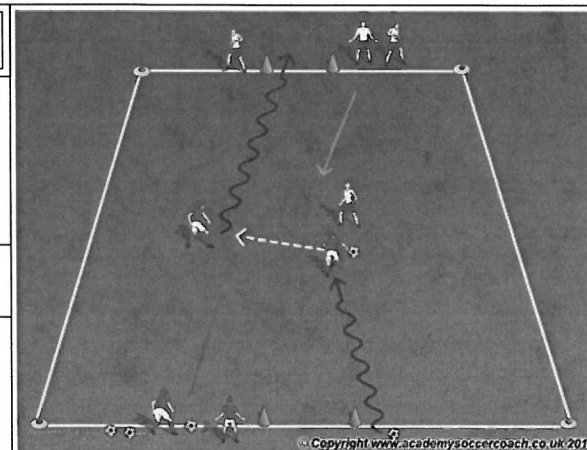
Duration 8 mins

In a 15Wx20L yard grid, a 3 yard cone goal on each end line, half the team is next to each goal. The balls are with one team to start. The team with the ball sends 2 players on the field. The team without the ball sends one player. To score players must dribble through their opponent's cone goal.

Variations

Activity Time Rest Intervals

- **Round 1:** Alternate teams who start with the ball. If the ball is scored or goes out of bounds, play is done; new game begins.
- **Round 2:** If the player steals from the two players and scores it's double points.
- **Round 3-4:** Add a player for a 2v2 game.



Activity 4 4 Corner Game

Duration 8 mins

In a 15Wx20L yard grid, 3 yard cone goals at each end, two teams, players from the same team are evenly placed by the corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball to one of the corners. The first player at each corner comes onto the field. Players try to score on their opponent's goal. Play ends on a goal or the ball goes out of bounds.

Variations

Activity Time Rest Intervals

- **Round 1:** Start with 2v2 games.
- **Round 2:** Shooting goal is worth 1 point, a dribble goal is worth 10 points.
- **Round 3-4:** Coach can add more players at their discretion.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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Practice Plans

Activity 1 Angry Birds

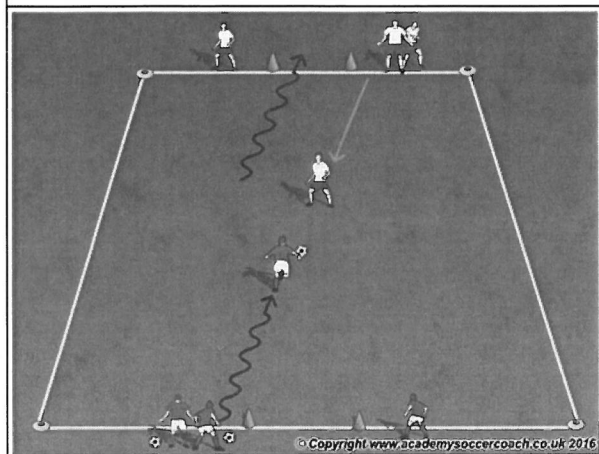
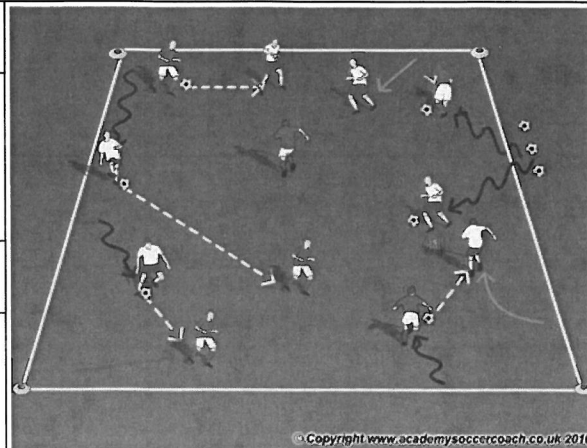
Duration 8 mins

In a 15Wx20L yard grid, Coach will select 2-3 players to be Angry Birds with a ball. The rest of the players are Piggies and do not have a ball. Angry Birds try to tag the Piggies by passing their ball to hit the Piggies below the knee. If a Piggy gets tagged they get their ball and join the Angry Birds. If Piggies leave the grid to escape Angry Birds they become Angry Birds.

Variations

Activity Time Rest Intervals

- **Round 1:** Coach(es) start as Angry Birds.
- **Round 2-4:** Coach selects 2-4 players to be Angry Birds, rotate starting Angry Birds.



Activity 2 Dribble Combat

Duration 8 mins

In a 15Wx20L yard grid with 3 yard goals on each end line. Each team starts next to their goal. One team starts with the ball. The first player from each team steps onto the field. The player from the team with the ball dribbles down the field and tries to score in the opponent's goal. The player from the team without the ball tries to steal it and score in their opponent's goal.

Variations

Activity Time Rest Intervals

- **Round 1-2:** Shooting goal is 1pt, dribble through the goal is 10pts,
- **Round 3-4:** Team with the ball sends two players out, team without the ball still only sends one player for a 2v1, then go to 2v2.

Activity 3 4 Corner Shooting

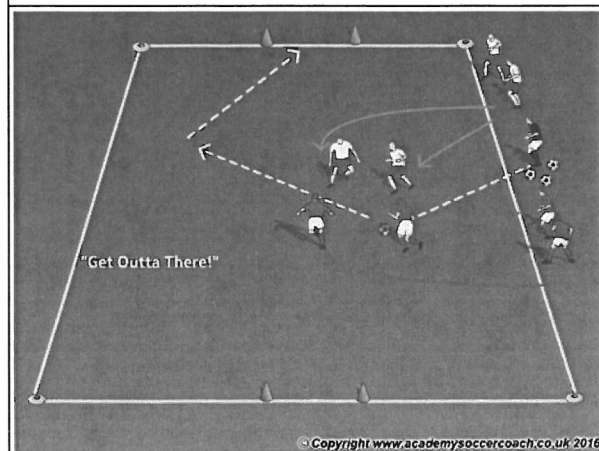
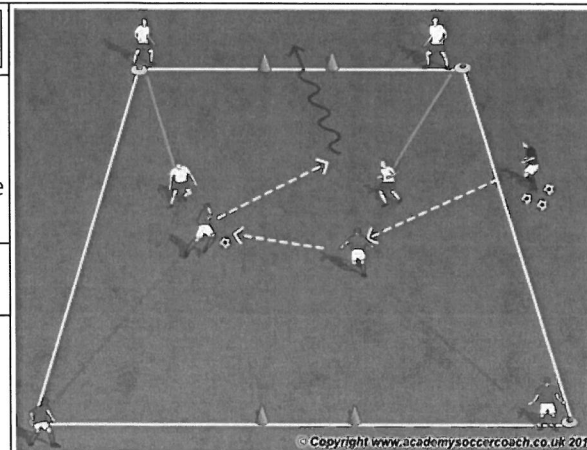
Duration 8 mins

In a 15Wx20L yard grid, 3 yard cone goal at each end, two teams with players from the same team placed at the end line corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball onto the field and the first player from each corner enters the field. Players try to score on the opponent's goal. Play ends with a goal or the ball goes out of bounds.

Variations

Activity Time Rest Intervals

- **Round 1:** Start with 2v2 games.
- **Round 2:** Shooting goal is worth 1 point, long range goal is worth 10 points.
- **Round 3-4:** Coach can add more players at their discretion.



Activity 4 Get Outta There!

Duration 8 mins

In a 15Wx20L yard grid, a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. Coach divides the players into two teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in their opponent's goal. After a goal or ball out of bounds coach calls "Get Outta There!"

Variations

Activity Time Rest Intervals

- **Round 1:** Two players from each team play 2v2 until a goal or the ball is out of bounds. When the coach says "Get Outta There!", players leave the field immediately. Coach plays a new ball onto the field for the next 2v2.
- **Rounds 2-4:** Coach can make games 3v2, 3v3 as players get back to their teams

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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Practice Plans

Activity 1 Pattern Dribbling

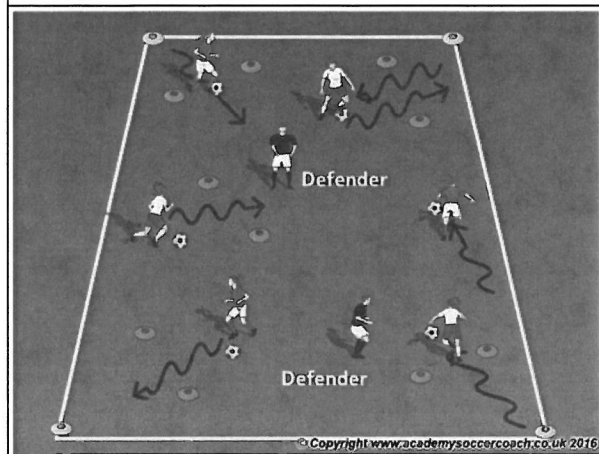
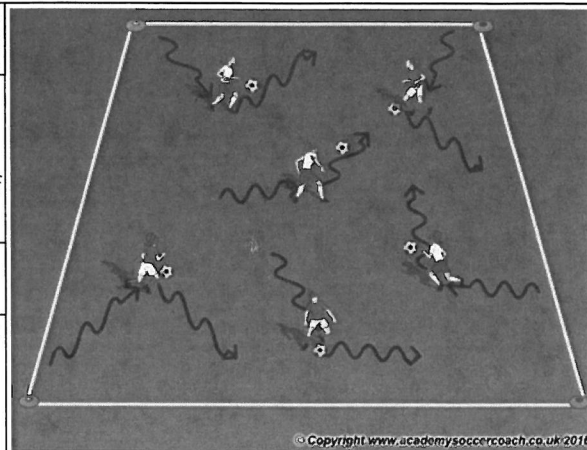
Duration **8 mins**

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

Variations

Activity Time **90 secs** Rest **30 secs** Intervals **4**

- **Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat
- **Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.
- **Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"



Activity 2 Dribbling Gates with Defenders

Duration **8 mins**

In 15Wx20L grid place multiple gates (2 cones, 2 yards apart). Each player has a ball and must dribble through the gates to score points. See "Variations" on how to score points. After a few Rounds add "Defenders"; players without a ball to the game. Defenders try to steal ball from the Dribblers. If a Defender steals a ball they become a Dribbler and can score through the gates. Coach(es) start as Defenders.

Variations

Activity Time **90 secs** Rest **30 secs** Intervals **4**

- Round 1-2: Dribble through as many gates as you can, beat your score.
- Round 3: Score by dribbling through a gate, turn (with inside of the foot or a drag back) and go back through the same gate.
- Round 4: Add defender(s), if your ball is stolen, go steal a ball from another player.

Activity 3 Gates Passing

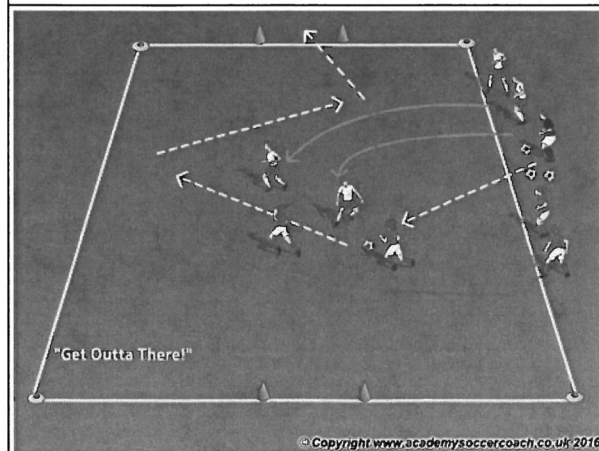
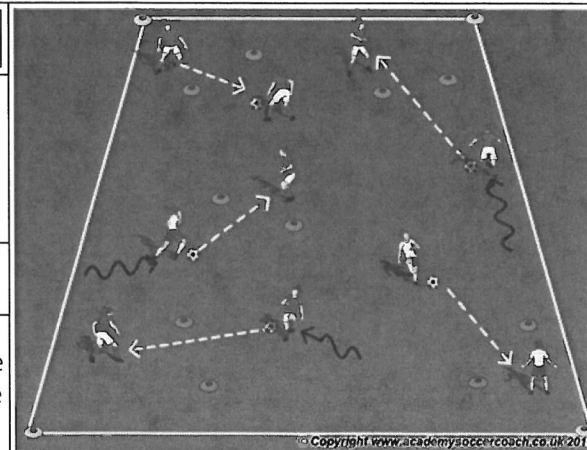
Duration **8 mins**

In a 15Wx20L yard grid set up several gates (two cones 2 yards apart). Players get in pairs with one soccer ball. Players must pass the soccer ball through the gate to their teammate in order to score a point. Players keep track of their points. Each round try to beat the previous score. Have players use the inside of the foot to pass and receive the ball from their teammate.

Variations

Activity Time **90 secs** Rest **30 secs** Intervals **4**

- **Round 1:** Players make 1 pass through a gate for a point, and go to the next gate
- **Round 2:** Players make 2 passes through a gate for a point and go to the next gate
- **Round 3:** Players use only their weaker foot to make their passes through the gate
- **Round 4:** Players can use any part of their foot to pass or receive the pass.



Activity 4 Get Outta There! with Passes

Duration **8 mins**

In a 15Wx20L yard grid, a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. Coach divides the players into two teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in the opponent's goal. After a goal or ball out of bounds coach calls "Get Outta There!"

Variations

Activity Time **90 secs** Rest **30 secs** Intervals **4**

- **Round 1:** Play 2v2.
- **Round 2-3:** If a team completes 2 or more consecutive passes before scoring, the goal is worth 10 points.
- **Round 4:** Coach can play 3v2 or 3v3 games.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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Practice Plans

Activity 1 Pattern Dribbling

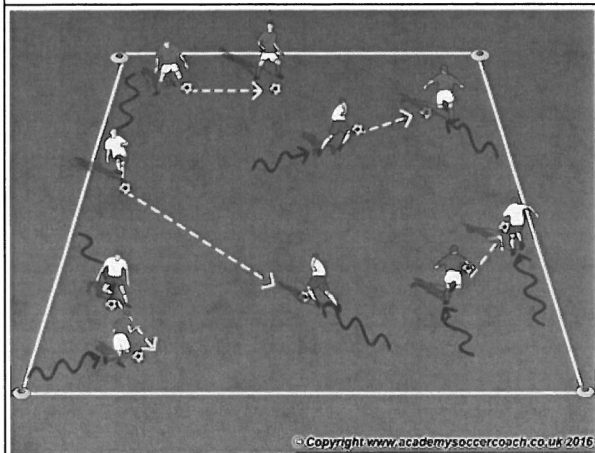
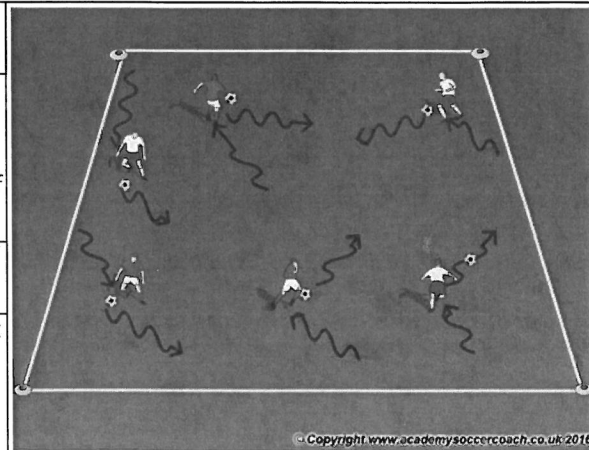
Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat
- **Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.
- **Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"



Activity 2 Ball Tag

Duration 8 mins

In a 15Wx20L yard grid each player has a ball and is dribbling around. Players will try to "tag" other players' soccer ball by passing their ball to hit another dribbler's ball. Every time a player hits (tags) another player's ball they get a point. Encourage passing with the inside of the foot. For safety, if a pass (tag) hits a player above the knees and not the player's ball, the passing player loses all their points.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Players get a point every time they hit (tag) another soccer ball.
- **Round 3:** Coach(es) play. Players get 50 bonus points for tagging the coach's ball.
- **Round 4:** Players are in teams of 2 and work together with one ball to tag other soccer balls.

Activity 3 Freeze Tag

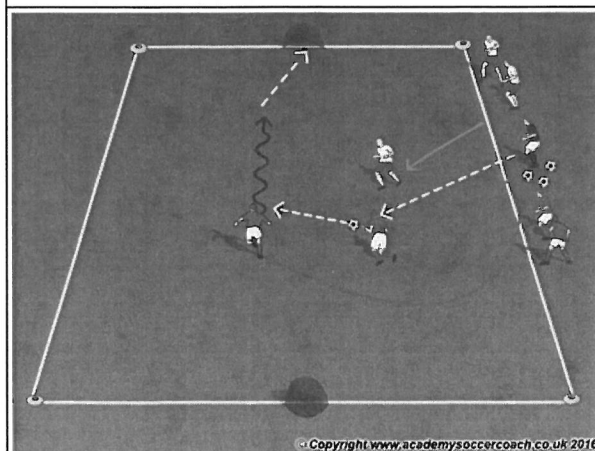
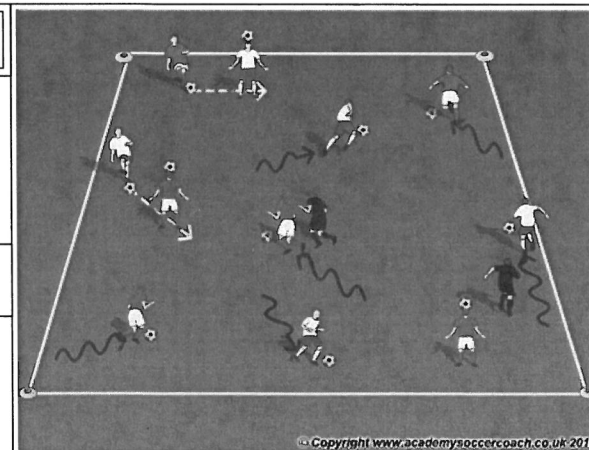
Duration 8 mins

In a 15Wx20L yard grid players are dribbling their soccer ball. 1-2 players don't have a ball and are the "freeze monsters". The freeze monsters try to tag the dribblers with their hand. If a dribbler gets tagged they are "frozen" and must stop, pick up their ball, and hold it above their head. The only way to get unfrozen is if another dribbler passes their ball through the frozen player's legs.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as the freeze monsters.
- **Round 2-3:** Select 1-3 players to be the freeze monsters.
- **Round 4:** Players get in pairs with one ball, avoid the freeze monsters, and unfreeze other players.



Activity 4 Combat 2v1

Duration 8 mins

In a 20Wx15L yard grid with 1 goal on each end line, the coach makes two teams. Teams are on either side of the coach. When the coach serves a ball onto the field, the coach will tell one team to send out 2 players, and the other team to send out 1 player. Players retrieve the soccer ball and pass it into the opponent's goal for a point. Play for 90 sec. or until a goal is scored. Next group of 2v1 plays.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** One game of 2v1 at a time.
- **Round 3-4:** Coach can make the games of 2v2, 3v2, 3v3 & 4v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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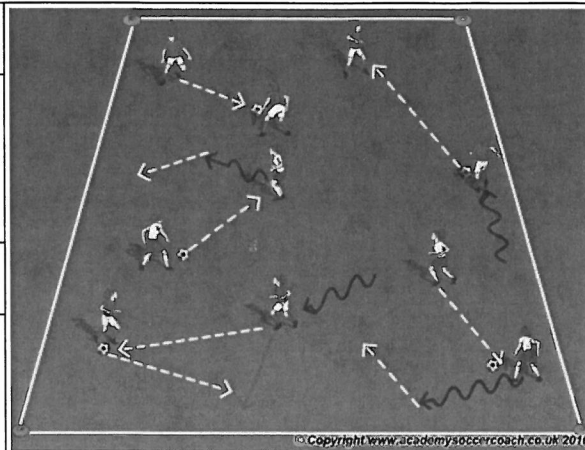
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Practice Plans

Activity 1 Pairs Passing Competitions

Duration

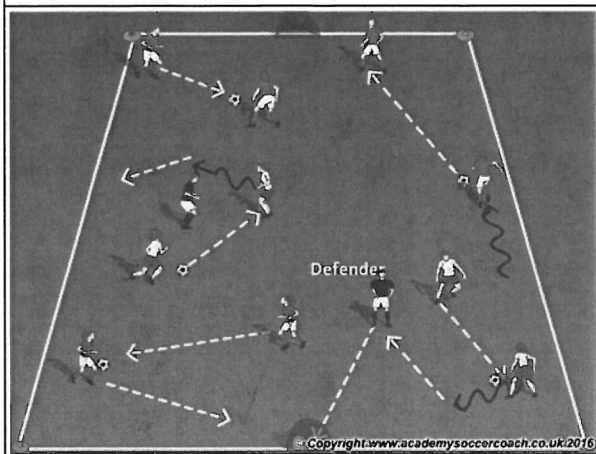
In a 15Wx20L yard grid, players select a partner with one soccer ball per pair. Players start between 5 and 10 yards apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field.



Variations

Activity Time Rest Intervals

- **Round 1-2:** How many passes can you make, beat your score.
- **Round 3:** How many passes with your non-favorite foot, beat that score.
- **Round 4:** After receiving the ball, a player must dribble the ball first, then pass to their partner.



Activity 2 Pairs Passing with Defenders

Duration

In a 15Wx20L yard grid with a goal on each end, all players are in pairs with a ball. Select one pair to be the Defenders without a ball. The Defenders try to steal the ball from the passers and put it in a goal. The passing pairs can take the ball back from the Defenders. If the Defender succeeds in putting the ball in the goal the passing pair become additional Defenders.

Variations

Activity Time Rest Intervals

- **Round 1:** Two coaches start as the Defenders.
- **Round 2-4:** Select 2 players to start as the Defenders.

Activity 3 2v1 to Goal

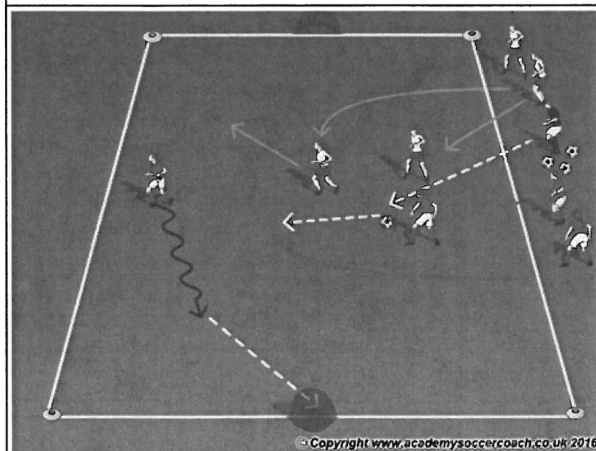
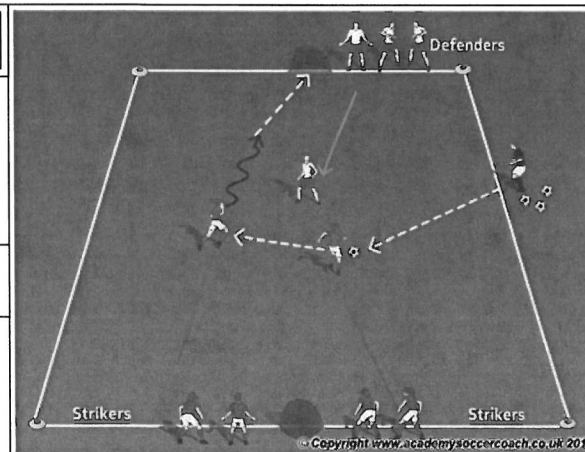
Duration

In a 15Wx20L yard grid with a goal on each end line, coach has all the balls on the sideline at midfield. Coach divides the the players into 3 groups; 2 striker groups and 1 group of defenders. The coach passes the ball to one of the groups lines. The first player in each line enters the field. Play until a goal is scored or the ball goes out of bounds. Rotate the attacking and defending groups after a few rounds

Variations

Activity Time Rest Intervals

- **Round 1:** Bonus points awarded for scoring a goal after a pass.
- **Round 2:** Bonus points awarded for scoring a goal after a turn.
- **Round 3-4:** Play game for 30 seconds before rotating players.



Activity 4 2v2 to Goals at Either End

Duration

In a 15Wx20L yard grid, coach has all the balls on the sideline at midfield. Coach divides the players into 2 teams, a team is on either side of the coach. When the coach plays a ball onto the field, the first 2 players from each team will step on the field. Both teams can score on either goal.

Variations

Activity Time Rest Intervals

- **Round 1:** Award bonus points for scoring goals after a pass.
- **Round 2:** Award bonus points for scoring goals after a turn, or move.
- **Round 3-4:** Play 3v2, 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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Practice Plans

Activity 1 Pattern Dribble

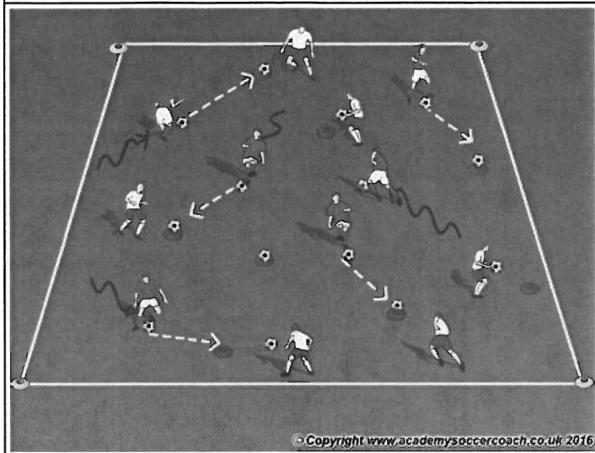
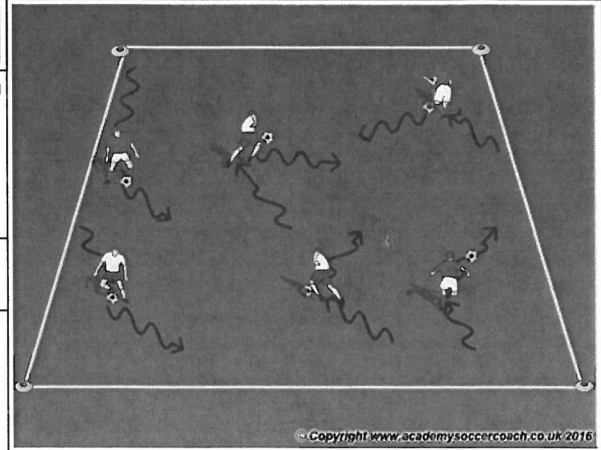
Duration

In a 15Wx20L yard grid, players w/a ball, complete patterns using both feet. 1. Touch ball w/the outside, then w/inside, then use other foot, "outside, inside," repeat. 2. Inside right to inside left then roll ball from right to left foot(w/the bottom or toe roll) "touch, touch, roll", then use other foot, reverse. 3. Touch ball twice w/laces then draw a circle around the ball, then use other foot, "laces, laces, circle", repeat.

Variations

Activity Time Rest Intervals

• **Round 1-3:** Players do patterns 1, 2, & 3 w/both feet repeatedly, "outside, inside, outside, inside" / "touch, touch, roll, touch, touch, roll" / "laces, laces, circle, laces, laces, circle". Add new pattern #4- Drag ball back w/right foot, touch ball behind left foot, take outside w/left foot, "drag, touch, take", then start new pattern w/left foot.



Activity 2 Cops and Robbers

Duration

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Split the group into "Cops" & "Robbers". Each Robber has a ball, Cops do not. Robbers dribble around trying to knock the soccer balls off the cones by hitting them with their own ball. Each time a ball is knocked off a cone, 1pt. The Cops place the balls back on top of the disc cones.

Variations

Activity Time Rest Intervals

• **Round 1-2:** Players switch roles, rotate through each group.
• **Round 3-4:** Longer passes that knocks a ball off a cone gets bonus points.

Activity 3 Pairs Cops and Robbers

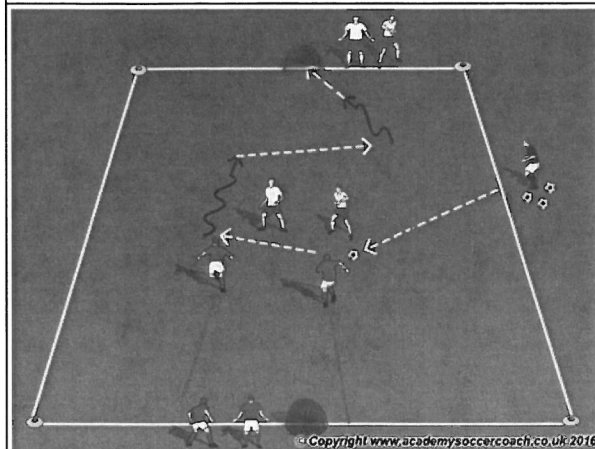
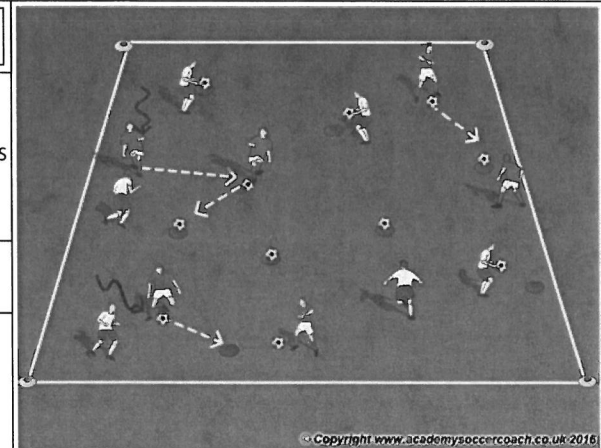
Duration

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Players have a partner. Half of the pairs are "Cops" & half are "Robbers". Robber pairs have a ball, Cops do not. Robber pairs pass w/ their partner trying to knock the soccer balls off the cones. Each ball knocked down is 1pt. The Cops place the balls back on top of the disc cones.

Variations

Activity Time Rest Intervals

• **Round 1-2:** Players switch roles, rotate through each group.
• **Round 3-4:** Longer passes that knocks a ball off a cone gets bonus points.



Activity 4 2 v 2 to Goal (More Passes, More Points)

Duration

In a 15Wx20L yard grid with goals at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams on either side of the goals. Coach serves a ball on the field and 2 players from each team run onto the field and try to score in the opponent's goal. Number of passes completed before scoring equals the points for the goal. Ex. 3 passes, then score = 3 points.

Variations

Activity Time Rest Intervals

• **Round 1:** If a team can make 2+ passes before they score, goal is worth 10 pts more.
• **Round 2-4:** Add players to make it 3v2, 3v3, 4v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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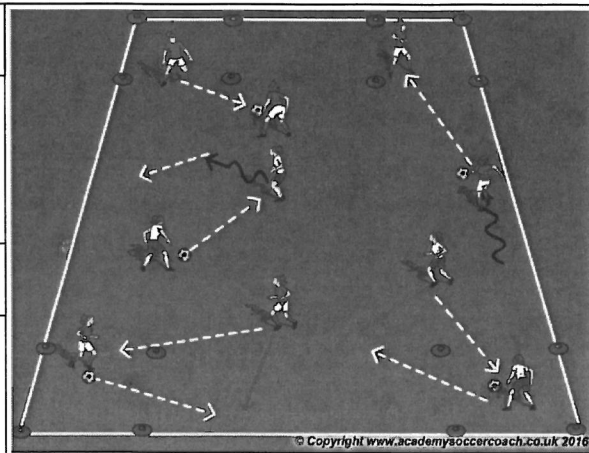
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Practice Plans

Activity 1 Pairs Passing Competitions

Duration 8 mins

In a 15Wx20L yard grid, players select a partner with one soccer ball per pair. Players start between 5 and 10 yards apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field.



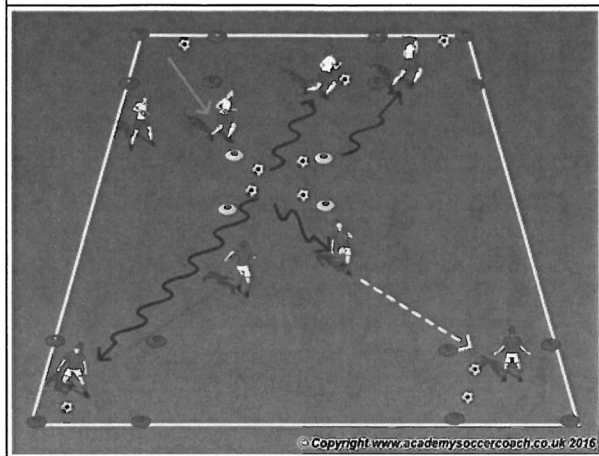
Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** How many passes can you make, beat your score.
- **Round 2:** How many passes with your non-favorite foot, beat that score.
- **Round 3:** How many passes can you make to your partner each square
- **Round 4:** How many passes can you make to your partner as he runs into a square



Activity 2 Capture the Balls

Duration 8 mins

In a 15Wx20L yard grid with a square (2x2 yards) in each corner and 1 square in the middle of the field. Players are divided into each corner square (home bases). Soccer balls are all in the middle square. On coach's command, players get one ball from the center square and dribble it back to their home base.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Players retrieve their own ball from center(feet only) as fast as they can.
- **Round 2:** Players work with teammates to get or steal as many soccer balls as they can and bring them back to their home base (feet only).
- **Round 3-4:** Pass ball to a teammate & stop it in a home base is worth bonus points

Activity 3 2v2 Castle Combat

Duration 8 mins

In a 15Wx20L yard grid w/a square (2x2 yards) in each corner. Coach has all the balls on the sideline at midfield. Coach divides the players in 2 teams set up on either side of her/him. Coach serves the ball onto the field and 2 players from each team step onto the field. Players score by playing the ball into either of their opponent's 2 castles by either passing or dribbling the ball and stopping it in the castle.

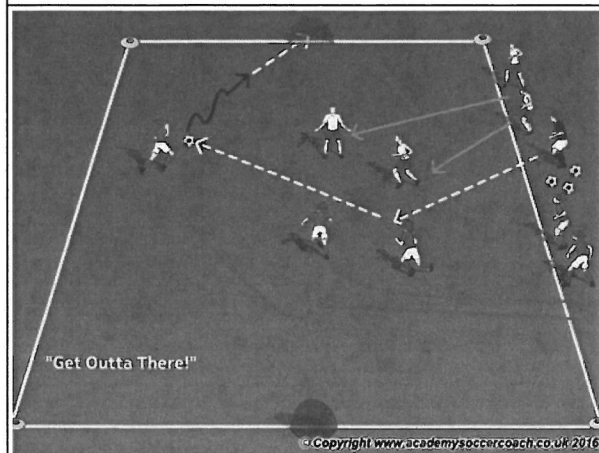
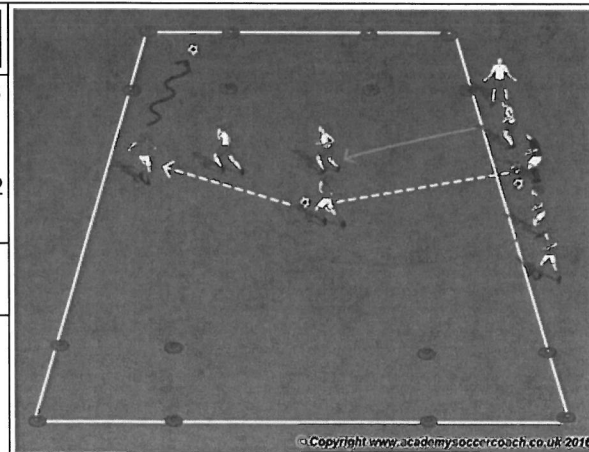
Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Player score by stopping the ball in either of the opponent's 2 castles.
- **Round 2:** Coach adjust number of players to 3v2, 3v3.
- **Round 3:** Players must complete one pass before going to a castle to score.
- **Round 4:** Bonus points if you pass it to your partner when they are in the castle.



Activity 4 Up and Down Numbers "Get Outta There" Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line. Players are divided into 2 teams on either side of the coach at midfield. Coach has all the balls. Coach serves a ball on the field and players try to gain possession and score in the opponent's goal. If a goal is scored or the ball goes out of bounds the coach calls "Get Outta There!" Players clear the field immediately and coach serves a ball for the next group.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Play 2v2.
- **Round 2:** Play 3v2.
- **Round 3:** Play 3v3.
- **Round 4:** Play 4v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.