



U8 Practice Plan

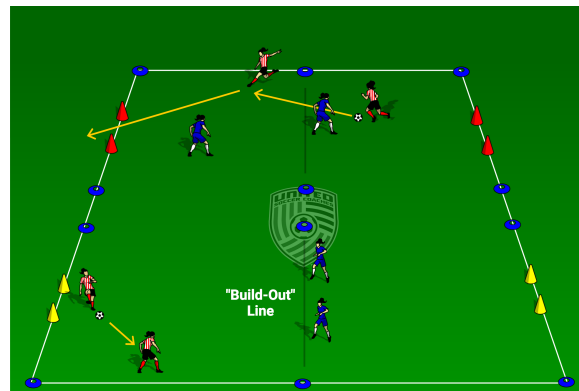
Play (Gathering activity or simple small-sided game)

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 – can you face forwards?
- Defending team – how many players need to go to the ball?

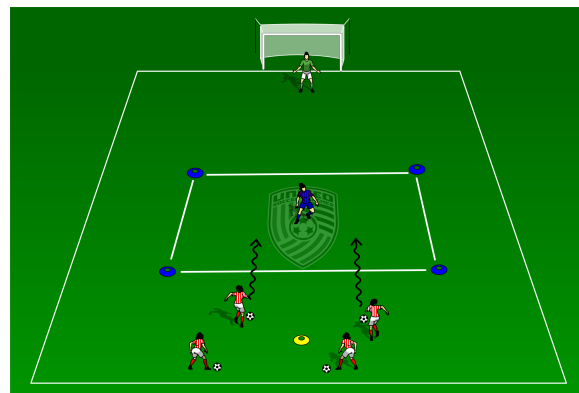


Practice (Develop a theme)

Dribbling – Speed Dribbling & 1v1 Dribbling

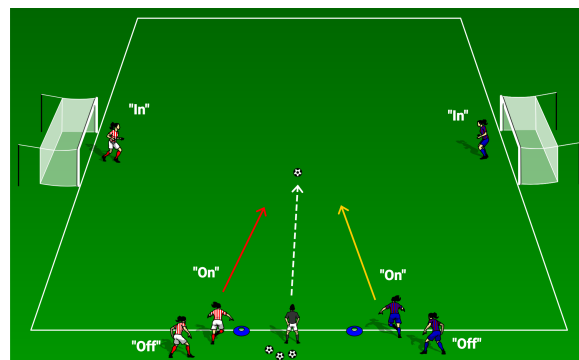
Two players, with a ball each, attack simultaneously. They must pass through the box with the defender before attempting to shoot on a full-size goal with goalkeeper:

- “Speed” dribble if defender goes to other player
- “1v1” dribble if defender pressures the ball
- Attacker swaps with defender if defender wins the ball
- Attacker swaps with goalkeeper if shot is saved or misses the goal



“On, In, Off”

Set up a grid with a full-size goal and GK at each end
Coach plays ball for two players to play 1v1
After a shot on goal, players “ON” field go “IN” goal;
goalkeepers step “OFF” and two new players go “ON”



Play (Observe players in action)

4v4 (3+GK)

Play a 4v4 game with a 12-ft 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

