



U8 Practice Plan (1v1 to 4v4)

Choose activities that you/your team enjoyed this season...

Play/Warm-Up

1+Ball / 1vs.Rest

One player with a ball each.

Previous activities:

- Cone Matrix (individual dribbling)
- Keep & Kick (try to hit any other ball)

Practice (Develop a theme)

1v1

Two players play against each other.

Previous activities:

- Long range shooting (Attacker vs. Goalkeeper)
- Dribble & Shoot vs. Defender & Goalkeeper
- Boss of the Balls
- 1v1 game to two goals (multiple games)
- Goalie Wars

2v2

Pairs of players play against each other.

Previous activities:

- 1v1 + Goalkeepers
- 2v1 + Goalkeeper
- On-In-Off
- 2v2 game to small goals

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.

