



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Ball exploration, dribbling, passing

Activity

Diagram

<p>1st Activity (warm-up) <i>One Against the World</i></p> <p>As players arrive, have them join a game to one goal. Object it to score a goal. Whoever scores the goal becomes the next goalie. If players are shooting to close, make a safety line that they cannot shoot in front of.</p> <p>Progressions: Put into pairs, put into teams of 3</p>	
<p>2nd Activity <i>Free Dribble</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Give them 2 moves to work on.</p> <ol style="list-style-type: none"> 1) Pull back 2) Cut (inside and/or outside) <p>Time to see how many they can do in 30 seconds</p>	
<p>3rd Activity <i>Hospital Tag</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Hospital Tag: Each player is "it" they try and tag another player with hand. If tagged the player needs to put their hand on the part of their body (a band-aid). After third tag the player goes to coach and does a simple trick to get back into the game.</p>	
<p>4th Activity <i>Draw/Fire Pit</i></p> <p>Two Players stand facing each other with a ball between them. On coaches signal "draw", players pull ball back and play</p> <p>Object is to score by kicking ball into bag (or ball on a cone). Other player defends bag/ball. Make small circle with pinnies if player guards too close to goal.</p> <p>Progressions: Play 2v2, 3v3, etc... Play with 2 bags apart</p>	
<p>5th Activity (The game) <i>4v4 Games</i></p>	<p>Let them just play!</p>



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Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Dribbling, Passing

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older. Be creative!</p>	<ul style="list-style-type: none"> ▪ After a few commands the coach should move to force the players to look up before heading back ▪ This game is great for teaching body awareness ▪ Fun for the kids too! ▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Hospital Tag</i></p> <p>All players have a ball and are dribbling in an area. The coach is the doctor and stands outside the area. Players dribble in the area and try to tag each other. When tagged, the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Progressions: Can only dribble with one foot, outsides of feet, soles.</p>	<ul style="list-style-type: none"> ▪ The hospital gives them a chance to get back into the game and continue to practice. ▪ Players must dribble their ball and cannot leave the ball to go and tag another player
<p>3rd Activity <i>Fox versus Chickens</i></p> <p>Split into two groups. One group starts in the goal without balls (foxes). Other group spreads out in 30x 40 yard grid (chickens). On coach's signal foxes run out and try to take away chickens egg (ball) and shoot into the goal. If chicken loses ball they can help teammate by passing. Play until all balls are out of grid. Switch roles. Progression: Chickens can have one hen to play as a goalie.</p>	<ul style="list-style-type: none"> ▪ Can the players protect their ball (egg)? Can they help support their teammates? ▪ Can the foxes work as a group to score as many goals as possible?
<p>4th Activity <i>GK Game</i></p> <p>Set up several small 15 x 20 yard fields and have the team play 2v2 in them. When a team is on defense they have to have one person drop back and be a goalie. When the defender steals the ball he passes the ball back to the goalie and they then start to attack. While this is happening, the other team is having someone drop back into their goal. Comments: Have several games going at once and rotate the teams so everyone two person teams gets to play all the other teams.</p>	<ul style="list-style-type: none"> ▪ Physically demanding game ▪ The nature of the game demands instant transition from attack to defense
<p>5th Activity (the game) <i>End Zone</i></p> <p>Make two teams. Make 5 yard end zones at the endlines of the field. Object is for attacking team to dribble into end zone and stop ball. Once attacker is in end zone no defender can go in (safety). Progression(s): If you score now attack opposite side. Make it directional. Can pass to a player into end zone, but they cannot be waiting in the end zone.</p>	<ul style="list-style-type: none"> ▪ Look to get a good team shape (wide and long) ▪ Play the way you are facing ▪ Attack open spaces ▪ Switch ball away from defenders

Scrimmage 4v4



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Dribbling

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Tail Tag</i></p> <p>Players run around in a 30 x 20 yard area. Players have a “tail” (practice vest) tucked into the back of their shorts. All of the players try to steal the other player’s “tail”. When a player loses their “tail” they keep on playing. Play to see who can steal the most “tails”. Progressions: Who is the last player to have their “tail” taken? Each player has a ball. Have players dribble in a specified way.</p>	<ul style="list-style-type: none"> ▪ Can anyone think to just pull out their own tail? ▪ Each player could have three tails, one in back and one on each side ▪ Is it better to hide in a corner where there is no space or go into the middle where your back is exposed?
<p>3rd Activity <i>Hungry, Hungry Hippo</i></p> <p>Players are in a confined area, running around (20x 15). Two players are Hungry Hippos and have a ball outside of the area. On the coaches command the Hungry Hippos dribble into the area and try to pass their ball so that it hits one of the players below the knees. When a player is hit they go get a ball and join the original Hippos (Hippo Helpers). Progressions: Specify how players must strike the ball (laces, inside of feet, outside of feet)</p>	<ul style="list-style-type: none"> ▪ Can we fake like we are going to pass the ball and try to make the players jump, and then hit them right when they land ▪ Players must lead the people who are running (pass the ball in front of them where they are going, not right at them so by the time the ball gets their the player is already gone)
<p>4th Activity <i>Moving Target (In pairs)</i></p> <p>Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players. Progressions: Specify how the ball has to be played through the goal. Add a second moving goal.</p>	<ul style="list-style-type: none"> ▪ The coaches can move towards certain players who aren’t having much success ▪ The coaches can vary their speed to make the game easier or more demanding
<p>5th Activity (the game) <i>2v2 Endzones</i></p> <p>Set up several 20 x 10 yard playing areas. Have partners play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over opponent’s endzones. Play for 2 minutes and then the teams rest for 1 minute. Progression: Rotate teams so they play a new group.</p>	<ul style="list-style-type: none"> ▪ By changing how goals are scored different demands are placed on the players ▪ By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can’t just fire shots off and hope one gets through into the net ▪ Ball must be stopped within 3 yards of endline.

Scrimmage 3v3 or 4v4



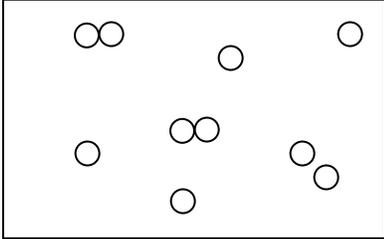
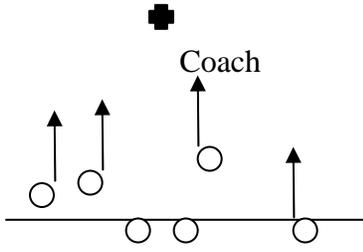
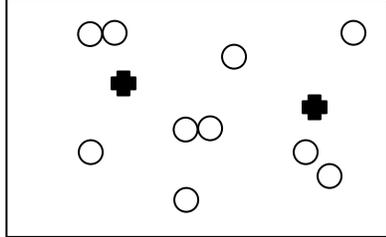
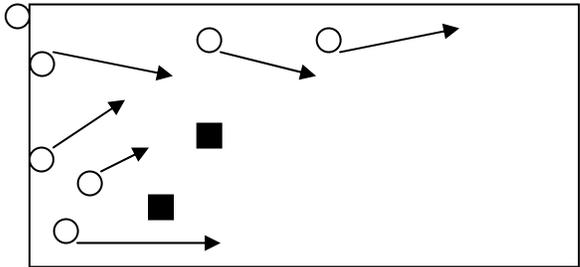
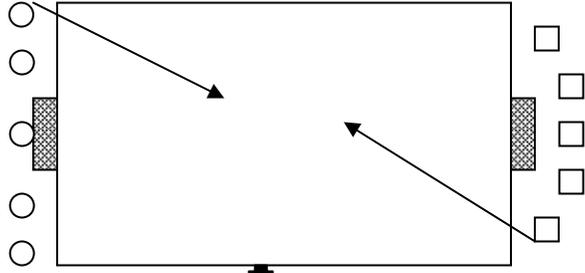
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U8

Theme: Dribbling, passing, shooting

Activity	Diagram
<p>1st Activity (warm-up) <i>Grouping</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of groups, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Make groups of 3, 6, 2, etc...</p> <p>Progressions: Add dribbling.</p>	
<p>2nd Activity <i>Sneak Attack</i></p> <p>All the players start on a designated line with the coach about 25 yards away. When coach turns back away from players, they try to dribble to the coach. When the coach turns back to face the players they must stop ball with foot. Anyone who is not stopped moving has to go back to the beginning line.</p> <p>Progressions: The coach can move around to make the game more challenging. Add command "attack" and coach can chase players back to line. If tagged they become helpers.</p>	
<p>3rd Activity <i>Space Invaders</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot). Give points for hits.</p>	
<p>4th Activity <i>Alligator, Alligator</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players are alligators and try to tag the other players as they try to get to the other line. When a player is tagged they become an alligator helper.</p> <p>Progressions: Add logs (cones) that players must go around to get to the other end.</p>	
<p>5th Activity (the game) <i>Numbers Game</i></p> <p>Two teams of equal numbers stand at either end of a 35 x 25 yard grid. Give each player a number (#1, #2, etc...). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.</p> <p>Progressions: Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time. Call out several numbers to play 2v2 or more.</p>	

Scrimmage 4v4



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Dribbling, Passing

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Red Light, Green Light</i></p> <p>In a rectangular area play tag with the team. Give kids certain activities to correspond with colors. Red light = Stop! Green light = Go! Blue light = run around ball Orange light = Jump over ball</p>	<ul style="list-style-type: none"> ▪ Get kids moving ▪ Allow for body awareness ▪ Brown light = Chase kids ▪ Gold light = Coach be chased
<p>2nd Activity <i>Sharks and Minnows</i></p> <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won’t have balls, but they are on the prowl for someone else’s. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ Can we spin away from pressure (a defender)?
<p>3rd Activity <i>Gate Dribbling</i></p> <p>Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. In order to score a point, players must dribble the ball through a goal. Play for 30-45 seconds at a time.</p> <p>Progressions: Specify how players must dribble. Have coach assistants block off certain gates by standing in between them. Can also have players play 1v1 through the gates.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>4th Activity <i>Gate Passing</i></p> <p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30-45 seconds at a time.</p> <p>Progressions: Have them play 2v2 to gates (as described above).</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>5th Activity (the game) <i>Get Out of Here</i></p> <p>In a 35 x 25 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “out of here.” This should be a very fast paced game. Make it fun and quick! Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 4v4



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Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Passing

Activity	Diagram
<p>1st Activity (warm-up) <i>1 Against the World</i></p> <p>As players arrive, just allow them to play a game of pick-up soccer. Assign one player to be the goalie. Whoever scores becomes the next goalie. Have a supply of balls ready.</p> <p>Progressions: Make teams of 2 or 3 (Depending on your numbers)</p>	
<p>2nd Activity <i>Technical Lines</i></p> <p>Players dribble ball to other side and leave ball for next player. Have them use only right foot, then left. Progressions: -dribble and turn using inside of foot, outside of foot -dribbling half way across and then pass -pass -pass then defend passively</p>	
<p>3rd Activity <i>6 Balls</i></p> <p>Divide players into 2 teams. One team starts in grid, other in a line about 5 yards outside of grid. Coach has supply of balls. Coach sends one ball into grid and team tries and possesses the ball as long as they can. The team standing in line sends one defender in to get ball out of grid. Once ball is out of grid, coach sends a new ball in and defending team sends a new player in. Time how long it takes for 6 balls to be played. Switch team roles. Can make it competitive.</p>	
<p>4th Activity <i>Ball to Coach</i></p> <p>Make 2 teams. Players stand in a line with coach between. When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc... Keep it going and fast paced.</p> <p>Progression: Coach move around to see if players have vision.</p>	
<p>5th Activity (the game) <i>Fire Pit</i></p> <p>The game takes place in any open space. Object is to hit bag or ball on a cone to score a point. Can be played 1v1 to any number of players. Free flowing. Let the players problem solve. Add vests around goal if players stand to guard right next to goal.</p> <p>Progressions: Add a second goal</p>	



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Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Attacking

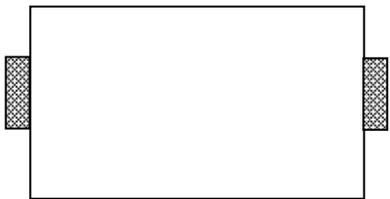
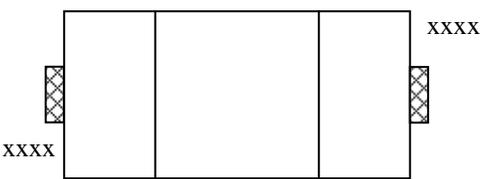
Activity	Coaching Points
<p>1st Activity (warm-up) Partner Passing</p> <p>2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30 seconds. Stop and start passing ball again.</p> <p>Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?</p>	<ul style="list-style-type: none"> ▪ Good passing/receiving technique. Transition on signal. Support angles. ▪ Shielding, turning, change of speed ▪ Have endlines behind players to try and attack as another progression
<p>2nd Activity 1v1 Duels</p> <p>Set-up: 2 players stand with ball between them, other 2 players are about 20-25 yards apart with a ball in their hands and have legs about shoulder width apart. On signal "draw", X and Y play a 1v1 game. To score X must kick ball between opposing goalies legs. 3 points if ball goes through cleanly, 2 if ball goes through but hits a part of goalies leg, and 1 point if ball hits leg. If shot is wide, goalie gives extra ball to their player and retrieves missed shot.</p>	<ul style="list-style-type: none"> ▪ Players start with "draw" standing across from ball. On coach's signal "draw" players pullback ball and play ▪ Game should last about 1 minute. Then have players switch with goalies. Can switch opponents-tourney <div style="text-align: center; margin-top: 10px;"> <p>▪ X A.D X</p> </div>
<p>3rd Activity Ball to Coach</p> <p>Make 2 teams. Players stand in a line with coach between When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc... Keep it going and fast paced.</p> <p>Progression: Coach move around to see if players have vision.</p>	<div style="text-align: center;"> <p>XXXXX</p> <p style="margin-left: 100px;">O</p> <p style="margin-left: 50px;">C X</p> <p>OOOOO</p> </div>
<p>4th Activity Queen/King of the Court</p> <p>Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.</p>	<ul style="list-style-type: none"> ▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!) ▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in.
<p>5th Activity (the game) 3 Goal Game</p> <p>In a 30 x 40 yard grid. 2 teams play against one another and must try and dribble through on of the 3 opposing goals. Players should look to play away from the defenders and look to attack open goals</p> <p>Progression: Players can shoot ball into goals</p>	<ul style="list-style-type: none"> ▪ Set up field but place 3 small goals (3 yards) on each endline spaced out evenly. Field is wider then long <div style="text-align: center; margin-top: 10px;"> <p>^ ^ ^ ^ ^ ^</p> <p style="margin-top: 20px;">^ ^ ^ ^ ^ ^</p> </div>



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U8	Theme: Finishing

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Free Play</i></p> <p>As players arrive, have them join a game to 2 goals. Object it to score a goal. Have pinnies sorted to make enough for 2 teams. As players arrive, have them go on one of the teams. It is ok if teams are not equal numbers.</p>	
<p>2nd Activity <i>Partner Passing/Pong</i></p> <p>2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30 seconds. Stop and start passing ball again.</p> <p>Pong = 2 players pass ball through small gate (3 yards apart) and players get 2 touches to play ball through gate. Ball must be passed on ground using selected technique</p>	<ul style="list-style-type: none"> ▪ Good passing/receiving technique. Transition on signal. Support angles. ▪ Shielding, turning, change of speed <div style="text-align: center; margin-top: 10px;"> <p>X → O</p> <p style="margin-left: 100px;"><u>PONG</u></p> <p style="margin-left: 100px;">^</p> <p>X → O</p> <p style="margin-left: 100px;">^</p> </div>
<p>3rd Activity <i>Double Goal Shooting</i></p> <ul style="list-style-type: none"> ▪ Each player has a ball and dribbles up to line and shoots at goalie ▪ Retrieve ball and go to opposite line ▪ Both lines are working simultaneously ▪ Switch sides after several minutes <p>Progression: Play 1v1 to a small sided game (distance is about 30-36 yards)</p>	
<p>4th Activity <i>King of the Court</i></p> <p>Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.</p>	<ul style="list-style-type: none"> ▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!) ▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in.
<p>5th Activity (the game) <i>Scrimmage 5v5</i></p> <p>In a 35 x 30 yard grid. 2 teams play against one another and look to score goals. Players should look to play away from the defenders and look to attack goal</p>	