

U8 PRACTICE #4

Appendix B

U8 SOCCER PRACTICE SCHEDULE

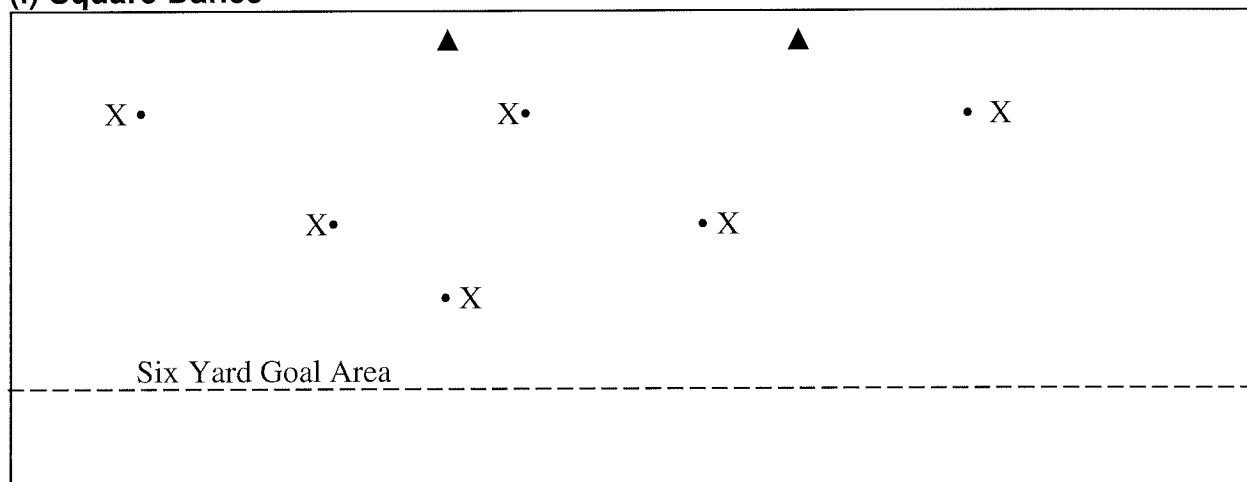
Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6/U8 clinic.

<u>Practice #1</u> <ul style="list-style-type: none"> • Bulldog Soccer + SK drills(12 mins) • Mini-Soccer game.....(10 mins) • Mack II(10 mins) • Mini-Soccer game + Chain-Link Soccer (10 mins) 	<u>Practice #2</u> <ul style="list-style-type: none"> • Square Dance + Anatomy + Space Invaders • Change Soccer game • Mack I • Mini-Soccer game
<u>Practice #3</u> <ul style="list-style-type: none"> • Chain Tag + SK drills • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #4</u> <ul style="list-style-type: none"> • Square Dance +Anatomy +Musical Soccer Balls • Numbers game • Circle Passing • Change Soccer game
<u>Practice #5</u> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack II • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #6</u> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Survivor • Change Soccer game • Mack I • Mini-Soccer game (kids vs. parents?)
<u>Practice #7</u> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack I • Mini-Soccer game + Chain-Link Soccer 	<u>Practice #8</u> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Nutmeg • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Tag game
<u>Practice #9</u> <ul style="list-style-type: none"> • Touch and Go Dribbling + SK drills • Numbers game • Circle Passing Mini-Soccer game + Chain-Link Soccer 	<u>Practice #10</u> <ul style="list-style-type: none"> • Touch and Go Dribbling • Change Soccer game • Corner Shot • Mini-Soccer game (kids vs. parents?)

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(ii) FUN GAMES & INTRODUCTORY ACTIVITIES

(i) Square Dance



Tony Waiters 'Coaching 6-8 year olds' – p.18

- This is played in the 6yd goal area
- Each player has a ball (if possible)
- The players move the ball around the goal area with their feet
- Coaching Points
- Keep ball close (touch, touch, etc)
- Use both feet (left foot only, right foot only, bottom of the foot only)
- Stop the ball with the bottom of the foot
- Stop and turn using the bottom of the foot

(ii) Space Invaders

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- A few parents are space invaders; they try to kick the balls of the players out of the grid
 - No ball can be kicked out if a player stops the ball with the bottom of the foot as a space invader approaches
 - No ball can be kicked out if a player stops the ball and turns as a space invader approaches

(iii) Anatomy

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- When the coach calls out a body part, each player stops the ball with the sole of the foot and touches that body part on the top of the soccer ball
- *Combination examples: right knee & left elbow; left knee and chin; hide ball*

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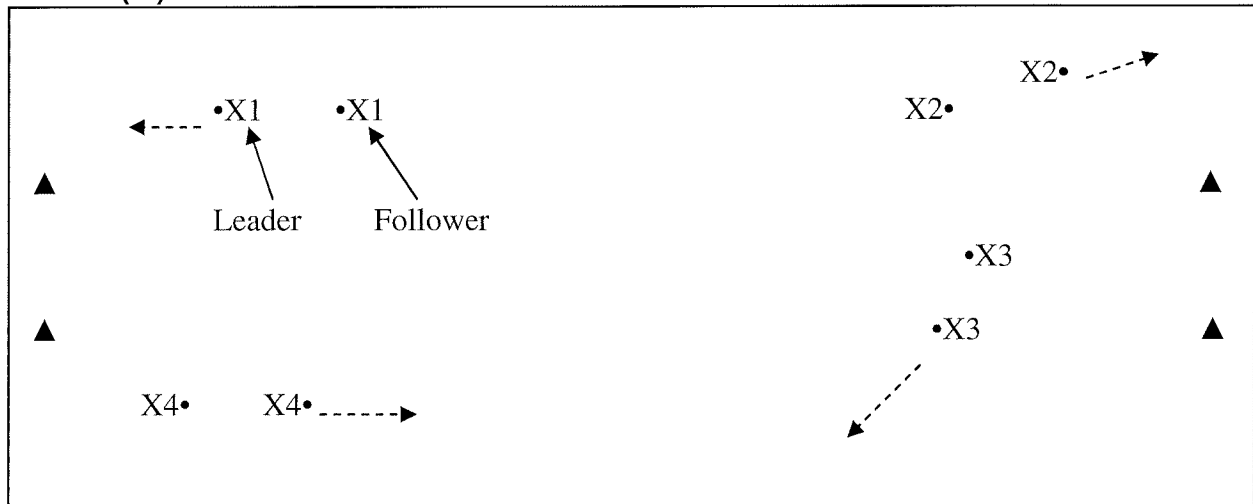
(iv) Musical Soccer Balls

- The game is played in the 6yd goal area (can be played to music)
- All players have soccer balls and dribble around the grid
- When the coach shouts “change”, a player must leave their ball and find another to dribble
- After a while, a couple of parents pick up a ball each when the coach calls out “change”
- Players without a ball must leave the grid
- Play the game until there are just two or four players in the grid

(v) Survivor / Pirates

- This game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- Players try to kick each others balls out of the grid
- Once a player has their ball kicked out of the grid, the player can retrieve the ball and re-join the others in the 6yd goal area

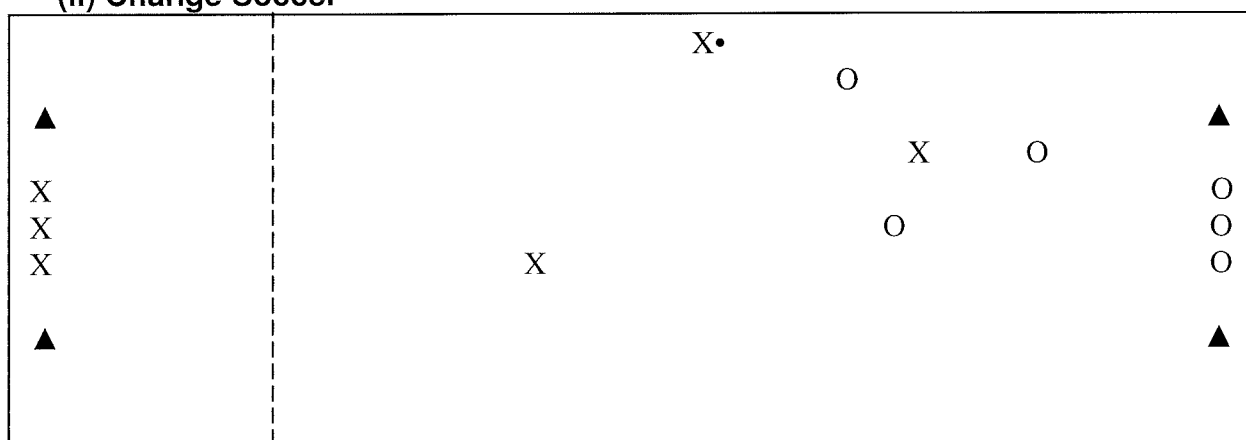
(vi) Shadow Soccer



- This game is played in the whole mini-soccer field
- All the players have a ball
- Partner each player with another player
- One of the players is the leader and the partner is the follower
- The leader runs around the grid, the follower attempts to follow while dribbling with the ball
- Turn – when the coach calls out ‘turn’, both the leader and the follower turn 180 degrees, and reverse roles
- Dribbling – right foot only, left foot only, insides of feet only, outsides of feet only

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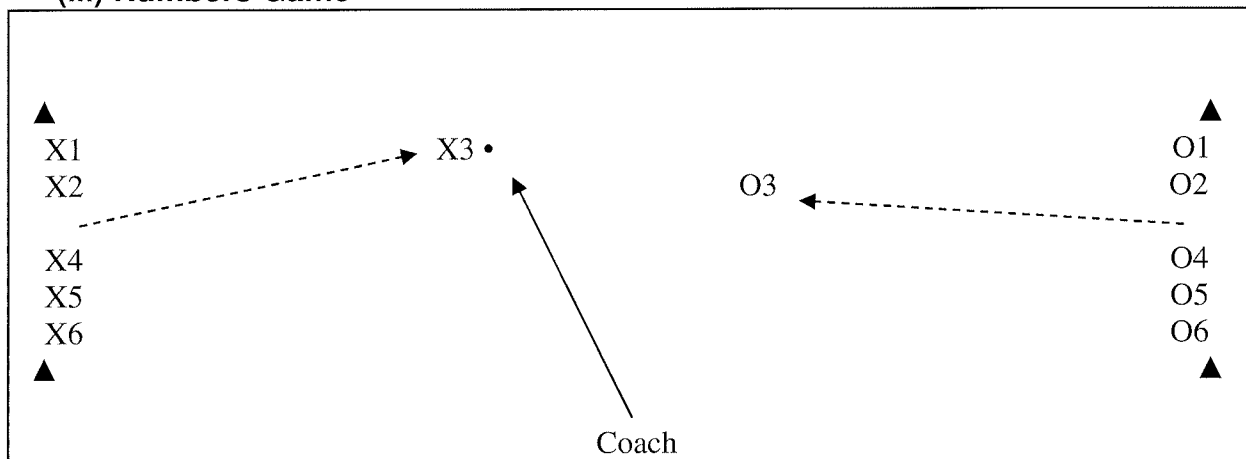
(ii) Change Soccer



Tony Waiters 'Coaching 6-8 year olds' – p.27

- Widen the goals
- Goal may only be scored below knee height
- Parents spread themselves around the perimeter of the field to act as ball retrievers and suppliers
- A couple of parents make sure that the players on the goal-line do not leave until all teammates are back

(iii) Numbers Game

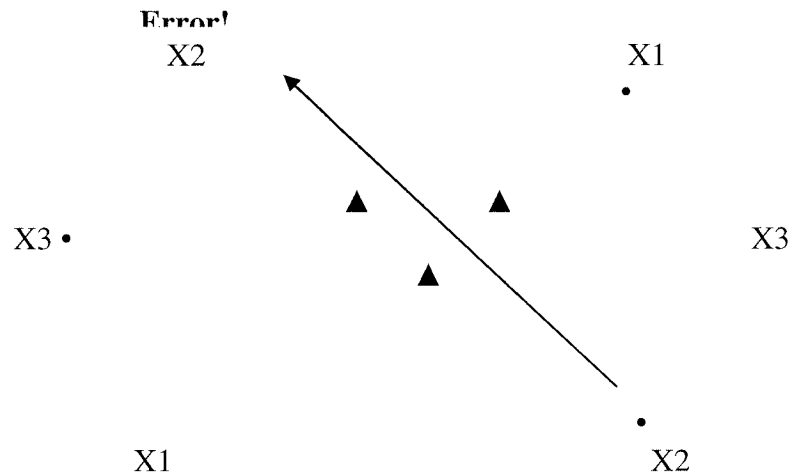


Tony Waiters 'Coaching 6-8 year olds' – p.25

- Give each player on a team a number
- Call out one number to begin with, and then later on call out two numbers
- Attackers go for goal; Defenders stay on their feet
- 15/20 second shifts
- Widen the goals to give shooters some success
- Goal may only be scored if the ball goes into the goal below knee height
- Parents position themselves around the perimeter of the field as ball retrievers
- A couple of parents are behind the goal and remind the players of their numbers; at the end of the season have the children play against parents.

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(vii) Circle Passing



Tony Waiters 'Coaching 6-8 year olds' – p.48

- The players make a circle, radius 5-10yds
- Set up about 3 or 4 marker cones in the middle of the circle, OR even better, have four parents stand (on one leg)
- Players are in pairs, and are on opposite sides of the circle and outside the circle
- One ball per pair
- Players pass the ball with the inside of the foot and attempt to knock down the cones or hit the parents' legs in order to score a goal
- **Competition** – winners are the first pair to score 5 goals
- **Variation**
 - Form two circles of 6 players each (i.e. 3 pairs)
 - First circle to knock down all cones 5 times wins
- **Parents** – keep count of the number of goals for each team