

GREENFIELD AREA SOCCER CLUB

U8 PRACTICE BASIC GUIDE (1 Hr Practice)

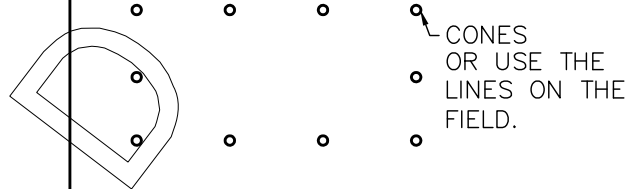
- Dribbling
- Shooting
- Passing
- Games

• Warm-up

300's (Boilermakers)

Dribble the ball around in a area and the coach will call out a number, the players do that move. Key point – look up.

1. Inside foot touches only.
2. Outside foot touches only.
3. Pullback
4. Cruyff – pullback, ball goes behind opp. leg.
5. Pendulums



Cone Run

Place cones throughout the field in 2 lines. Start at 1 end and have the players dribble through the cones when 1 is halfway through start another have them try to score a goal at the end.



• Dribbling

Figure Eight Challenge (Hoosiers)

Time is 45 seconds for each one.

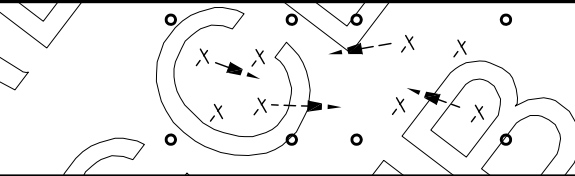
- 1st time – use any foot to get around.
- 2nd time – use only the right foot.
- 3rd time – use only the left foot.



• Passing and receiving

Keep your yard clean

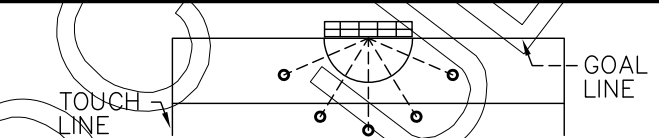
kids across from one another in a 20x20 grid. Keep the soccer balls out of their yard. 1 min. least amount of balls/wins.



• Shooting

Goal shooting

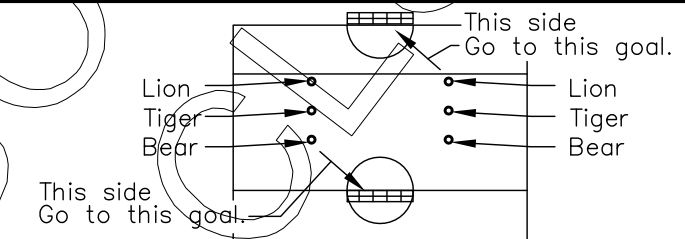
Kick from different areas on the field, switch it up, from side to side.



• Game:

Lions, Tigers and Bears

Pair players across from each other with equal playing skills. Coach throws a ball to the middle than calls out one of the animals and then the 2 players go after the ball and try to go to their goal.



• Game Scrimmage:

Form 2 teams and play a game. Try to make teams equal in ability.

• Coach's Points

Dribbling:

1. Close Control of the ball.
2. Head's up – see what is going on around you.
3. Change direction with he ball.
4. Change speed with the ball.

Shooting:

1. Encourage shooting
2. Looat at target – the goal.

Team Spirit:

1. Team name: Cougars etc.
2. Team Work.



Note: These are basic practice guidelines to help you, build upon them and change as necessary.