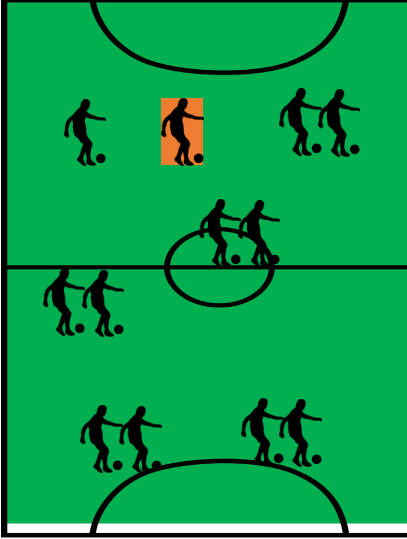
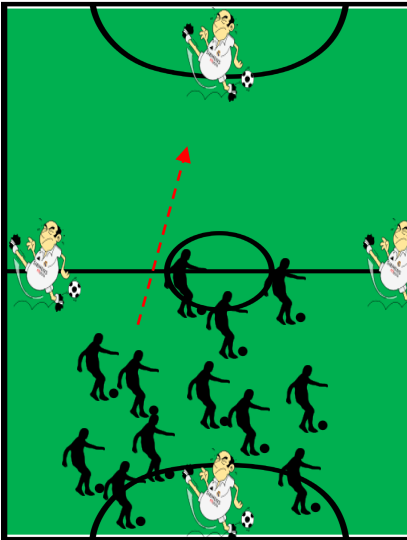


# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

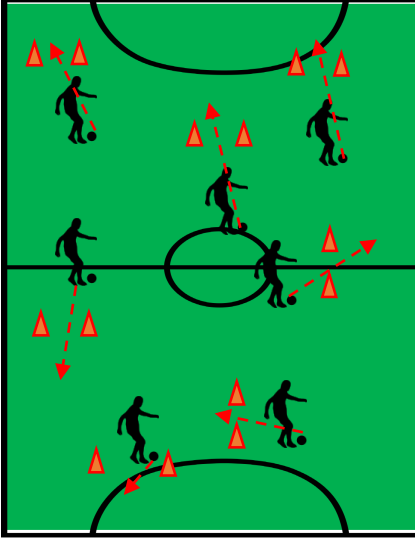
### Week 1

<p><b><u>THEME</u></b> Dribbling and Agility</p> <p>Warm up</p> <p><b><u>Purpose</u></b></p> <p>Improve coordination</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>no soccer balls</p> <p>Players are joined by the elbows</p> <p>1 chaser</p> <p>1 runner</p>	<p><b><u>EXECUTION</u></b> Coach pairs players up and have them connect arms by their elbows. The chaser attempts to tag the runner. The runner is safe if he joins a pair by the elbow. Once the runner joins a pair. The player opposite of the runner must break off and now become the new runner.</p> <p>Advance: Have the chaser and runner switch roles if it takes to long for someone to get tagged.</p>	<p><b><u>COACHING</u></b> -change of speed -change of direction -agility -fun</p>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Dribbling and Agility</p> <p>Individual skill activity</p> <p><b><u>Purpose</u></b></p> <p>Improve dribbling and agility</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per player</p> <p>4 parents/volunteers</p>	<p><b><u>EXECUTION</u></b> Players spread throughout the grid. Parent volunteers position themselves on 4 sides of the grid. On the command "GO" one of the volunteers will raise their hand in the air. The players will then dribble towards that volunteer. As the Players get close another volunteer will raise their hands and the players will turn and dribble towards them.</p>	<p><b><u>COACHING</u></b> -dribbling with head up -change of speed -use all surfaces of the foot -keep the ball close to the body</p>	<p>Diagram</p> 

# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

Week 1

<p><b><u>THEME</u></b> Dribbling and Agility</p> <p>Integrated group activity</p> <p><b><u>Purpose</u></b></p> <p>Improve Dribbling and Agility under pressure</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per player</p> <p>2 yard gates (cones/discs)</p>	<p><b><u>EXECUTION</u></b> Players will dribble through as many gates as they can in 1 min increments. Players who dribbles through the most gates wins. Players can not dribble through the same gate successively.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-coordination</li> <li>-dribbling</li> <li>-change of speed</li> <li>-change of direction</li> <li>-agility</li> <li>-field vision</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Dribbling and Agility</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><b><u>Purpose</u></b></p> <p>Improve dribbling and Agility</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 30yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 3 ball</p>	<p><b><u>EXECUTION</u></b> If a team gets scored on they must exit the field expeditiously.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-Control of the ball</li> <li>-field vision</li> <li>-heads up</li> <li>-burst of speed</li> </ul>	<p>Diagram</p> 