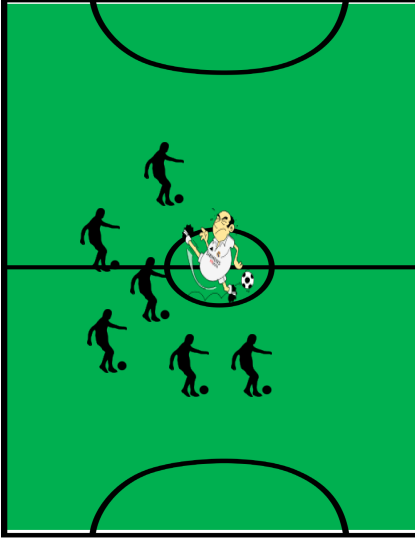
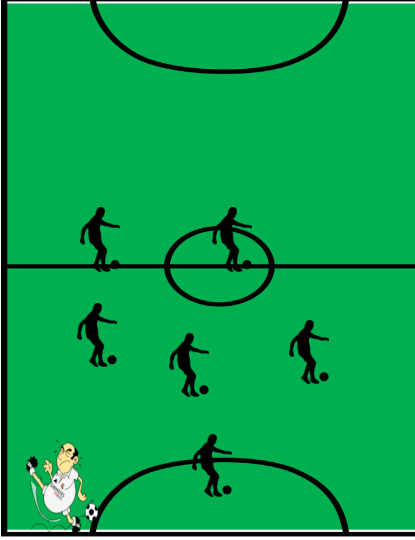


OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

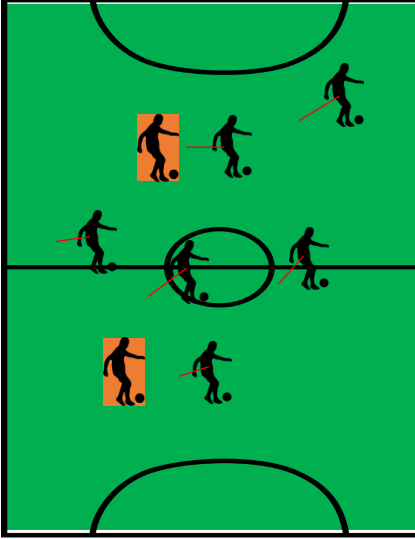
Week 2

<p><u>THEME</u> Ball control and turning</p> <p>Warm up</p> <p><u>Purpose</u> Improve coordination</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per player</p>	<p><u>EXECUTION</u> Each player spreads out around the coach in the grid. The coach instructs the players to pick up their balls and bring them to the coach. The coach in turn tosses the players ball in a random direction. Players are to retrieve their balls by picking them up and bring back to the coach.</p> <p>Advance: Coach should move around randomly Have the players -hop back, skip, dribble back, roll back</p>	<p><u>COACHING</u> -change of direction -change of speed -turning -anticipation -ball control -fun</p>	<p>Diagram</p> 
<p><u>THEME</u> Ball control and turning</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve ball control and turning</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per player</p>	<p><u>EXECUTION</u> Each player spreads out around the grid with their balls on the ground. On the command “green” the players will execute a turn around movement (drag back, chop the ball) and top the ball with the bottom of their feet.</p>	<p><u>COACHING</u> -dribbling with your head up -turning with the ball -change of speed -change of direction -ball control -use of all surfaces of the foot</p>	<p>Diagram</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

Week 2

<p><u>THEME</u> Ball control and turning</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve Ball control and turning under pressure</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per player</p> <p>1 penny or jersey per player</p>	<p><u>EXECUTION</u> Each player spreads at around the grid with a ball. Pick two players to be the chasers. On the command go the players dribble around the grid avoiding the chasers. When a chaser grabs the penny or a towel of a runner the runner now becomes a chaser and the chaser becomes a runner. The new chaser must capture a new players penny or jersey.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -head up while dribbling -turning -change of speed and direction -anticipation -finding the open space -agility -fun 	<p>Diagram</p> 
<p><u>THEME</u> Ball control and turning</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve Ball control and turning</p>	<p><u>PLAY DESIGNATION</u> 30 x 35yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 4 ball</p>	<p><u>EXECUTION</u> If a team gets scored on they must exit the field expeditiously.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Control of the ball -field vision -heads up -burst of speed 	<p>Diagram</p> 