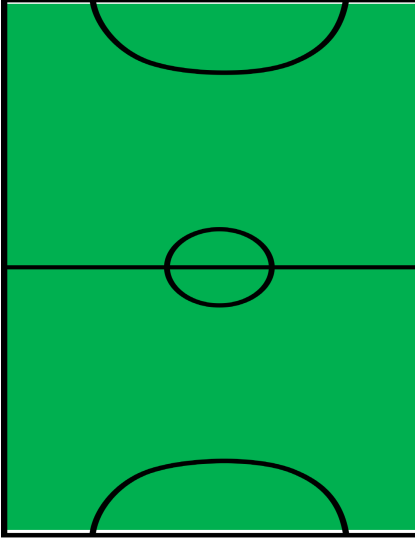
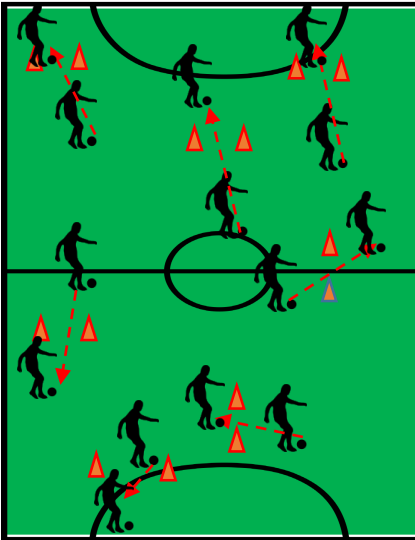


# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

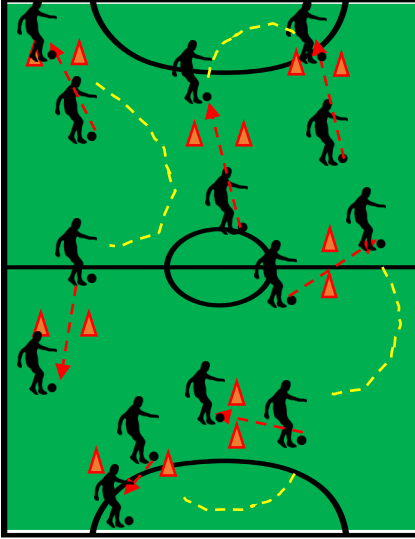
### Week 3

<p><b><u>THEME</u></b></p> <p>Passing</p> <p>Warm up</p> <p><b><u>Purpose</u></b></p> <p>Improve coordination</p>	<p><b><u>PLAY DESIGNATION</u></b></p> <p>20 x 20yard grid</p>	<p><b><u>EXECUTION</u></b></p> <p>Game of coach says. “Simon Says”</p> <p>Tip: Be creative with your commands.</p> <ul style="list-style-type: none"> <li>-run</li> <li>-jump</li> <li>-toss the ball in the air</li> <li>-touch your toes</li> <li>-etc.</li> </ul>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-have fun</li> <li>-be creative</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b></p> <p>Passing</p> <p>Individual skill activity</p> <p><b><u>Purpose</u></b></p> <p>Improve Passing</p>	<p><b><u>PLAY DESIGNATION</u></b></p> <p>30 x 30yard grid</p> <p>Randomly placed 5 yard gates.</p> <p>1 ball per 2 players</p>	<p><b><u>EXECUTION</u></b></p> <p>Players pass the ball between the gates with no more than two touches per player. Use a cadence of 1,2,3 (receive, touch, pass).</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-players stay on their toes.</li> <li>-pass the ball with the instep.</li> <li>-use touch</li> <li>-strike the ball with the appropriate force to arrive at your teammate.</li> <li>-be aggressive to the ball.</li> </ul>	<p>Diagram</p> 

# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

### Week 3

<p><b><u>THEME</u></b> Passing</p> <p>Integrated group activity</p> <p><b><u>Purpose</u></b></p> <p>Improve Passing under pressure</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per player</p> <p>randomly placed 2 yard gates</p>	<p><b><u>EXECUTION</u></b> Teams of two will pass their ball through as many gates as possible with in 1 min. Teams will alternate from gate to gate. Teams can not go through the same gate successively.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-players stay on their toes.</li> <li>-pass the ball with the instep.</li> <li>-use touch</li> <li>-strike the ball with the appropriate force to arrive at your teammate.</li> <li>-be aggressive to the ball.</li> <li>-communication</li> <li>-field vision</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Passing</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><b><u>Purpose</u></b></p> <p>Improve Ball control and turning</p>	<p><b><u>PLAY DESIGNATION</u></b> 30 x 35yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 4 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> 