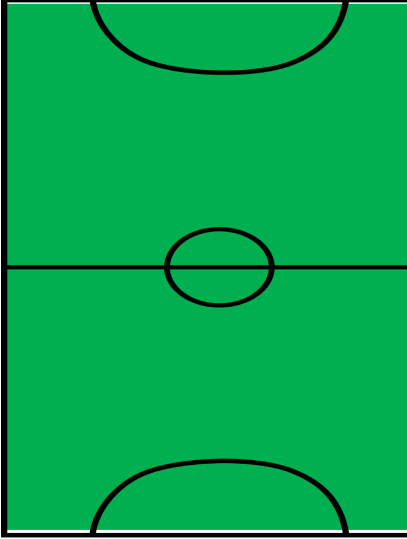
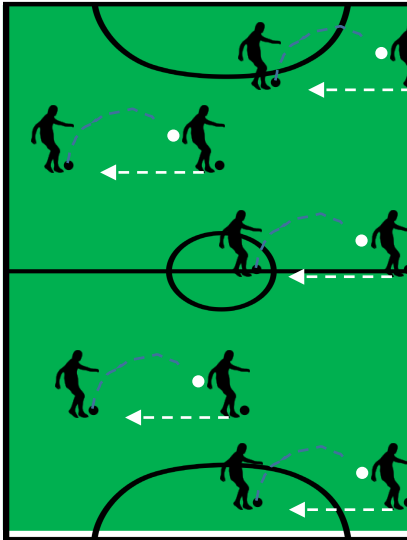


OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

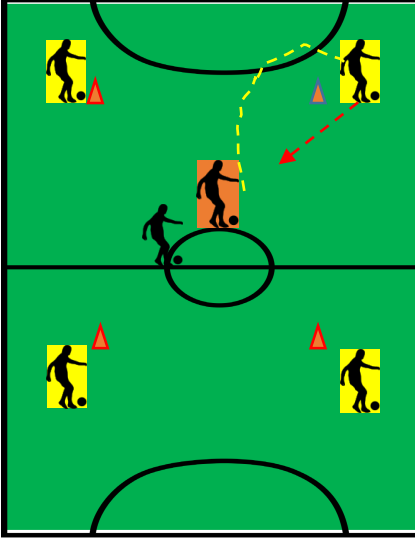
Week 4

<p><u>THEME</u> Receiving the ball</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> Juggling the Ball -Each player attempts to keep the ball in the air with any part of their body except hands Each touch on the ball is counted as 1 point unless the ball touches the ground. Who can get the most touches before the ball hits the ground.</p>	<p><u>COACHING</u> -remain loose -keep your eyes on the ball -use appropriate touch on the ball. Lift the ball versus strike the ball.</p>	<p>Diagram</p> 
<p><u>THEME</u> Receiving the ball</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve Receiving the ball</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per 2 players</p>	<p><u>EXECUTION</u> Players pair up and spread around the grid with in coaching distance. One player feeds the ball by tossing, or bounce passing the ball. The second player receives the ball with -foot -thigh -chest -change roles every 60 seconds</p>	<p><u>COACHING</u> -players stay on their toes. -pass the ball with the instep. -use touch -strike the ball with the appropriate force to arrive at your teammate. -be aggressive to the ball.</p>	<p>Diagram</p> 

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U8 Practice Plan

Week 4

<p><u>THEME</u> Receiving the ball</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve Receiving the ball under pressure</p>	<p><u>PLAY DESIGNATION</u> 10 x 10yard grid</p> <p>4 ball handlers</p> <p>1 defender</p> <p>1 attacker</p> <p>4 soccer balls</p> <p>1 assistant coach</p>	<p><u>EXECUTION</u> Players split into groups of 6. 4 handlers position themselves at each corner with a soccer ball. The attacker must shake the defender and receive a ball from anyone of the 4 handlers and then pass the ball back to them.</p> <p>The objective is to get the attacker moving without the ball. Shielding the defender to prevent pressure and controlling the pass with soft touch on the ball.</p>	<p><u>COACHING</u> -Communication -body position -change of speed -change of direction -field vision Tip: Extra players in waiting should continue working on the previous drill with a parent or assistant coach until it is their turn. Rotate players as needed.</p>	<p>Diagram</p> 
<p><u>THEME</u> Receiving the ball</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve Receiving the ball</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> -Control of the ball -field vision -heads up -burst of speed</p>	<p>Diagram</p> 