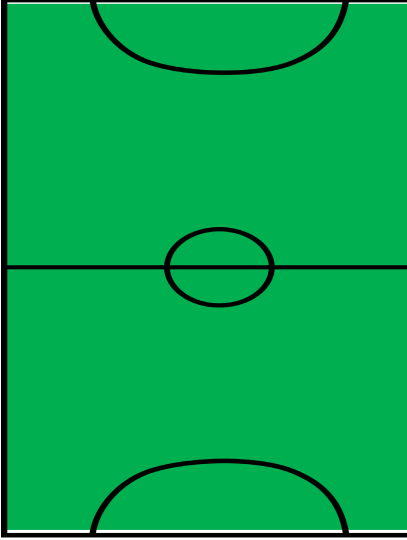
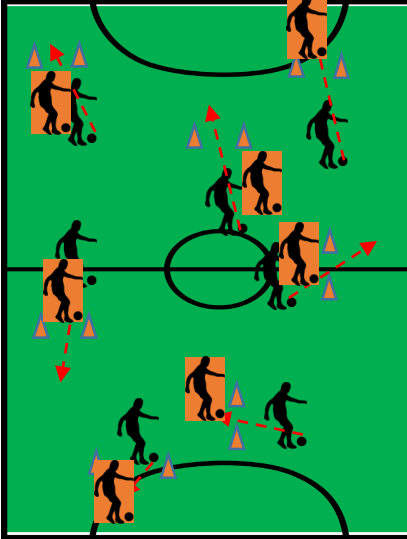


# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

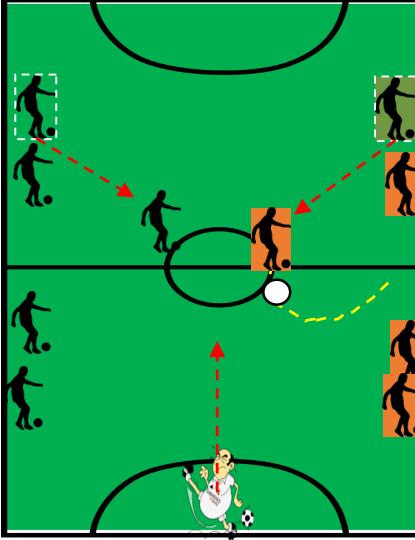
### Week 5

<p><b><u>THEME</u></b> Ball possession</p> <p>Warm up</p> <p><b><u>Purpose</u></b> Improve coordination</p>	<p><b><u>PLAY DESIGNATION</u></b> <b>Shark Tank</b></p> <p>20 x 20yard grid</p> <p>1 ball per player</p> <p>2 Players with out a ball</p>	<p><b><u>EXECUTION</u></b> Players are spread out on the pitch. On the coaches command the sharks will fan out and attempt to kick a player's ball outside of the grid. Once a player's ball leaves the grid that player must retrieve their ball and practice juggling. The round is over after the sharks eliminate all players or after the 1 min time limit has been reached. The last player in the Shark tank wins.</p>	<p><b><u>COACHING</u></b> -change of speed -change of direction -agility -coordination <b>-SHIELDING THE BALL</b></p>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Ball possession</p> <p>Individual skill activity</p> <p><b><u>Purpose</u></b> Improve Ball possession</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball</p> <p>Players pair up (1 defender/ 1 attacker)</p> <p>random 2 yard gates in the grid.</p> <p>2 min drills</p>	<p><b><u>EXECUTION</u></b> On the command "go" the attackers attempt to dribble through as many gates as possible. The defenders attempt to take the ball or block the gate. If a defender wins the ball the defender must shield the ball until the round is over or the attacker wins the ball back. At that time the match continues as normal until the round ends.</p> <p>-Rotate the roles constantly</p>	<p><b><u>COACHING</u></b> -change of speed -change of direction -agility -coordination <b>-SHIELDING THE BALL</b></p> <p>Tip: Allow the players to be lose and free. This is a time for them to have freedom to express themselves. Adjust the rounds time to ensure players are getting the right amount of practice.</p>	<p>Diagram</p> 

# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U8 Practice Plan

Week 5

<p><b><u>THEME</u></b> Ball possession</p> <p>Integrated group activity</p> <p><b><u>Purpose</u></b> Improve Ball possession under pressure</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball</p>	<p><b><u>EXECUTION</u></b> Coach divides the players on each side of the grid. Designate each player with a number <u>Team 1</u>    <u>Team 2</u> 1-5        1-5 The coach calls out a number 1-5 and the players from the respective team with the called number will run into the grid. Simultaneously the coach will roll or throw in a ball down the center of the grid. The players must win the ball and dribble it back to their side. First team to 5 wins the round.</p>	<p><b><u>COACHING</u></b> -Eyes up to see your goal -field vision -players should encourage each other -shielding -change of speed -change of direction</p>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Receiving the ball</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><b><u>Purpose</u></b> Improve Ball possession</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> -Control of the ball -field vision -heads up -burst of speed</p>	<p>Diagram</p> 