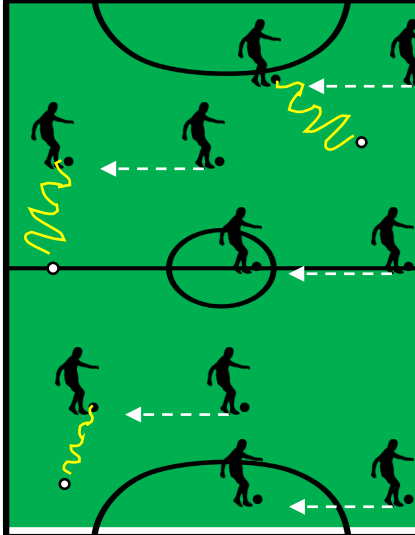
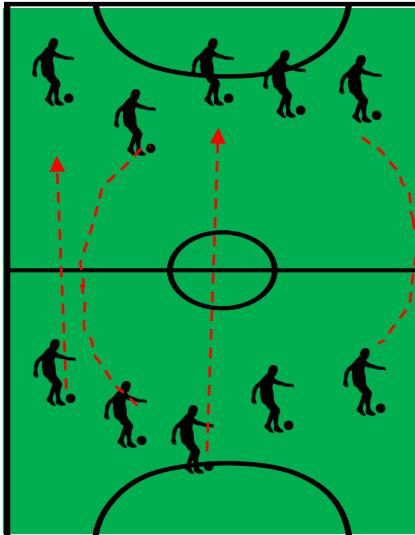


OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

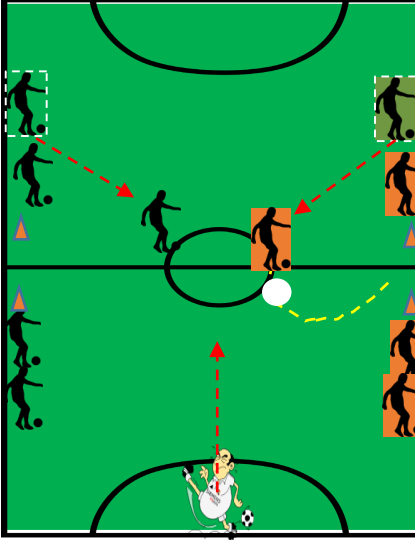
Week 6

<p><u>THEME</u> Striking the ball</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>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 tries to hit another players ball with their soccer ball while moving.</p> <p>Advance: Make two teams. One team is the passer and the other team are dribblers.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Locked ankles -strike through the middle of the ball with laces. -accuracy -proper technique -hips and shoulder position 	<p>Diagram</p> 
<p><u>THEME</u> Striking the ball</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve Striking the ball</p>	<p><u>PLAY DESIGNATION</u> 30 x 30yard grid</p> <p>2 teams</p> <p>3 or more balls per team</p>	<p><u>EXECUTION</u> Coach will split teams on opposite sides of the grid. Each team will get three or more soccer balls. On the command “go” the players will strike their balls to the oppositions half of the grid. The team with the least amount of balls on their side after 1 min wins the round.</p> <p>Advance: Players must pass the ball once to a team mate before striking the ball across.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Locked ankles -strike through the middle of the ball with laces. -accuracy -proper technique -hips and shoulder position -Do not allow the same players to strike the ball over and over. 	<p>Diagram</p> 

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U8 Practice Plan

Week 6

<p><u>THEME</u> Striking the ball</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve Striking the ball under pressure</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>2 goals</p> <p>2 teams</p>	<p><u>EXECUTION</u> Coach will split the players evenly behind each goal. The coach will then call out players from both sides to compete for the ball and attempt to strike on the opponent's goal.</p> <p>Advance: Call out more than 1 player at a time for a 2v2 or 3v3.</p>	<p><u>COACHING</u> -Shielding -quick strikes -follow through -proper technique</p>	<p>Diagram</p> 
<p><u>THEME</u> Striking the ball</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve Striking 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> 