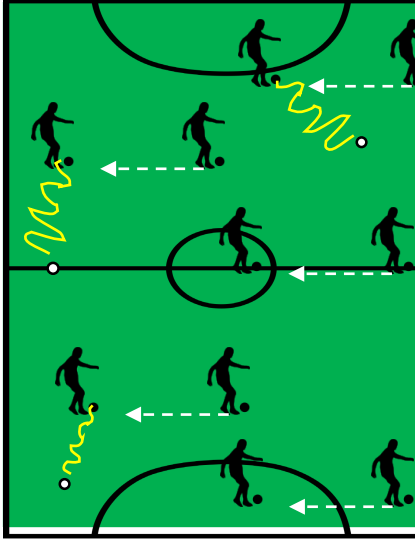
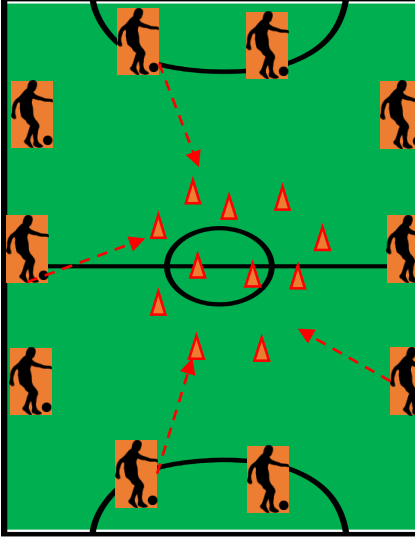


OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

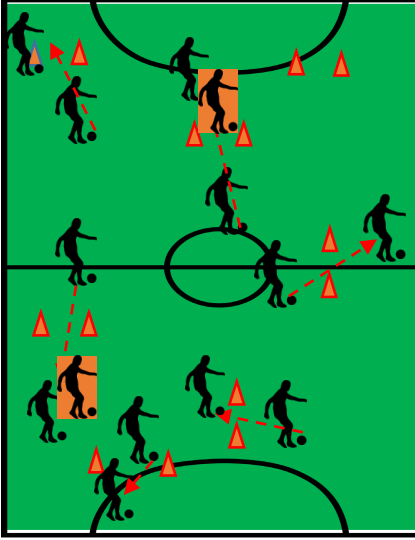
Week 7

<p><u>THEME</u> Passing</p> <p>Warm up</p> <p><u>Purpose</u> Improve Passing</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per player</p> <p>1 min round</p>	<p><u>EXECUTION</u> Each player tries to hit another players ball with their soccer ball while moving.</p> <p>Players get 1 point for each hit. Players lose a point when their ball is hit. Player with the most points after 1 min wins the round.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Locked ankles -passing with the in-step -accuracy -proper technique -hips and shoulder position 	<p>Diagram</p> 
<p><u>THEME</u> Passing</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve Passing</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per 2 players</p> <p>cones/disc markers</p>	<p><u>EXECUTION</u> Coach will position pairs on opposite sides around the grid. Team members will attempt to knock down as many cones as they can with in 1 min.</p> <p>Advance: Reduce the time limit. -have the players compete as a team against the clock versus each other.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -accurate passes -use both feet -heads up to see the field -strike through the ball -use the in-step 	<p>Diagram</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

Week 7

<p><u>THEME</u> Passing</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve Passing under pressure</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>4 two yard gates on each side of the grid.</p> <p>1 ball per player except defenders</p>	<p><u>EXECUTION</u> Coach designates 4 pairs as attackers and 2 pairs as defenders. The attackers attempt to pass their balls through as many gates as possible. The defenders must prevent the attackers from scoring. Attackers can not pass through the same gate successively. (rotate)</p> <p>Advance: If defenders knocks ball out of bounds the team must pass the ball 5 times outside of the grid before they can return.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -accurate passes -use both feet -heads up to see the field -strike through the ball -use the in-step 	<p>Diagram</p> 
<p><u>THEME</u> Passing</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve Passing</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> 