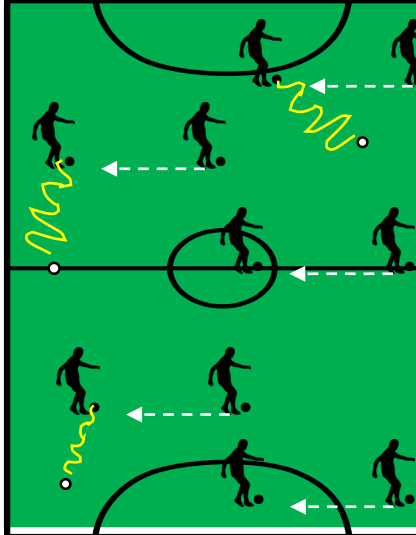
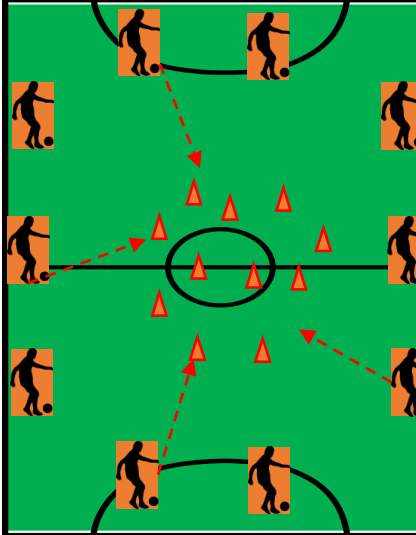


OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

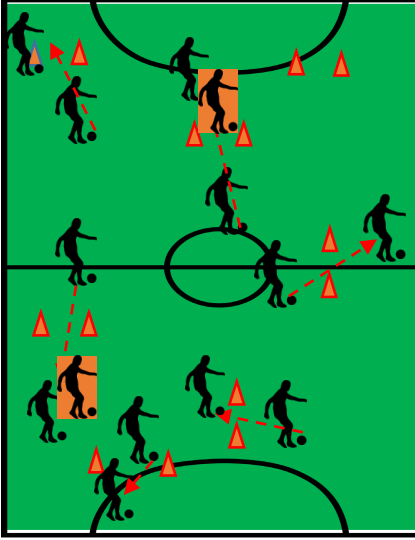
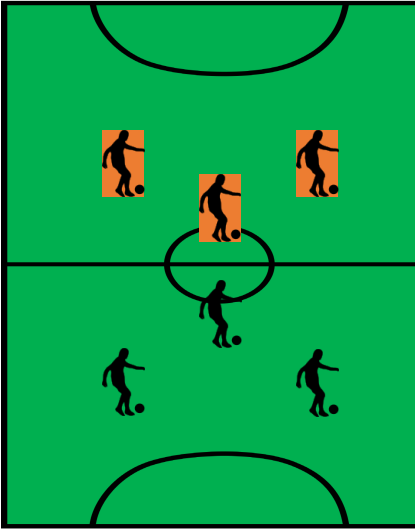
Week 8

<p><u>THEME</u> Attacking</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>4 cones</p>	<p><u>EXECUTION</u> Players spread out in the grid. Players will dribble around the grid as the coach calls out varying moves. -backwards, dribble right or left -front laces -sole of the feet</p>	<p><u>COACHING</u> Let the players express themselves and have fun.</p>	<p>Diagram</p> 
<p><u>THEME</u> Attacking</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve Attacking</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> -accurate passes -use both feet -heads up to see the field -strike through the ball -use the in-step</p>	<p>Diagram</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U8 Practice Plan

Week 8

<p><u>THEME</u> Attacking</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve Attacking 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> Attacking</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve Attacking</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> 

--	--	--	--	--