

# MYSL Youth Soccer Club U8 Practice Plan

## Week 1 Dribbling

Activity 1	Activity Description	Duration
	<p><b>Soccer Ready Position:</b> All Players dribbling there soccer ball. When the coach says soccer ready position players must stop the ball and lightly put the sole of their foot on the soccer ball and look up at the coach.</p> <p><b>Coach:</b> This will help you get the players attention throughout the season. Every time you want to change pace, switch drills or get the players attention call out soccer ready.</p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Dribbling:</b> Have all players line up on one side of the field and dribble across to the other side. Have them stop soccer ready position turn around and dribble back.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=hI5LI2H9GR4">https://www.youtube.com/watch?v=hI5LI2H9GR4</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Body Part Dribble:</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p><b>Coach:</b> Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=xEJfAjy3xrY&amp;index=13&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM">https://www.youtube.com/watch?v=xEJfAjy3xrY&amp;index=13&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Red Light/Green Light:</b> With the coaches back facing to the players, they yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, they wait a moment and then turn to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=3X37QIBIR-8">https://www.youtube.com/watch?v=3X37QIBIR-8</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

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## Week 2 Throw-ins and Corner Kicks

Activity 1	Activity Description	Duration
	<p><b>Throw-In:</b> Explain the reason for a throw-in. When the opposing team kicks the ball out of bounds on the side lines. For a basic throw in make sure players have the ball with both hands and throw directly over their head. Make sure both feet are on the ground at all times during the throw in. *Different variations include throwing the ball in when a defender is in front throw the ball downfield, when the defender is behind throw the ball into their feet</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=a36mEiah-HM">https://www.youtube.com/watch?v=a36mEiah-HM</a></p>	<p><b><u>8 Minutes</u></b></p>
	<p><b>Corner Kicks:</b> Explain the reason for a corner kick. When the opposing team kicks the ball out of bounds at the end lines (the goals). For a basic corner kick make sure players have the ball set and take a quick running start and pass to the center of the field. *Different variations include quick pass to a teammate.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=siBmXIX_DvI">https://www.youtube.com/watch?v=siBmXIX_DvI</a></p>	<p><b><u>10 Minutes</u></b></p>
	<p><b>Passing Line Drill:</b> Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with laces of their cleats as shown in the video below. After a couple minutes have players switch partners and continue shooting to each other.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=fFc9HA0XHvY">https://www.youtube.com/watch?v=fFc9HA0XHvY</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Ball Tag/Kick the Coach:</b> All players will start with the ball and when the coach says GO the players will dribble and shoot the ball at the coach.</p> <p><b>Coach:</b>            Run 😊. If you want to spice it up when the players kick you allow them to choose an animal that you will act out after getting tagged</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=BilrRgwXqqA">https://www.youtube.com/watch?v=BilrRgwXqqA</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage            Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate            Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>


# MYSL Youth Soccer Club U8 Practice Plan

## Week 3 Shooting

Activity 1	Activity Description	Duration
	<p><b>Dribbling:</b> Have all players line up on one side of the field and dribble across to the other side. Have them stop soccer ready position turn around and dribble back.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=h15LI2H9GR4">https://www.youtube.com/watch?v=h15LI2H9GR4</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Shooting the Ball:</b>            Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with laces of their cleats as shown in the video below. After a couple minutes have players switch partners and continue shooting to each other.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=fFc9HA0XHvY">https://www.youtube.com/watch?v=fFc9HA0XHvY</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Ball Tag:</b>            All Players start with a ball and dribble in the field. When the coach says go the players are to shoot the ball at each other</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=09HBJIDksC8&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&amp;index=11">https://www.youtube.com/watch?v=09HBJIDksC8&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&amp;index=11</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Turkey Shoot/Pass:</b> Set up cones all over the field. Have all the players with a ball dribble and either pass or shoot the ball and hit the cone. Have the players run and hit as many cones as possible and have them keep count of how many cones they hit.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=D98j5YzMqAY&amp;index=25&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM">https://www.youtube.com/watch?v=D98j5YzMqAY&amp;index=25&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage            Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate            Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

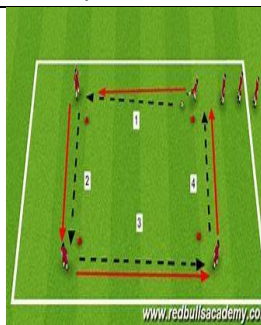

# MYSL Youth Soccer Club U8 Practice Plan

## Week 4 Passing

Activity 1	Activity Description	Duration
	<p><b>Dribbling Line Drills:</b> Set up cones on the field and form 2 lines. Have players dribble around and through the cones. Set up the cones in a line, zig-zagged, and any formation that makes it fun for the players.</p> <p><b>Coach:</b> Have the players use both feet, then switch to right foot only, left foot only, and use the outside of their feet only, and inside of their feet only.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=L7Ye6ALjbtg">https://www.youtube.com/watch?v=L7Ye6ALjbtg</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Passing Line Drill:</b> Line up players across from each other, with the cones set up approx. 10 yards away from each other. Instead of maneuvering the cones have the players pass the ball every time they reach a cone. Have them go the length of the field stop and return after all players have gone.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=pSOxxvGOIIs">https://www.youtube.com/watch?v=pSOxxvGOIIs</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=iRVXIGuOT6I&amp;list=PLBW2jzyBRstf5L_PmL8sT9rD4YPeriMKM&amp;index=2">https://www.youtube.com/watch?v=iRVXIGuOT6I&amp;list=PLBW2jzyBRstf5L_PmL8sT9rD4YPeriMKM&amp;index=2</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Dribbling through Gates:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Do 30 second intervals and have the players keep count how many times they went through a gate.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=2y8aaghFp6U&amp;list=PLBW2jzyBRstf5L_PmL8sT9rD4YPeriMKM&amp;index=14">https://www.youtube.com/watch?v=2y8aaghFp6U&amp;list=PLBW2jzyBRstf5L_PmL8sT9rD4YPeriMKM&amp;index=14</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

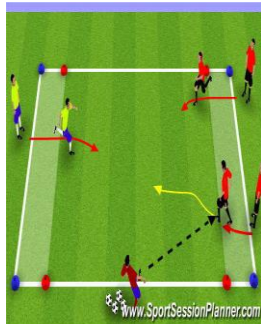


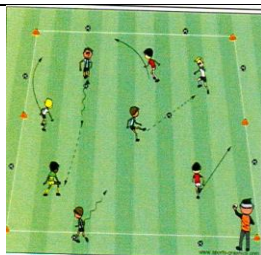

# MYSL Youth Soccer Club U8 Practice Plan

## Week 5 Footwork

Activity 1	Activity Description	Duration
	<p><b>Simon Says/Mirror:</b> Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet (bells)</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul> <p><b>Video Link:</b> <b>Need MYSL Video for this drill</b>  <a href="https://www.youtube.com/watch?v=7HKMIG9auOo">https://www.youtube.com/watch?v=7HKMIG9auOo</a></p>	<p><b><u>12 Minutes</u></b></p>
	<p><b>Passing Square/Triangle:</b> U5 line up 3 players in a triangle, U6 line up in a square and have the players kick the ball in sequence to each other. Start with only 1 ball</p> <p><b>Coaches Tips:</b> Add a second ball as seen in the video. Have the players start rotating as in video #2</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=cHUcfsxknIY">https://www.youtube.com/watch?v=cHUcfsxknIY</a>  <a href="https://www.youtube.com/watch?v=XAYr8AsLEAA">https://www.youtube.com/watch?v=XAYr8AsLEAA</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Center Stage:</b> All players will dribble their soccer ball on the field at their own speed. The coach will call out a player’s name and the player will go into soccer ready position. All the other players must dribble to the player whose name the coach called and get into soccer ready position. Once everyone is in soccer ready the coach will call out dribble. Repeat until all the players have had a chance to be Center Stage.</p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Pirates/Buried Treasure:</b> Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island. The kids will need to go one at a time and pick up <b>one</b> piece of treasure (cone/pinney) and bring it back to the pirate ship. Play the first round without soccer balls. Once they understand the game players should kick a soccer ball down with them.</p>	<p><b><u>6 Minutes</u></b></p>
<p>Scrimmage</p> 	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don’t have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>14 Minutes</u></b></p>

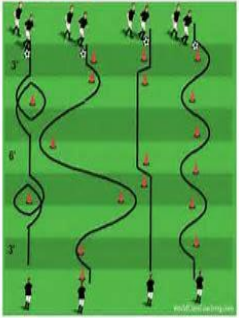

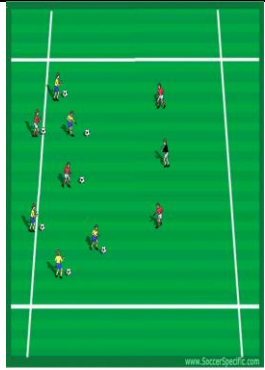

# MYSL Youth Soccer Club U8 Practice Plan

## Week 6 Defense

Activity 1	Activity Description	Duration
	<p><b>2v1 Pass or Dribble:</b> Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control.</p> <p>If the attackers score: 1 point. If the defender steals the ball and scores: 2 points.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=U9JpUTCgXMU">https://www.youtube.com/watch?v=U9JpUTCgXMU</a></p>	<p><b><u>8 Minutes</u></b></p>
	<p><b>Circle the Cones:</b> All Players with a ball try to dribble in a circle around as many cones as they can.</p> <p><b>Coach:</b> Do 30 second intervals and have the players keep count how many times they circled a cone.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=ysR5IelsQzs">https://www.youtube.com/watch?v=ysR5IelsQzs</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Boston Bulldogs:</b> In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=KuU0RzVJOcA">https://www.youtube.com/watch?v=KuU0RzVJOcA</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Cops and Robbers:</b> All the players are spread out on the field and 2 players have a ball (the cops). When the coach says: "let's catch some robbers" the cops attempt to catch the robbers by kicking the ball and striking the robbers below the knee. Once the robber is tagged with the ball they will go get their ball and become a cop.</p> <p><b>Video Link:</b> <a href="https://www.youtube.com/watch?v=aWwFETHJdTO">https://www.youtube.com/watch?v=aWwFETHJdTO</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>18 Minutes</u></b></p>

# MYSL Youth Soccer Club U8 Practice Plan

## Week 7 Dribbling

Activity 1	Activity Description	Duration
	<p><b>Dribbling Line Drills:</b> Set up cones on the field and form 2 lines. Have players dribble around and through the cones. Set up the cones in a line, zig-zagged, and any formation that makes it fun for the players.</p> <p><b>Coach:</b> Have the players use both feet, then switch to right foot only, left foot only, and use the outside of their feet only, and inside of their feet only.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=L7Ye6aLjbtg">https://www.youtube.com/watch?v=L7Ye6aLjbtg</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Dribbling Line Drills:</b> Move the cones closer together as seen in the below 2 videos and have the players move the ball with specific parts of their feet to hone their skills.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=gNqQJkLk1IU">https://www.youtube.com/watch?v=gNqQJkLk1IU</a>  <a href="https://www.youtube.com/watch?v=OL4YnEPnGKI">https://www.youtube.com/watch?v=OL4YnEPnGKI</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Cross Over Dribbling:</b> All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says "GO" the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=84Zfys6LjhA">https://www.youtube.com/watch?v=84Zfys6LjhA</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Space Traveler's:</b> All players start on the same end-line with a ball. They have to travel through time across the galaxy to the other end-line, without losing their ball <b>to the coach (The space invader)</b>. If the coach captures a player's ball they immediately join the space invaders team. The game keeps going from one end to the other until the coach declares the winners. Each time there will be more and more players joining the space invader and the degree of difficulty increases for the space travelers. This game is exciting and teaches direction as well as running with the ball.</p>	<p><b><u>6 Minutes</u></b></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

# MYSL Youth Soccer Club U8 Practice Plan

## Week 8 Shooting

Activity 1	Activity Description	Duration
	<p><b>The River:</b> Have the player's line up at the edge of a line of cones and the object is to kick the ball across the line of cones across from them. Have them retrieve their ball and line up to do it again.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=m_ZN5Lh3c3E">https://www.youtube.com/watch?v=m_ZN5Lh3c3E</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Practice Kick Shooting the Ball:</b>            Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players pick up the ball and kick the ball back and forth to their teammate <b>with laces of their cleats</b> as shown in the video below. After a couple minutes have players switch partners and continue kicking to each other.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=F535Z6cZnPU">https://www.youtube.com/watch?v=F535Z6cZnPU</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Shooting the Ball:</b>            Line up the player's around the goal. Put them all on a cone. Count to 3 and have them all kick the ball at the same time. Make sure that they DO NOT retrieve their ball until all the players have taken a shot. When they retrieve their ball they need to line up at a different cone. Repeat for 6 minutes.</p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>I Can do something, Can you:</b> Coaches shows something they can do and the players have to repeat it? Then each player gets a chance to show something they can do (refer to the below video).</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=1VapRIL0yBM">https://www.youtube.com/watch?v=1VapRIL0yBM</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>4v4 - Scrimmage</b>            Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate            Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>



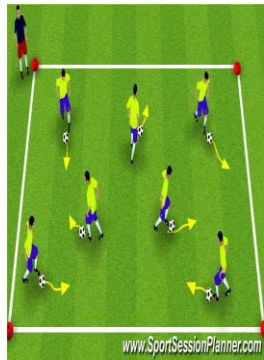
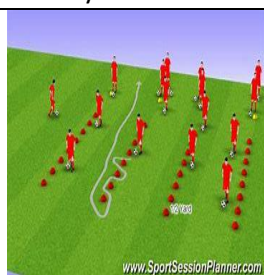
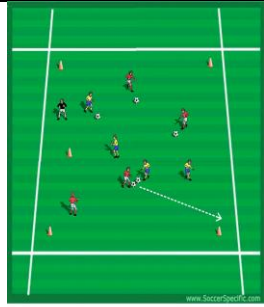
# MYSL Youth Soccer Club U8 Practice Plan

## Week 9 Passing

Activity 1	Activity Description	Duration
	<p><b>Dribbling Line Drills:</b> Move the cones closer together as seen in the below 2 videos and have the players move the ball with specific parts of their feet to hone their skills.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=gNqQJkLK1IU">https://www.youtube.com/watch?v=gNqQJkLK1IU</a>  <a href="https://www.youtube.com/watch?v=OL4YnEPnGKI">https://www.youtube.com/watch?v=OL4YnEPnGKI</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Passing Square/Triangle:</b> U5 line up 3 players in a triangle, U6 line up in a square and have the players kick the ball in sequence to each other. Start with only 1 ball</p> <p><b>Coaches Tips:</b> Add a second ball as seen in the video. Have the players start rotating as in video #2</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=cHUcfsxknIY">https://www.youtube.com/watch?v=cHUcfsxknIY</a>  <a href="https://www.youtube.com/watch?v=XAYr8AsLEAA">https://www.youtube.com/watch?v=XAYr8AsLEAA</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to get a partner and pass back and forth to each other to “paint” the whole field.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=cCc6WrkHaUQ">https://www.youtube.com/watch?v=cCc6WrkHaUQ</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Hit the Dirt:</b> All the players have a ball and dribble around the field. When the coach says; “hit the dirt” the players lay down on the field. Then the coach says go the players get up and resume dribbling.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=6Y77_t34Mj8">https://www.youtube.com/watch?v=6Y77_t34Mj8</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

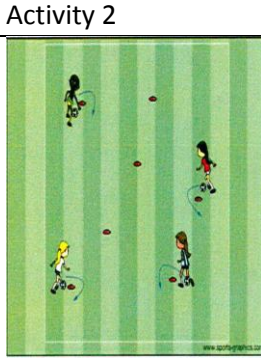
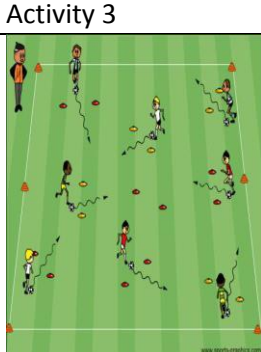
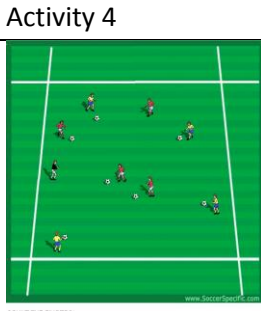

# MYSL Youth Soccer Club U8 Practice Plan

## Week 10 Foot Work

Activity 1	Activity Description	Duration
	<p><b>4 Surfaces:</b> Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is:</p> <ul style="list-style-type: none"> <li>○ Outside of the foot touch - Inside of the foot touch</li> <li>○ Laces (push) - Stop with bottom of the foot and Change foot</li> </ul> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=DhFhJOKw7jI">https://www.youtube.com/watch?v=DhFhJOKw7jI</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Dribbling Line Drills:</b> Move the cones closer together as seen in the below 2 videos and have the players move the ball with specific parts of their feet to hone their skills.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=gNqQJkLk1IU">https://www.youtube.com/watch?v=gNqQJkLk1IU</a>  <a href="https://www.youtube.com/watch?v=OL4YnEPnGKI">https://www.youtube.com/watch?v=OL4YnEPnGKI</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Cars/Driving School:</b> Each player has a ball and dribbles around the field. Set up cones for parking spaces, gas pumps, and places of interest. The coach is the police officer and hands out tickets for reckless driving, speeding, etc.....</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=ksLMF3ICInY">https://www.youtube.com/watch?v=ksLMF3ICInY</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Snakes:</b> Like cops and robbers there will be 2 players that are the snake and the rest of the players will be dribbling their ball. The 2 players that are the snake will hold hands and work together to tag the players dribbling. Once they tag a player dribbling that player becomes a part of the snake until all players are part of the snake.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=7yO9cw19ytk">https://www.youtube.com/watch?v=7yO9cw19ytk</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Activity Description</b></p> <p>4v4 - Scrimmage            Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate            Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

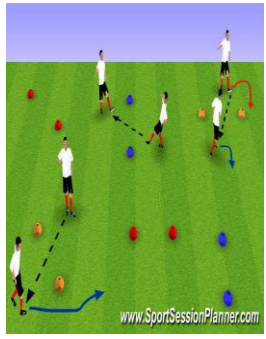
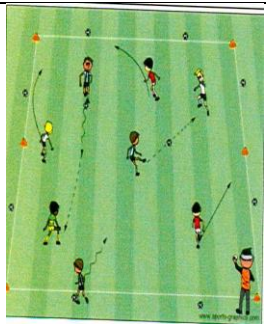


# MYSL Youth Soccer Club U8 Practice Plan

## Week 11 Skills

Activity 1	Activity Description	Duration
	<p><b>Simon Says/Mirror:</b> Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet (bells)</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul> <p><b>Video Link:</b> <b>Need MYSL Video for this drill</b>  <a href="https://www.youtube.com/watch?v=7HKMIG9auOo">https://www.youtube.com/watch?v=7HKMIG9auOo</a></p>	<p><b><u>8 Minutes</u></b></p>
	<p><b>Circle the Cones:</b> All Players with a ball try to dribble in a circle around as many cones as they can.</p> <p><b>Coach:</b> Do 30 second intervals and have the players keep count how many times they circled a cone.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=ysR5IelsQzs">https://www.youtube.com/watch?v=ysR5IelsQzs</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Dribbling through Gates:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Do 30 second intervals and have the players keep count how many times they went through a gate.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=2y8aaghFp6U&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&amp;index=14">https://www.youtube.com/watch?v=2y8aaghFp6U&amp;list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&amp;index=14</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Count the Fingers:</b> All players have a ball. They dribble in a restricted area. The coach raises one arm and holds up a number of fingers. The players must call out the number of fingers the coach is holding up. The coach continually changes the number and his/her position so that the players must learn to dribble with their head up. As they develop counting you can raise two arms and they must total the sum of the fingers held high.</p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>18 Minutes</u></b></p>

# MYSL Youth Soccer Club U8 Practice Plan

## Week 12 Passing

Activity 1	Activity Description	Duration
	<p><b>Gate Passing:</b> In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.</p> <p><b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p> <p>☑ Add two defenders to guard the gates</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=VbeasV7u_UQ">https://www.youtube.com/watch?v=VbeasV7u_UQ</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Gates Passing with Bandits:</b> Select 2-3 players to be the “Bandits”. They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=VbeasV7u_UQ">https://www.youtube.com/watch?v=VbeasV7u_UQ</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Cops and Robbers:</b> All the players are spread out on the field and 2 players have a ball (the cops). When the coach says: “let’s catch some robbers” the cops attempt to catch the robbers by kicking the ball and striking the robbers below the knee. Once the robber is tagged with the ball they will go get their ball and become a cop.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=aWwFETHJdTO">https://www.youtube.com/watch?v=aWwFETHJdTO</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p><b>Tail Tag:</b> Players tuck a t-shirt or a penny in the back of their shorts. Players dribble with the soccer ball and try to grab as many penny’s as possible in 30-45 second intervals.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=8Te9exa6uFU">https://www.youtube.com/watch?v=8Te9exa6uFU</a></p>	<p><b><u>6 Minutes</u></b></p>
	<p>4v4 - Scrimmage            Set up a field of 35 x 25 yards in order to simulate a game. If you don’t have goals use 2 cones for a gate            Possible Formations 3-1 (Diamond) or 2-2</p>	<p><b><u>20 Minutes</u></b></p>

# MYSL Youth Soccer Club U8 Practice Plan

## Week 13 Shooting/Passing

Activity 1	Activity Description	Duration
	<p><b>The River:</b> Have the player's line up at the edge of a line of cones and the object is to kick the ball across the line of cones across from them. Have them retrieve their ball and line up to do it again.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=m_ZN5Lh3c3E">https://www.youtube.com/watch?v=m_ZN5Lh3c3E</a></p>	<b><u>6 Minutes</u></b>
	<p><b>Shooting the Ball:</b>                      Line up the player's around the goal. Put them all on a cone. Count to 3 and have them all kick the ball at the same time. Make sure that they DO NOT retrieve their ball until all the players have taken a shot. When they retrieve their ball they need to line up at a different cone. Repeat for 6 minutes.</p>	<b><u>6 Minutes</u></b>
	<p><b>Passing Square/Triangle:</b> U5 line up 3 players in a triangle, U6 line up in a square and have the players kick the ball in sequence to each other. Start with only 1 ball</p> <p><b>Coaches Tips:</b> Add a second ball as seen in the video. Have the players start rotating as in video #2</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=cHUcfsxknIY">https://www.youtube.com/watch?v=cHUcfsxknIY</a>  <a href="https://www.youtube.com/watch?v=XAYr8AsLEAA">https://www.youtube.com/watch?v=XAYr8AsLEAA</a></p>	<b><u>6 Minutes</u></b>
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to get a partner and pass back and forth to each other to "paint" the whole field.</p> <p><b>Video Link:</b>  <a href="https://www.youtube.com/watch?v=cCc6WrkHaUQ">https://www.youtube.com/watch?v=cCc6WrkHaUQ</a></p>	<b><u>6 Minutes</u></b>
	<p>4v4 - Scrimmage</p> <p>Set up a field of 35 x 25 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p> <p>Possible Formations 3-1 (Diamond) or 2-2</p>	<b><u>20 Minutes</u></b>

**\*For the last Practice of the season Kids vs. Parents is always fun for the scrimmage.**