CYSA U8 PRACTICE PLAN

WEEK: 1

FOCUS: DRIBBLING / COMFORTABILITY CONTROLLING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**FREE DRIBBLE:** All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot. **Coach:** Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. **Version 2:** Coach can put pressure on players dribbling. **Version 3:** Players can dribble at each other and perform a move and accelerate away.		1. Challenge players to use different surfaces of foot 2. Players must dribble with their head up 3. Encourage the players to try a new move
ACTIVITY 2	**SNAKE:** 1. All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. 2. The 2 players hold hands or lock arms to create a snake. 3. The snake works together to tag the dribbling players who then become a part of the snake. 4. The snake must try to stay connected and not break into little parts. **Coach:** Encourage the snake players to hiss.		1. Keep the ball close. 2. Changing directions. 3. Runing with the ball. 4. Defending 1v1
ACTIVITY 3	**SHARKS AND MINNOWS:** Area: 20x25 yard grid have 2-3 players acting as the sharks at one end. 1. The minnows are at the other end of the grid with their soccer balls. 2. When the coach say "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. 3. When the dribbler's ball goes out, he/she becomes a shark. 4. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.		1. Keep the ball close 2. Changing speed and directions 3. Running with the ball 4. Sudden stops and going again
ACTIVITY 4	**GET OUTTA THERE WITH NUMBERS:** The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls "Get outta there". **Coach:** Can make the games 1v1, 2v2, or 3v3. They should vary the service.		1. 1v1, 2v1, 2v2 dribbling and defending. 2. Scheming and creativity 3. Decision making
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 2

FOCUS: DRIBBLING / CONTROLLING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** 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 the left foot. After, stop the ball with the bottom of the shoe (sole). When the players display proficiency, challenge them to do it faster in a smaller space. The sequence is: - Outside of the foot tough - Inside of the foot touch - Laces push - Stop ball with the sole an change foot		4 SURFACES: 1. Players should start slow and increase the speed as they go. 2. Touches should be soft, but able to move the ball. 3. Keep the ball close and under control. 4. Players should talk to their feet: "Outside - Inside - Laces push - - Stop"
ACTIVITY 2	**PAIRED TAG:** In a 20x25 yard gird, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.		1. Keep the ball close. 2. Changing directions. 3. Dribbling using different surfaces of the foot.
ACTIVITY 3	**CROSS THE RIVER:** Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.		1. Get a forward first touch 2. Use front part of foot. 3. Run in a straight line. 4. Head up
ACTIVITY 4	**GET OUTTA THERE WITH NUMBERS:** The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls "Get outta there". **Coach:** Can make the games 1v1, 2v2, or 3v3. They should vary the service.		1. 1v1, 2v1, 2v2 dribbling and defending. 2. Scheming and creativity 3. Decision making
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 3

FOCUS: DRIBBLING / CONTROLLING THE BALL / PROTECTING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**STEAL & SHIELD:** Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. **Coach:** Show proper shielding technique after the first round. Fix technical shielding errors throughout the activity to assure that the group is doing it properly		1. Body sideways to the opponent. 2. Use arm(s) to protect and know where defender is going. 3. Knees bent. 4. Turn as defender attacks or reaches for the ball.
ACTIVITY 2	**BANDITS:** Select 1or 2 players to be the Bandits. Their mission is to get any dribblers' ball to their hideout. Once the bandit gets a ball to their hideout the player without the ball becomes the new bandit.		1. Keep the ball close. 2. Changing directions. 3. Dribbling using different surfaces of the foot. 4. 1v1 attacking and defending. 5. Protecting the ball.
ACTIVITY 3	**REVOLUTION:** Divide your playing area in three sections: The shooting zone, the defending zone and the starting zone. Place in the starting zone at least 4 players with a ball behind the line. In the defending zone at least 3 defenders and on the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers will run into the defending zone if they go past the defenders they will be able to shoot If the defender gets the ball they switch places. Play to 5 goals.		1. Keep the ball close 2. Changing speed and directions. 3. Running with the ball. 4. 1v1 dribbling 5. 1v1 defending 6. Striking the ball
ACTIVITY 4	**COMBAT:** The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the soccer area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and passing it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several players playing in the soccer area.		1. Attacking and defending skills. 2. Decision making. 3. Basic shape.
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 4

FOCUS: DRIBBLING / CONTROLLING THE BALL / PASSING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**MATH DRIBBLE:** Divide the playing area in two halves. Have the players dribble inside. Coachs shout a number – "2" or "3". The players must dribble and gather to form a group equal to the number. After a while say SWITCH and have the players run with the ball to the other halve and continue with the activity.		1. Keep ball close to feet. 2. Changing directions. 3. Running with the ball. 4. How control or stop the ball.
ACTIVITY 2	**THROUGH THE GATES:** In a 20x25 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. **Coach:** Have players keep count of how many points they scored in 30 seconds. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only. **Version 2:** Add "bandits" or defenders		1. Keep ball close. 2. Changing direction. 3. Acceleration after going through a gate. 4. Decision making.
ACTIVITY 3	**GATE PASSING:** In a 20x25 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. **Coach:** 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. You can also add a defender to guard the gates.		1. Passing and receiving technique. 2. Dribbling Technique. 3. Decision Making. 4. Weight and accuracy of the pass. 5. Communication and mobility.
ACTIVITY 4	**4 CORNERS:** In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.		1. Application of dribbling, passing-receiving and shooting technique under pressure. 2. Pass with head up, inside of foot. 3. 1v1 defending. 4. Decision making.
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 5

FOCUS: DRIBBLING / CONTROLLING THE BALL / PASSING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** 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 the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: - Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and change foot		1. Players should start slow and increase the speed as they go 2. Touches should be soft but able to move the ball 3. Keep the soccer ball close and under control 4. Players should talk to their feet: "Outside –Inside- Laces push and stop"
ACTIVITY 2	**SOCCER MARBLES:** Two players each with a ball. One player plays out their ball (using the inside of the foot) and the partner pass their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner's ball.		1. Passing technique 2. Weight of the pass 3. Accuracy of the pass
ACTIVITY 3	**PAINT THE FIELD - WITH PASSING:** In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot		1. Passing and receiving technique 2. Weight of the pass 3. Ability to pass through traffic 4. Communication and mobility of the players 5. Accuracy of the pass
ACTIVITY 4	**MOVING GOAL - IN 2'S:** Put the players in pair with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball in the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal Coach: give more points for long passes made away from the moving goals.		
MATCH	**TEAM SCRIMMAGE**	Set up a field of about 45 x 20 yards, designating out of bounds and goal areas.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 6

FOCUS: DRIBBLING / CONTROLLING THE BALL / PASSING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** 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 the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: - Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and change foot		1. Players should start slow and increase the speed as they go 2. Touches should be soft but able to move the ball 3. Keep the soccer ball close and under control 4. Players should talk to their feet: "Outside –Inside- Laces push and stop"
ACTIVITY 2	**CATCHING ROBBERS:** All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says "let's catch some robbers", the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she gets any ball from the perimeter and becomes a cop. **Coach:** Place the balls that are not being used around the perimeter of the grid.		1. Passing technique 2. Weight of the pass 3. Accuracy of the pass
ACTIVITY 3	**2V2 COMBAT:** The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, the players next to the coach will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point. **Variation:** Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.		1. Attacking and Defending skills - 1v1 dribbling - 1v1 defending 2. Scheming and creativity 3. Decision making
ACTIVITY 4	**4 CORNERS SHOOTING - WITHOUT GOALKEEPERS:** In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. The game is over when one team scores or the ball goes out of bounds. Players need to get off the field quickly and get back in line.		1. Application of dribbling, passing & receiving and shooting technique under pressure 2. 1v1 defending 3. Decision making
MATCH	**TEAM SCRIMMAGE**	Set up a field of about 45 x 20 yards, designating out of bounds and goal areas.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 7

FOCUS: DRIBBLING / CONTROLLING THE BALL / PASSING / SHOOTING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**BALL TAG:** 1. All players are dribbling a soccer ball in a 20x25 yard grid. The Coach starts as the TAGGER and tries to hit another player's feet or soccer ball with his soccer ball. The dribblers must try to not get tag. 2. Every player the coach tags becomes a tagger with the coach 3. Now the coach select two players and they try to tag 4. Now everyone tags. Players should keep count of how many times they tag another player.		1. Dribbling technique 2. Passing technique 3. Weight of pass 4. Accuracy of pass
ACTIVITY 2	**TEAM TAG:** Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles. **Coach:** Can help taggers add their points. **Version 2:** Both teams are tagging at the same time		1. Dribbling technique 2. Passing technique 3. Weight of pass 4. Accuracy of pass 5. Protecting the ball
ACTIVITY 3	**CLEAN YOUR BACKYARD WITH GUARDS:** Split the players into two teams to play in a 20x25 yard gird. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid with at least two goalkeepers protecting the goals (they can use their hands) Players on each team will try to shoot/pass and score in any of the three goals **Coach:** Allow players to enter the buffer zone to retrieve any ball that has stopped in there.		1. Basic shooting technique 2. Simple decision making 3. Shoot, shoot, shoot
ACTIVITY 4	**UP AND DOWN NUMBERS GET OUTTA THERE:** The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". **Coach:** play 1v2, 2v3, or 4v3. They should vary the service.		1. Dribbling technique 2. Passing technique 3. 1v1 defending 4. Sceming and creativity 5. Decision making
MATCH	**TEAM SCRIMMAGE**	Set up a field of about 45 x 25 yards, designating out of bounds and goal areas.	15 Minutes

CYSA U8 PRACTICE PLAN

WEEK: 8

FOCUS: DRIBBLING / CONTROLLING THE BALL / ATTACKING AND DEFENDING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**6 SURFACES:** Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Sole, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and - Push with the toe, Turn with the Heel and Change foot.		1. Players should start slow and increase the speed as they go 2. Touches should be soft but able to move the ball 3. Keep the soccer ball close and under control 4. Players should talk to their feet: "Outside –Inside - Laces - Sole, Toe and Heel Turn"
ACTIVITY 2	**PROVIDENCE PANTHERS:** In a 15x20 yard grid, the dribblers will try to cross the city by eluding the Panthers. Place two Panthers inside a 5x 15 yard area in the middle of the gird. Place half of the players (Dribblers) with a ball at each end of the grid. At 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 Panther dispossesses the dribbler he/she becomes a Panthers. Can they switch instead of accumulate defenders?		1. Changing speed and direction 2. Running with the ball 3. Keep the ball close 4. 1v1 attacking 5. 1v1 defending
ACTIVITY 3	**2V1 PASS OR DRIBBLE:** Coach sets up a 15x20 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. If the attackers score: 1 point. If the defender steals the ball and scores: 2 points.		1. Application of dribbling, passing-receiving technique under pressure 2. 2v1 attacking 3. 1v1 defending 4 Decision making
ACTIVITY 4	**CLEAN YOUR CASTLE:** This game is exactly the opposite of "Capture the Ball". Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into another team's Castle. **Coach:** Call time and each team counts the balls they have in their castles. Do not let players just kick the ball away.		1. How to get the balls from the center or other home bases 2. How to defend their home base 3. Decision making: pass or dribble
MATCH	**TEAM SCRIMMAGE**	Set up a field of about 45 x 25 yards, designating out of bounds and goal areas.	15 Minutes