



U8 Session

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

U8 (6-7 year olds): Practice Plan

Warmup

Cross the Ocean

Great warmup for a U8 group. Players get the opportunity to dribble freely while working on attacking moves, turns, and beating defenders.

Organization:

Lines of cones set up 15-20 yards apart (which makes the 2 beaches for the ocean). Every player has a ball.

How to Play:

Players dribble from one endline (beach) to the other. Each time a player reaches a beach they score a goal. Add in different moves and dribbling patterns. Perform a turn each time you reach an endline. Add defenders (sharks) to make the warmup game-like.

Coaching Points:

Dribble with control

Perform moves and turns at your own pace

Dribble away from pressure (the sharks)

Note: red players are the defenders



Skill Development

Free Dribble to Cones

Simple activity that players of all abilities can understand.

Organization:

Set up cones randomly in your space. Every player has a ball.

How to Play:

Players dribble freely and perform moves or dribbling patterns at each cone: Tick Tocks, Toe Tops, Turns, Attacking Moves. This activity can be turned into dribbling races and running races.

Progression:

Freeze Tag Game (Freeze Monsters): Defenders are added as the Freeze Monsters. Players must dribble to a cone without being tagged. If they are tagged, must do whatever coach assigns.

Coaching Points:

Keep ball close to feet

Dribble with head up

Use both feet and different parts of feet when dribbling



Final Game

1v1 to Goal

Fun way to end practice! Players get to use the dribbling skills they worked on all session in a fun 1v1 game to goal.

Organization:

Attacking (red) & Defending (blue) players start on opposite sides.

How to Play:

Coach serves balls and plays Goalkeeper. Play 1v1 to goal. After a few rounds switch roles (attackers and defenders).

Coaching Points:

Use attacking moves that we learned

Create space to take shot on goal

Defenders - keep your opponent in front of you

