



U6 & U8 Practice Planner

Category: Technical: Ball Control
Difficulty: Beginner

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Description

Practice Planning ideas for the U6 & U8 Age Groups

Warm Up

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Important part of every practice session to prepare your players. A warm up should be an activity that is simple, progressive and keeps your players moving.

Activities: (all below activities can be dribbling or running games)

Simon Says

Follow the Leader

Cross the Ocean

Key Points:

- Kids this age are still developing motor skills (controlled movements, coordination of muscles)
- Tires easily, Recovers quickly
- When anxiety goes up, ability to process information goes down
- U6 age group and U8 age group are much different



Fun Activities

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Age Appropriate, Creative, Imaginative and Fun activities work well for these age groups. If your players have a smile on their face while they are playing, you are doing your job as a Coach! You are able to implement fundamental skills and game concepts in your activities.

Fundamentals:

Dribbling with both feet, different parts of feet, at speed, Turning, Passing & Receiving

Game Concepts:

Dribbling away from pressure (defenders), Field Awareness

Activities: (place different rules, restrictions and progressions)

Red Light Green Light, Sharks & Minnows, Clean the Backyard, Foxes & Bunnies, Fishy Fishy Cross My Ocean, Dribbling Gates, Big Bad Wolf & The 3 Pigs, Freeze Monsters, Cops & Robbers, Passing Gates (U8), 1v1 (U8)



Final Game

Game - 3v3 or 4v4

Ending your practice session with a "real" soccer game with two teams and goals makes the kids feel like they are playing "real" soccer.

At the U8 age group (1st/2nd Graders), playing 3v3 or 4v4 is appropriate.

At the U6 age group (Kindergarten), playing a team game with simpler rules is appropriate.

Players in both age groups need to feel that they are playing fun activities and learning skills in order to apply them in game situations.

