

Soccer Coach Canada Practice Plans



U-8 Throw-in Practice Plan

Coaches Tip: Show proper technique for throw-ins. At the U-8 level stress the following: Both hands are on mid to back of ball, ball must be thrown from behind head, both feet must remain on the ground.

Warm Up: Throw-in Wars

Objective: To practice throw-ins, have fun, and warm up for the remainder of the practice.

Set up: Set up a 30' wide x20' long playing area with cones. Divide your team into 2 teams with coloured practice vests. Set up 2 goals at each end(4 goals in total). Make sure to indicate the center line(half way mark-10 ft from each endline).

Rules: If you have 12 players total you should have 6 balls in play. Start the game by giving each side 3 balls. A goal is scored if a player successfully throws in a ball from behind the halfway line. If ball is not thrown from behind head and if both feet are not on the ground the goal does not count. Goalkeepers are optional and the goals should be no bigger than 4 feet across. You can adjust the field size accordingly.

Game: Canadian Bulldog Throw-ins

Objective: Works on improving throw-in technique and emphasized the importance of throwing in the ball at the player's feet.

Set up: Use cones to outline a 20' by 40' racing area. Ask for 2 volunteer Bulldogs.

How to play: Two volunteer Bulldogs will line up to take throw-ins along the sidelines. The remaining players line up side by side at the starting line. Bulldogs take turn yelling "Canadian Bulldog". Players must then try to run from one end of the racing area to the other end without being hit by a Bulldog's throw-in. If a player is hit below the knee by a pass they are out and become a Bulldog. Bulldogs continually line up and yell Canadian Bull Dog over several rounds until there is only one player left who is declared "Canadian Bulldog Champion".

Scrimmage: Make sure you include throw-ins as part of your scrimmage.

Cool Down....a structured cool down is not necessary for U-8 however a slow jog around the field after practice and games can't hurt.