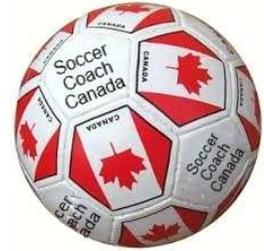


Soccer Coach Canada Practice Plans



U-8 Passing Practice Plan

Coaches Tip: A good coach always comes prepared for practice. You should never show up without a practice plan and make things up as you go along. Your players and your player's parents will really appreciate a fun, well organized practice and you will enjoy a stress free coaching experience!

Warm Up: Abominable Freeze Tag

Objective: Develop dribbling skills, passing skills and team work.

Set up: All players have their own ball except 2 volunteer Abominable Snow Players who should be wearing identifying pinnies. Create a 40' x 40' playing area with cones.

Rules: All players must continually dribble their ball within the boundaries. If a player runs out of the boundaries they must freeze. If a player is tagged by an Abominable Snow Player they must freeze. When a player is frozen they must stand perfectly still with legs apart and holding their ball above their head. Unfrozen players can free their frozen team mates by passing their ball between the frozen player's legs using their instep only. When all players are frozen the game ends and two new Snow Players are selected to start a new game.

Game: Canadian Bulldog (U-8's to U-14's love this game)

Objective: Works on improving passing accuracy and keeping passes low to the ground.

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

How to play: Two volunteer Bulldogs set their ball on either of 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 pass. 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: Whether you are playing against a different team or just having a fun split squad scrimmage make sure all of your players receive equal playing time. If one of your players attempts a pass during the game make sure to praise them for it!

Cool Down....a structured cool down is not necessary for U-8.