

Soccer Coach Canada Practice Plans



U-8 Dribbling Practice Plan

Coaches Tip

It is a good idea to focus on dribbling/ball control for the first part of your season. How confident a player is while in possession of the ball has a major impact on success in learning the other skills. Also if you are moving from indoor soccer to outdoor soccer it is an adjustment for a player to adapt to the new landscape.

Warm Up: Simon Says

Objective: Develop dribbling skills, listening skills, and soccer vision

Set up: All players have their own ball. Create a 30' x 30' playing area with cones.

Rules: Players must follow instructions when coach says "Simon Says" while staying within the boundaries set out with the cones. Ex. Simon says, "dribble with your right foot only". Simon says, "dribble using the outsides of your feet only". Simon says, "stop and put your foot on top of the ball". Make sure they are listening by occasionally leaving out the Simon says part and remind them that you didn't say "Simon Says".

Game: Pirates (all U-8 players loves this game)

Objective: Develop dribbling skills, learn how to shield the ball, and have a lot of fun!

Set up: Use cones to outline a 20' by 20' playing area. Each player has their own ball.

How to play: Each player has a ball and dribbles their ball within the boundaries. When you yell "pirates" each player is then allowed to try and kick any of the other player's balls out of the boundary while still protecting their own ball. If your ball is kicked out, you then become a crab and you can now only walk like a crab while trying to knock your teammate's ball out. The last person still dribbling is the winner. Show your team how to shield the ball after the 1st game.

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 and don't worry about designating positions at this age....embrace the swarm.

Cool Down....a structured cool down is not necessary for U-8. Shaking hands, hip-hip hooray, gathering your water bottle and finding your parents will suffice.