

SoccerPracticePlans™

From Coerver Coaching

Practice No. 206



BALL SKILLS For 8-10 year olds

Fun Games to Improve Skills

WARM UP

Dribbling and Stretching

1. Create a 30- by 30-yard square grid. Each player has a ball.

2. On the coach's command, players execute the "Turn of the Day" (a change of direction move determined by the coach).



MAIN POINTS:

1. Heads up.
2. Close control.
3. Attacking space at speed.

3. Coach calls out different numbers for different skills:

"Ten!" Inside turn

"Twenty!" Outside turn

"Thirty" Players switch soccer balls.

"Forty!" Juggle

MAIN TOPIC A

Passing

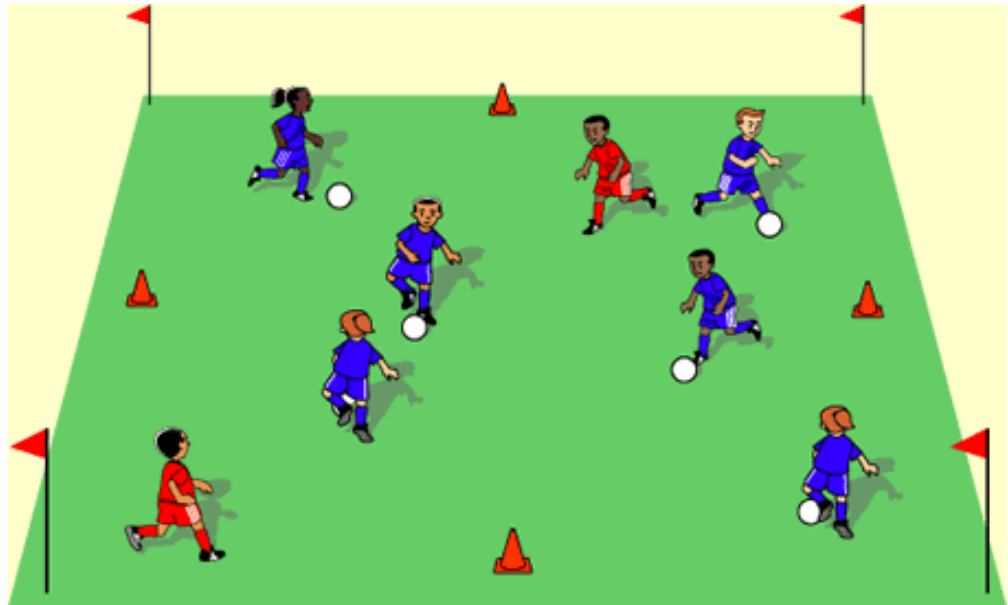
1. Create a 30- by 30-yard square grid.

2. Began the same way as warm up with all players dribbling balls except the two defenders.

3. On coaches command, defenders attempt to clear balls from the grid.

4. If a defender successfully clears a ball, the attacking player who lost the ball supports other attacking players.

5. See how many balls the defenders can clear in two minutes.



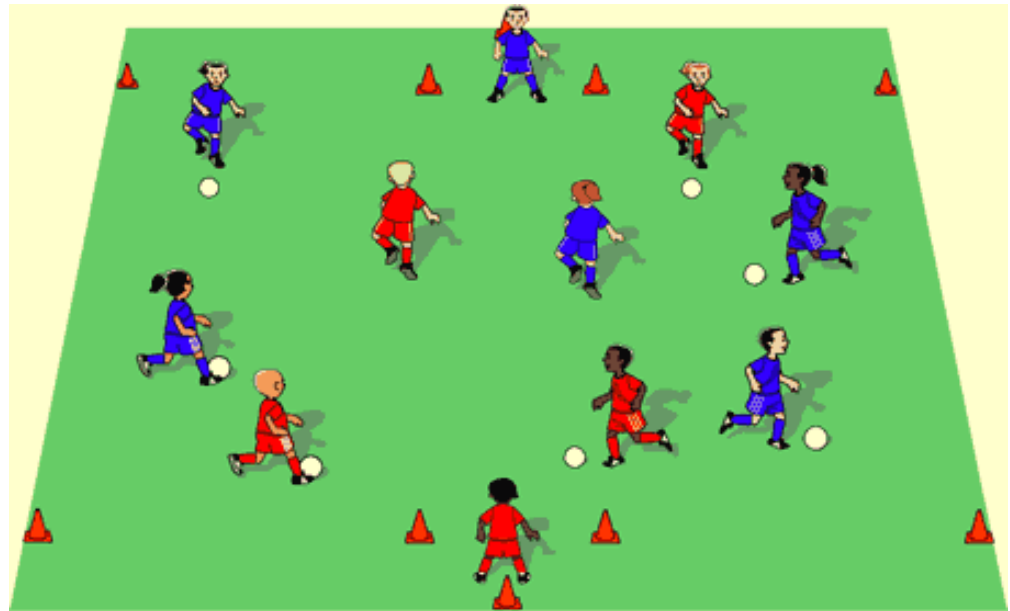
MAIN POINTS:

1. Heads up.
2. Quality passes.

MAIN TOPIC B

Hospital Pinball

1. Two teams compete within a square grid.
2. Each team has a "hospital" on opposite sides of the grid. Each hospital has a "nurse."
3. All players except the nurses dribble a ball. The game starts on the coach's command
4. Players must try to hit the opposing player's ball or the player below the knees.



MAIN POINTS:

1. **Heads up** to see the targets.
2. **Accuracy of passes** using all parts of the foot.
3. Use different skills to change direction.

5. Once hit, a player must go down on one knee and wait for his team's nurse to come out and "release" him so that he may rejoin the game.

6. A team wins by hitting the nurse with a ball below the knees when out of the hospital, or when all of the opposing players are down.

GAME PLAY

6v6 Passing

1. One team starts with the ball.
2. Five successful passes in a row equals 10 points.
3. Five successful passes in a row followed by a goal equals 25 points.
4. Ten successful passes in a row equals 15 points.
5. Ten successful passes in a row followed by a goal equals 50 points.



MAIN POINTS:

1. Heads up.
2. Good passing techniques.
3. Accuracy of passes.

COOL DOWN

1. The whole team dribbles the ball **slowly** around the field, stopping to stretch and loosen up occasionally.
2. Coach reviews the session and its main points before assigning homework.