

SoccerPracticePlans™

SOCCER PRACTICE PLANS TABLE OF CONTENTS

MEMBERS AREA

HOME

Practice No. 212



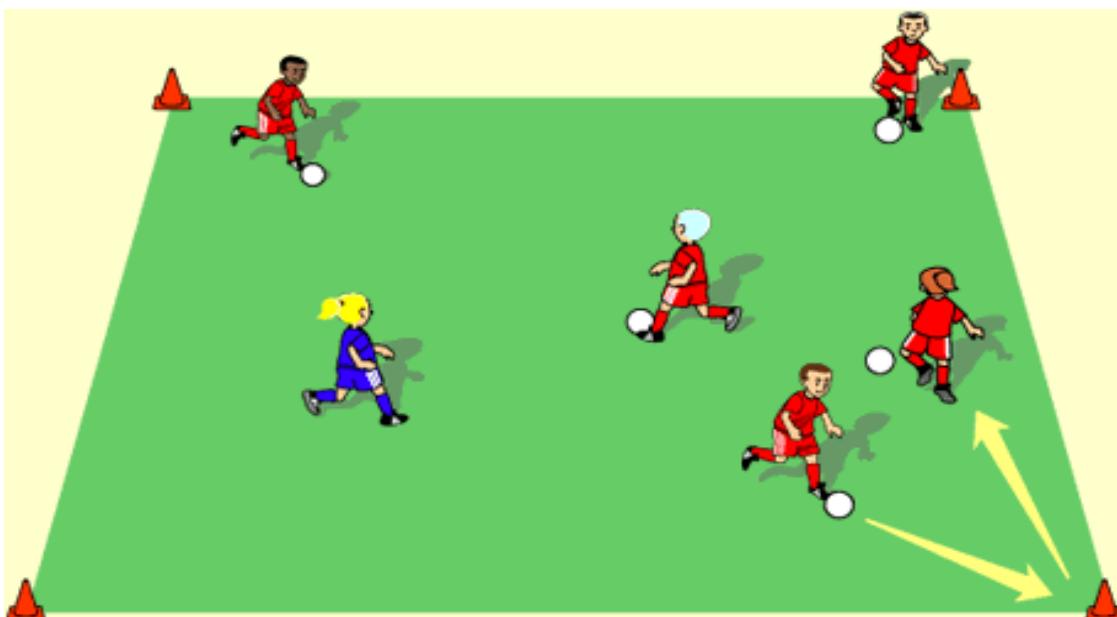
GOALSCORING For 8-10 year olds

1 v 1 Finishing

WARM UP

Safety Tag

1. 5v1 in a 15 x 15 yard grid.
2. Attackers are tagged by a defender.
3. When attackers get to a cone they are safe.
4. Attackers force teammates off a cone by dribbling to that cone.
5. Attackers become defenders when tagged.
6. With only four safety cones there will always be one attacker looking for a cone.



MAIN POINTS:

1. Set up **two** fields side by side to involve more players.
2. Ball must always be close.

MAIN TOPIC A

1v1 Finishing

1. Set up a field with three goals.
2. Players attack the goal, creating a 1v1 with the keeper.



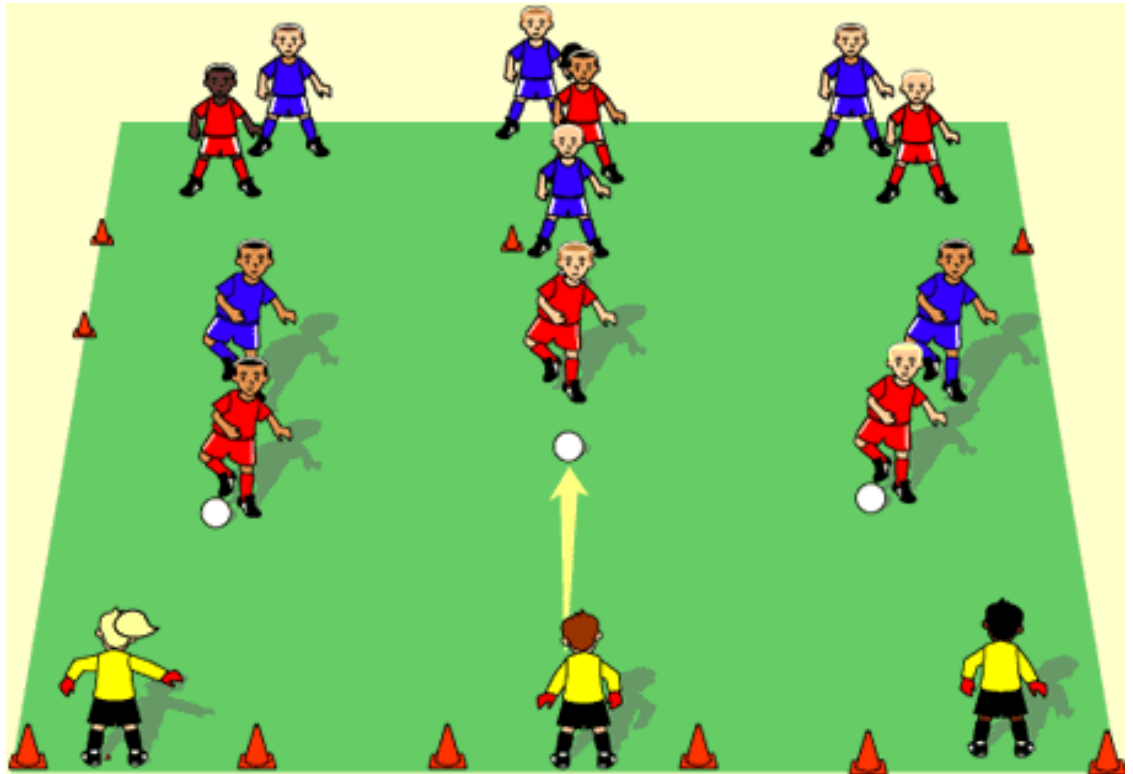
MAIN POINTS:

1. Put the ball out front with the first touch.
2. Explode over the first ten yards.
3. Be creative and use fakes.
4. Use different body positions.
5. When close to the keeper slide ball under body.

MAIN TOPIC B

1v1 Finishing with Chasing Defender

1. Same set up as in Main Topic A.
2. Defenders line up on a cone five yards behind attackers.
3. The goalkeeper starts by throwing or kicking to the first player in line.
4. On attackers first touch defender chases.



MAIN POINTS:

1. **Positive** first touch
2. First ten yards at **sheer speed** .
3. Run **across the path** of the defender.
4. Use **four touches** or less

GAME PLAY

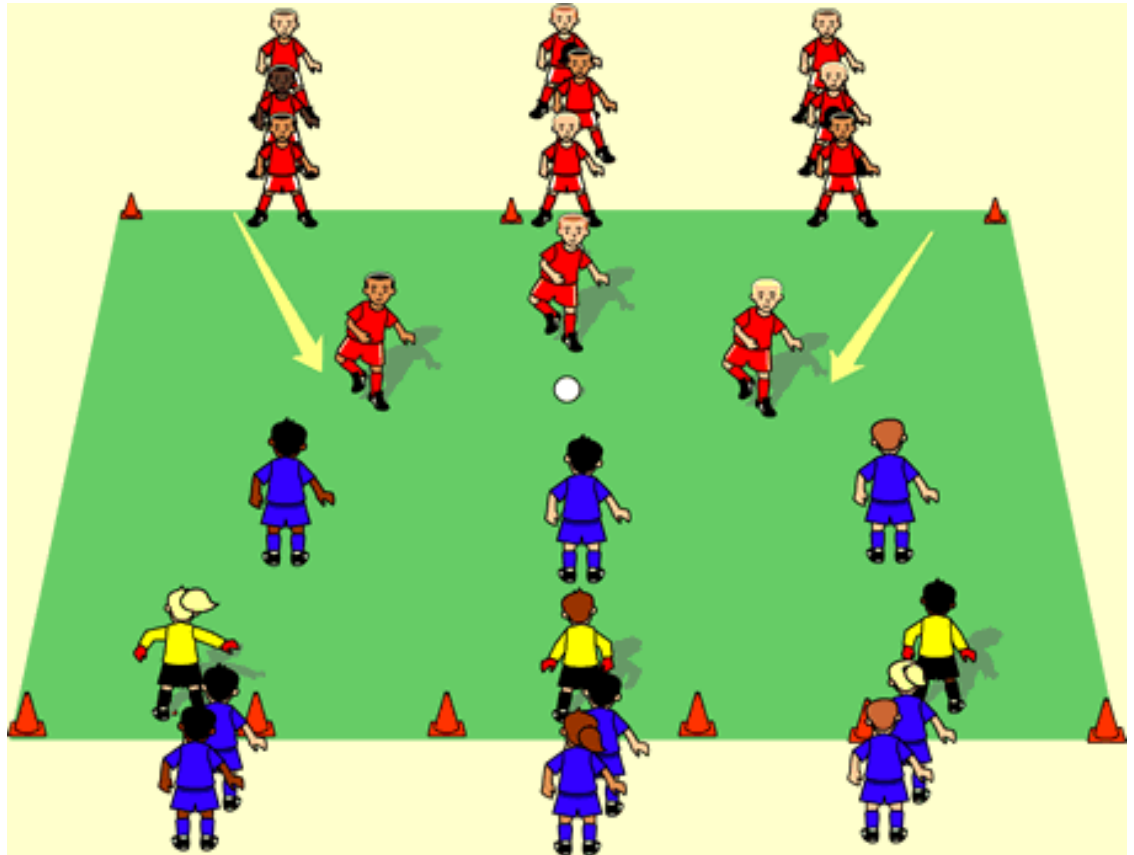
3v3 to 3 goals

1. Set up as in diagram with defender in front of each goal and defenders behind the goal ready to rotate in.

2. Goalkeepers take turns to throw to first player in their line.

4. When the player receives the ball the front players from the other lines join in to create a 3v3.

5. Attackers can score in any of the three goals.



MAIN POINTS:

1. Try to create 2v1's .
2. **Change** the play.
3. **Use combinations**, overlaps, takeovers etc.

COOL DOWN

Cooling Down With the Ball

1. Divide the squad into two teams, blues and reds, each team with two balls.
2. Players with a ball play "hot potato" they want to get rid of it.
3. Players without a ball are "starving" They want the ball.
4. Blues play with blues and reds play with reds.

Variation: Pass using only two touches. Blue players must pass to reds and reds must pass to blue.