

# SoccerPracticePlans™

[SOCCER PRACTICE PLANS TABLE OF CONTENTS](#)

[MEMBERS AREA](#)

[HOME](#)

## Practice No. 211



### **BALL SKILLS** For 8-10 year olds

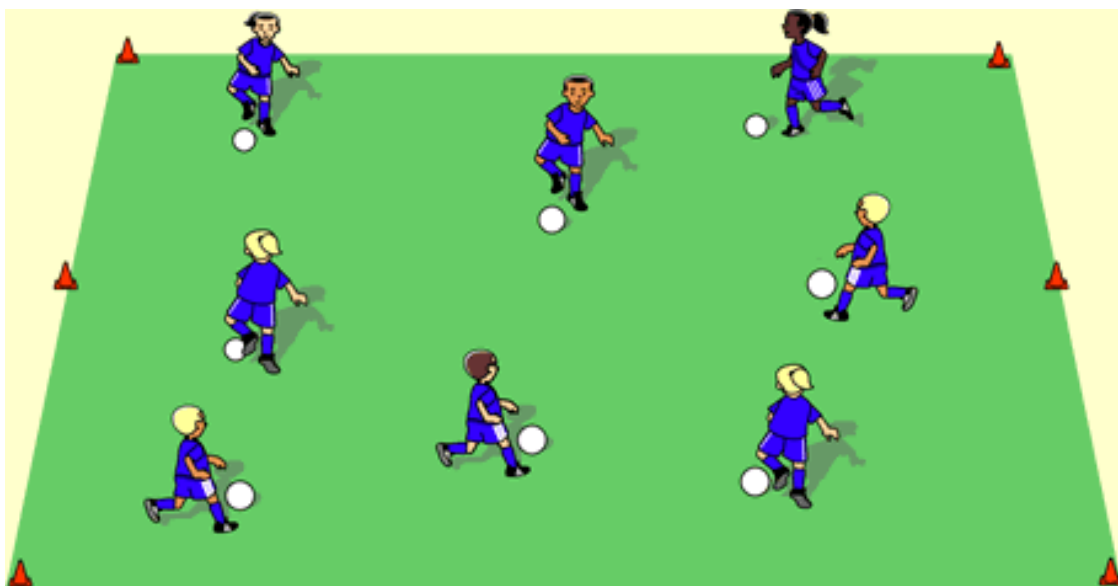
### Short Passing & Control

## WARM UP

### Dribbling and Stretching

1. Players dribble around in the square and change direction every 3 touches.

2. Coach calls out a body part and they have to get that part of the body on the ball as quick as possible.



### MAIN POINTS:

1. Game speed with head up.
2. Ball must always be close.

# MAIN TOPIC A

## Dribbling and Passing

1. Players dribble around in the square and on the coach's command the two catchers attempt to freeze the dribblers.

2. Catchers freeze the dribblers by touching their ball with their feet

3. Once frozen the dribblers pick the ball up, hold it high above their head and stand with their legs wide open.

4. Free frozen players by playing a short pass between their legs.

5. Catchers win by freezing the whole team.



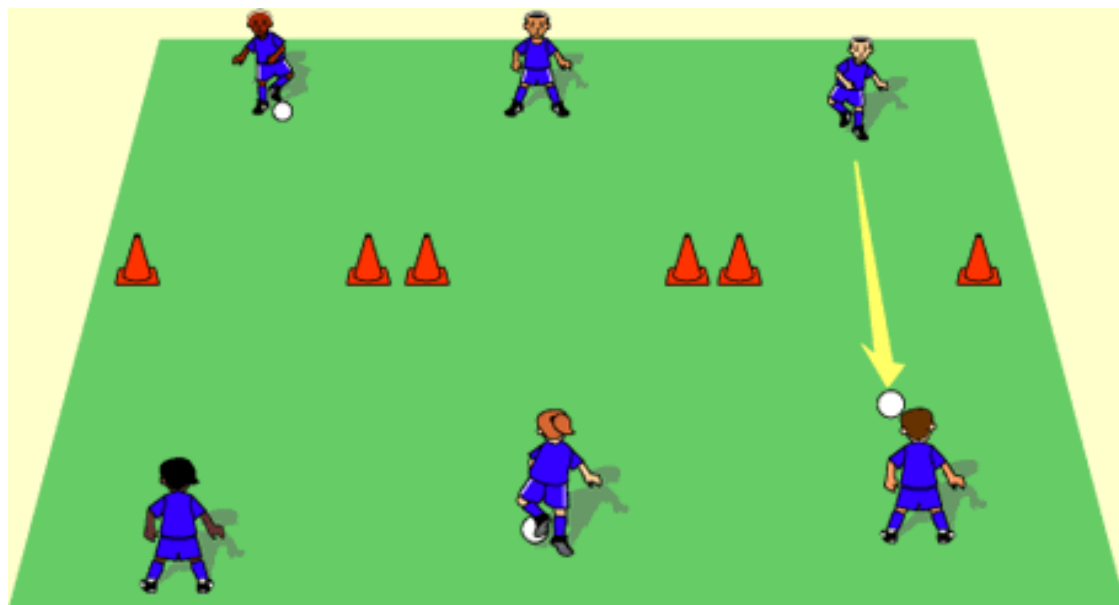
### MAIN POINTS:

1. Use the **correct passing technique** .
2. Place the non-kicking foot by the **side of the ball** .
3. **Lock ankle** and **follow through** in the direction of the pass.
4. **Watch the foot** making contact with the middle of the ball.

# MAIN TOPIC B

## Passing Tennis

1. Players are in pairs with a gate between the two players.
2. Two touches maximum.
3. Progress to one touch.
4. Vary the distance between the players.
5. Use a points system to keep score.



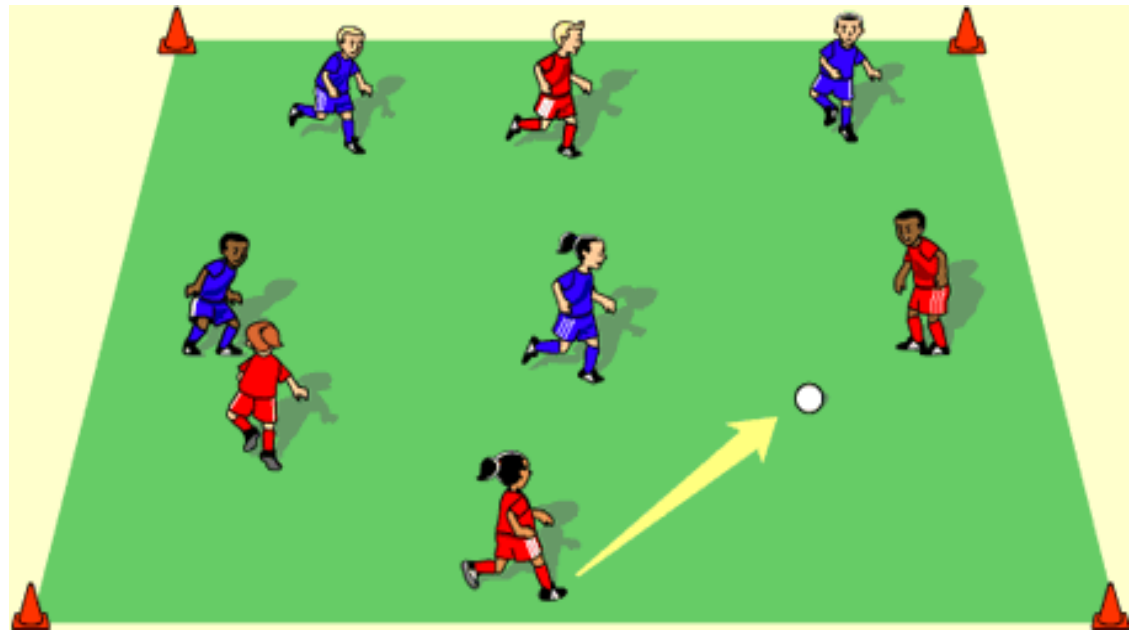
### MAIN POINTS:

1. Passing technique
2. Movement of feet.
3. Head up and eye on the ball.

## GAME PLAY

### Small Sided 4v4

1. Two teams of four players.
2. First team to make 50 non-consecutive passes wins the game.



#### MAIN POINTS:

1. Technique of pass.
2. Player's movement.
3. Accuracy of pass

## COOL DOWN

1. One ball each and slow dribbling in the penalty area.
2. Loosen and stretch off.
3. Review main session points