

Ridley United Soccer
U-8 Intramurals Practice

Requirements

1 ball for each player

Cones

Bibs

Practice duration 60 minutes w/ frequent breaks

Session 1

Warm up

- 1) Set up grid area (square) - approximately 20 x 20 Vary according to number of players
Free running with ball at feet in grid - have players vary speed
Simple stretching with ball
Jumping over ball --- side to side and front to back
- 2) All players stationary with ball between feet lined up at side of grid
Stationary -alternate touches with the inside of both feet
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area

Dribbling Ball Control

- 1) All players in grid with ball
Players dribble in defined grid area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions
- 2) Players outside of grid area
Players dribble with ball across grid and turn and return to the start line
Half of players on each side of grid - on command dribble across and stop
Half of players on each side of grid - on command dribble across and return

1 vs 1 to Goal

Gather players approximately 20 yards from goal
Have all balls together with coach
Call out 2 players - distribute ball - have them go toward goal
Attempt to match players up according to physical size and ability
This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes
This should only last about 30 seconds before next group of 2 is released

Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary

Session 2

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Stationary - alternate touches with the inside of both feet
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Follow the Coach (Leader)

All players in grid with balls
The coach moves around inside the grid with the players attempting to follow
Allow players to become the leader with or without a ball

Knockout ---

All players in grid area with balls
One player with bib on at one corner - players dribble around grid
and on command (use Team name) the player with the bib
attempts to knock the balls out of the grid - when the ball is out the
player should stay out -- Rotate Knockout player until everyone has a turn
After a few sessions use 2 players to Knockout

1 vs 1 to Goal

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Have all balls together with coach
Call out 2 players - distribute ball - have them go toward goal
Attempt to match players up according to physical size and ability
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Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary

Break The Pack

During scrimmage play pass to the coach - whatever team passes to
the coach - the coach is on that team - dribble ball to offensive end
and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 3

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Skills

Knockout --- Ball control

All players in grid area with balls
One player with bib on at one corner - players dribble around grid
and on command (use Team name) the player with the bib
attempts to knock the balls out of the grid - when the ball is out the
player should stay out -- Rotate Knockout player until everyone has a turn
After a few sessions use 2 players to Knockout

Introduction to Juggling (Kicking Ball with the laces - Power kick/Shooting)

- 1) All players with ball in hands
Arms extended / waist high
- 2) Drop ball and attempt to kick it back up to hands with laces
After players can kick and catch the ball - attempt to have them kick
ball 2 times before catching
- 3) Proceed to having the players all punt the ball - with the laces
across field - retrieve ball and dribble back
- 4) Move to goal area -- have players kick stationary ball on ground with
laces into the goal

Go - To- Goal

All players lined up behind goal area
Coach with all balls
Coach calls 1 player at a time and distributes ball approximately 10 -20 yards
from goal - player called retrieves ball, turns and goes toward the goal and shoots it in the goal
Rotate all players

Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary

Break The Pack

During scrimmage play pass to the coach - whatever team passes to
the coach - the coach is on that team - dribble ball to offensive end
and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 4

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Skills Introduction to Juggling (Kicking Ball with the laces - Power kick/Shooting)

- 1) All players with ball in hands
Arms extended / waist high
- 2) Drop ball and attempt to kick it back up to hands with laces
After players can kick and catch the ball - attempt to have them kick ball 2 times before catching
- 3) Proceed to having the players all punt the ball - with the laces
across field - retrieve ball and dribble back
- 4) Move to goal area -- have players kick stationary ball on ground with laces into the goal

Passing

- 1) Stationary - 2 players 1 ball
Position players about 10 yards apart and have them pass the ball
Do not worry about technique - have players stop the ball with the bottom of foot and pass to the other player
- 2) After a few minutes allow the players to move across the field
while passing -- allow them to take a few touches of the ball
look up find the other player and pass the ball
- 3) Player - Stops ball with bottom of foot - Controls ball
Dribbles ball and looks up to find the other player and pass the ball
Keep all players in defined area -- traffic helps improve control

Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary
Increase goal size and add goaltenders

Break The Pack

During scrimmage play pass to the coach - whatever team passes to the coach - the coach is on that team - dribble ball to offensive end and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 5

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Juggling (Kicking Ball with the laces - Power kick/Shooting)

- 1) All players with ball in hands
Arms extended / waist high
- 2) Drop ball and attempt to kick it back up to hands with laces
After players can kick and catch the ball - attempt to have them kick ball 2 times before catching
- 3) Proceed to having the players all punt the ball - with the laces
across field - retrieve ball and dribble back
- 4) Move to goal area -- have players kick stationary ball on ground with laces into the goal

Go - To - Goal Pass to Coach

All players lined up approximately 20 yards from goal with ball
Coach calls 1 player and the player must pass to coach
coach passes back and player shoot on goal
the player up - After player scores they stay behind goal
Rotate all players

1 vs 1 to Goal

Gather players approximately 20 yards from goal
Have all balls together with coach
Call out 2 players - distribute ball - have them go toward goal
Attempt to match players up according to physical size and ability
This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes
This should only last about 30 seconds before next group of 2 is released

Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary
Increase goal size and add goaltenders

Break The Pack

During scrimmage play pass to the coach - whatever team passes to the coach - the coach is on that team - dribble ball to offensive end and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 6

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Skills Passing

- 1) Stationary - 2 players 1 ball
Position players about 10 yards apart and have them pass the ball
Do not worry about technique - have players stop the ball with the bottom of foot and pass to the other player
- 2) After a few minutes allow the players to move across the field while passing -- allow them to take a few touches of the ball
look up find the other player and pass the ball
Player - Stops ball with bottom of foot - Controls ball
Dribbles ball and looks up to find the other player and pass the ball
Keep all players in defined area -- traffic helps improve control
- 3) 3 Players 1 Ball
Stationary - players line up in a triangle
Player A passes to Player B - Player B passes to Player C
Player C passes to Player A -- Repeat
- 4) After a few minutes allow the players to move across the field while passing -- allow them to take a few touches of the ball
look up find the other player and pass the ball
Player - Stops ball with bottom of foot - Controls ball
Dribbles ball and looks up to find the other player and pass the ball
Keep all players in defined area -- traffic helps improve control
- 5) 3 Players 1 Ball
2 Players play keep a way from 3rd player (w/bib)
Rotate players

Go - To - Goal Pass to Coach

All players lined up approximately 20 yards from goal with ball
Coach calls 1 player and the player must pass to coach
coach passes back and player shoot on goal
the player up - After player scores they stay behind goal
Rotate all players

Scrimmage

Break group into teams of 4 or 5 players maximum
Small sided game with small goals and no goalkeepers.
Re organize teams as necessary
Increase goal size and add goaltenders

Break The Pack

During scrimmage play pass to the coach - whatever team passes to the coach - the coach is on that team - dribble ball to offensive end and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 7

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Skills - Knockout

All players in grid area with balls
One player with bib on at one corner - players dribble around grid
and on command (use Team name) the player with the bib
attempts to knock the balls out of the grid - when the ball is out the
player should stay out -- Rotate Knockout player until everyone has a turn
After a few sessions use 2 players to Knockout

Passing

- 1) 2 Players 1 Ball
Players moving across area with ball - control, dribble, pass
Player - Stops ball with bottom of foot - Controls ball
Dribbles ball and looks up to find the other player and pass the ball
Keep all players in defined area -- traffic helps improve control
- 2) 3 Players 1 Ball
2 Players play keep a way from 3rd player (w/bib)
Rotate players

1 vs 1 to Goal

Gather players approximately 20 yards from goal
Have all balls together with coach
Call out 2 players - distribute ball - have them go toward goal
Attempt to match players up according to physical size and ability
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Scrimmage

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Break The Pack

- 1) During scrimmage play pass to the coach - whatever team passes to
the coach - the coach is on that team - dribble ball to offensive end
and pass to player in open space -- Players will look to get out of the pack
- 2) Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
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Session 8

Warm up - Ball Control

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Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Juggling (Kicking Ball with the laces - Power kick/Shooting)

- 1) All players with ball in hands
Arms extended / waist high
- 2) Drop ball and attempt to kick it back up to hands with laces
After players can kick and catch the ball - attempt to have them kick ball 2 times before catching
- 3) Proceed to having the players all punt the ball - with the laces
across field - retrieve ball and dribble back
- 4) Move to goal area -- have players kick stationary ball on ground with laces into the goal

Go - To - Goal (vs Coach)

All players lined up approximately 20 yards from goal with ball
Coach calls 1 player and the player must dribble toward goal
and score -- the coach plays very passive defense and only tries to hurry the player up - After player scores they stay behind goal
Rotate all players

Go - To - Goal Pass to Coach

All players lined up approximately 20 yards from goal with ball
Coach calls 1 player and the player must pass to coach
coach passes back and player shoot on goal
the player up - After player scores they stay behind goal
Rotate all players

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On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 9

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Knockout ---

All players in grid area with balls
One player with bib on at one corner - players dribble around grid
and on command (use Team name) the player with the bib
attempts to knock the balls out of the grid - when the ball is out the
player should stay out -- Rotate Knockout player until everyone has a turn
After a few sessions use 2 players to Knockout

Passing

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Player - Stops ball with bottom of foot - Controls ball
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On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process

Session 10

Warm up - Ball Control

All players stationary with ball between feet lined up at side of grid
Alternate touches with the inside of both feet - stationary
Stationary - Alternate touching ball with bottom of both feet
Players dribbling across Grid Area
Add voice commands
Stop -- Stop ball with bottom of foot
Turn -- Turn with the ball and reverse directions

Knockout ---

All players in grid area with balls
One player with bib on at one corner - players dribble around grid
and on command (use Team name) the player with the bib
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After a few sessions use 2 players to Knockout

1 vs 1 to Goal

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and pass to player in open space -- Players will look to get out of the pack
Option 2 -- Start scrimmage with 1 ball - coach holds second ball
On command (whistle) coach distributes 2nd ball to any player in open area
2nd ball is now in play - coach retrieves initial ball and continues to repeat process