

U7-U8 SOCCER PLANS

H.A.R.D#1

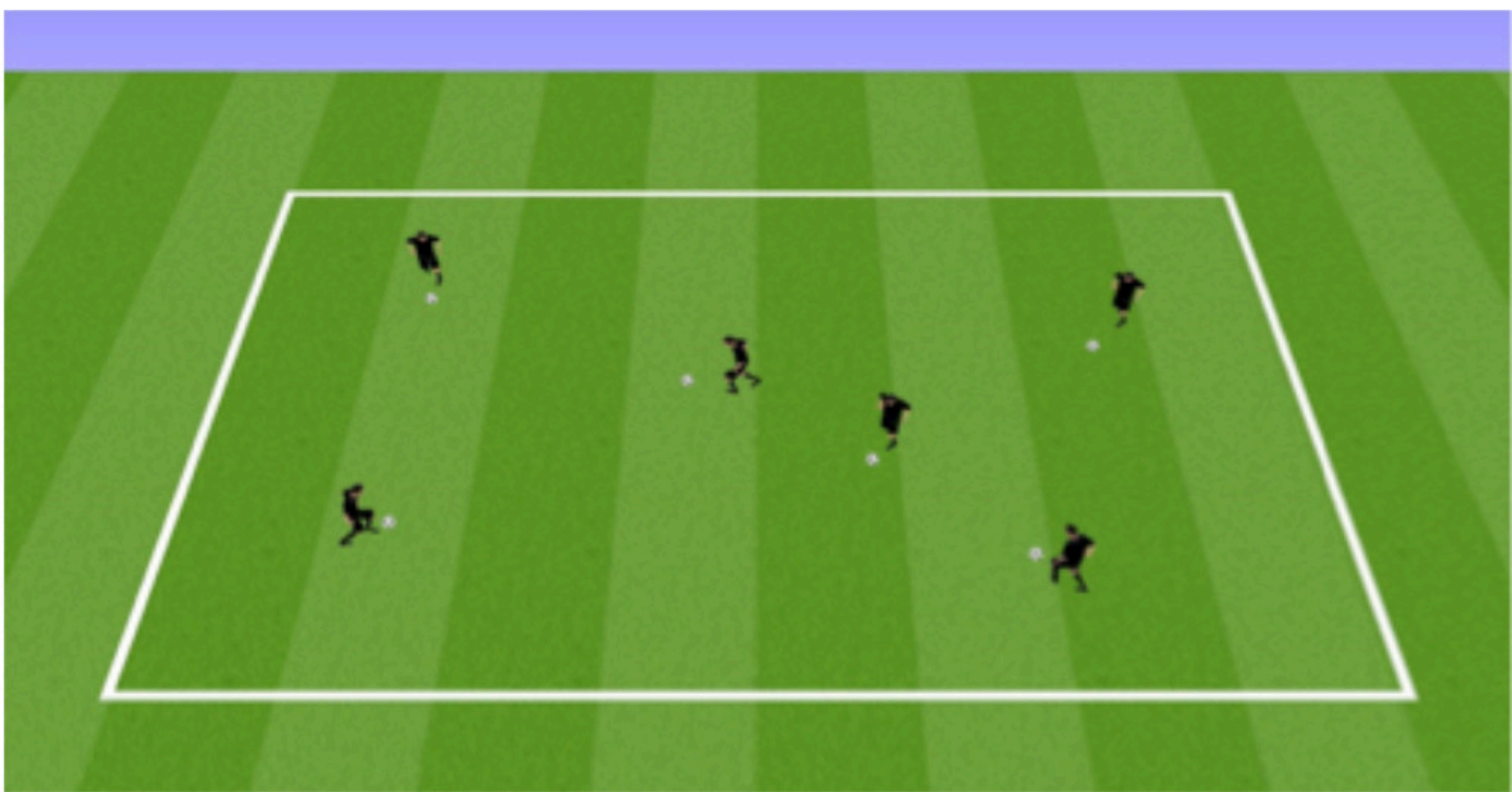
WEEK 1

ACTIVITY 1

5-10 mins
20x20 area

Touches

Left foot, right foot, inside feet, outside foot, sole (Use all diferent parts of the feet)

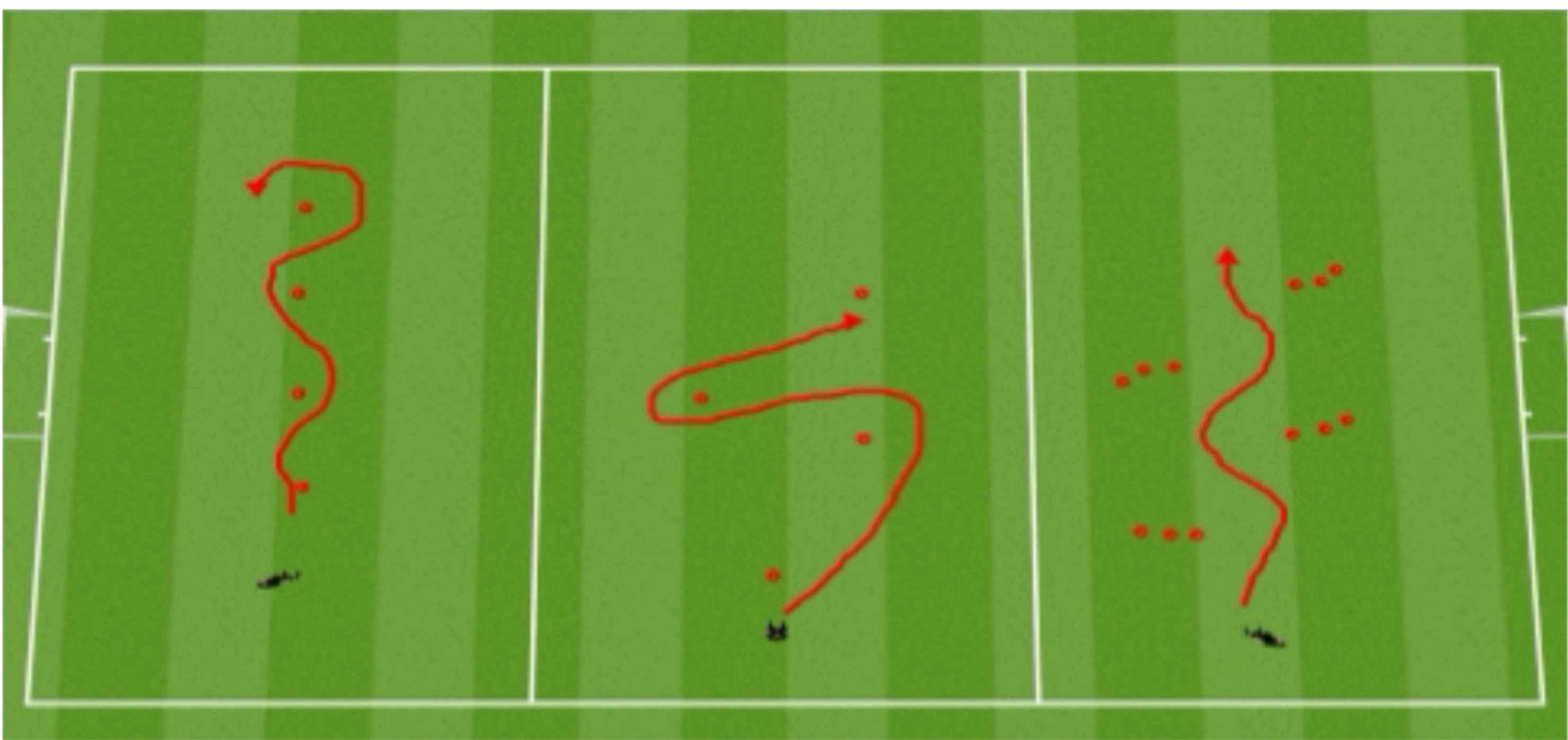


ACTIVITY 2

10 mins
1 yard between
cones

Dribbling patterns

Practice different patterns. Smalls touches close to cones, bigger touches in space.

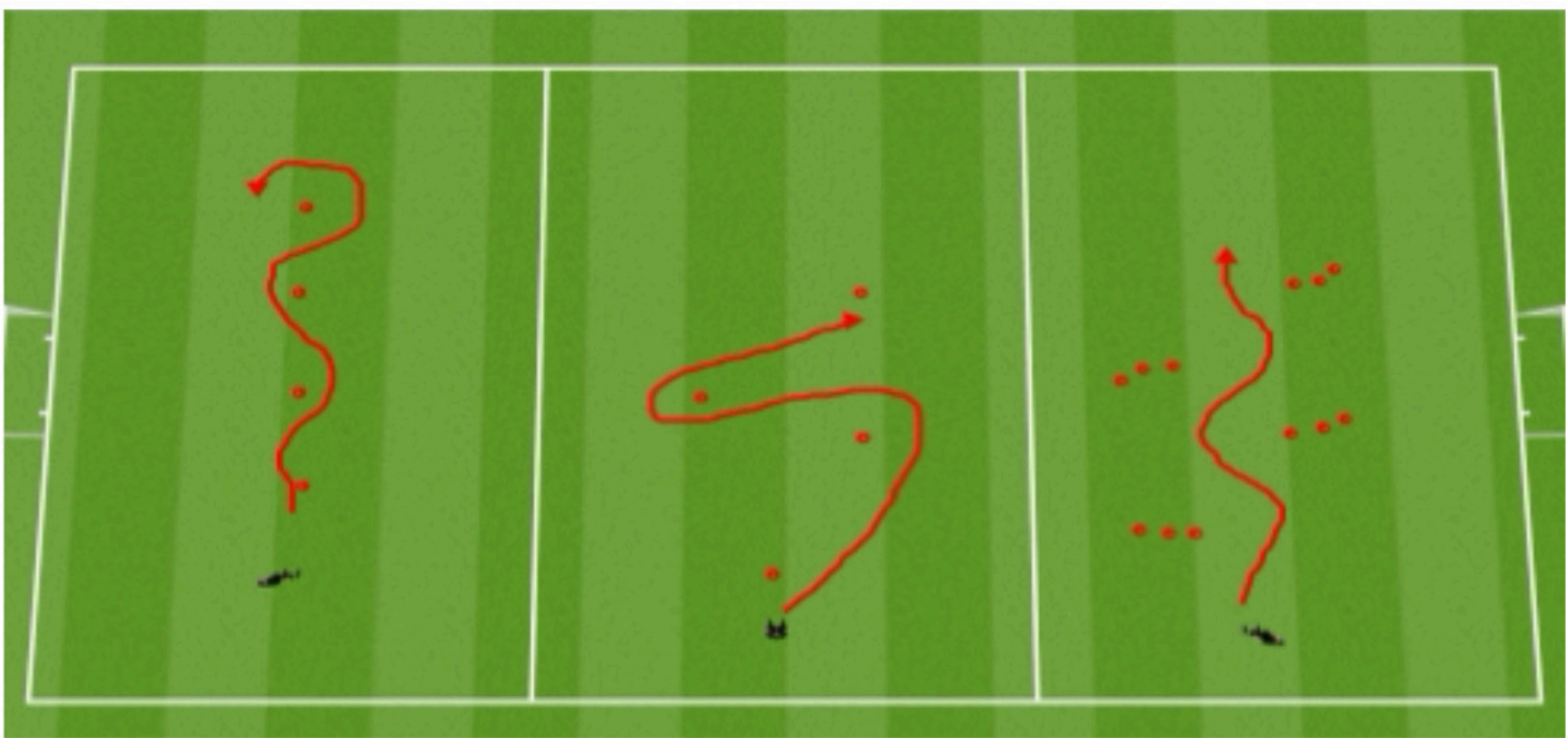


FUN

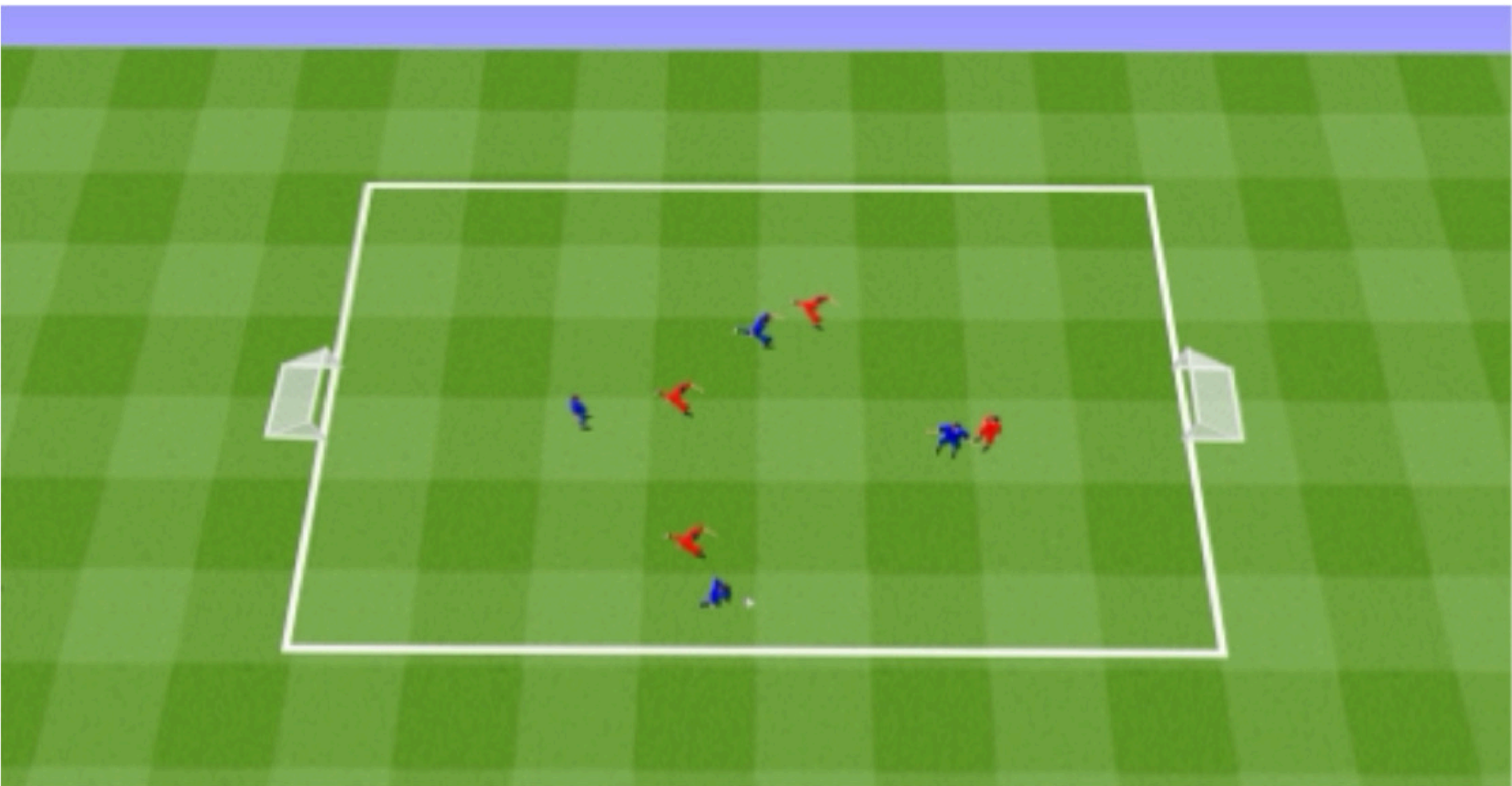
10 mins
Same

Relay races

Create races with each pattern they practice- Encourage speed within losing control of the ball



Scrimmage- Throw ins



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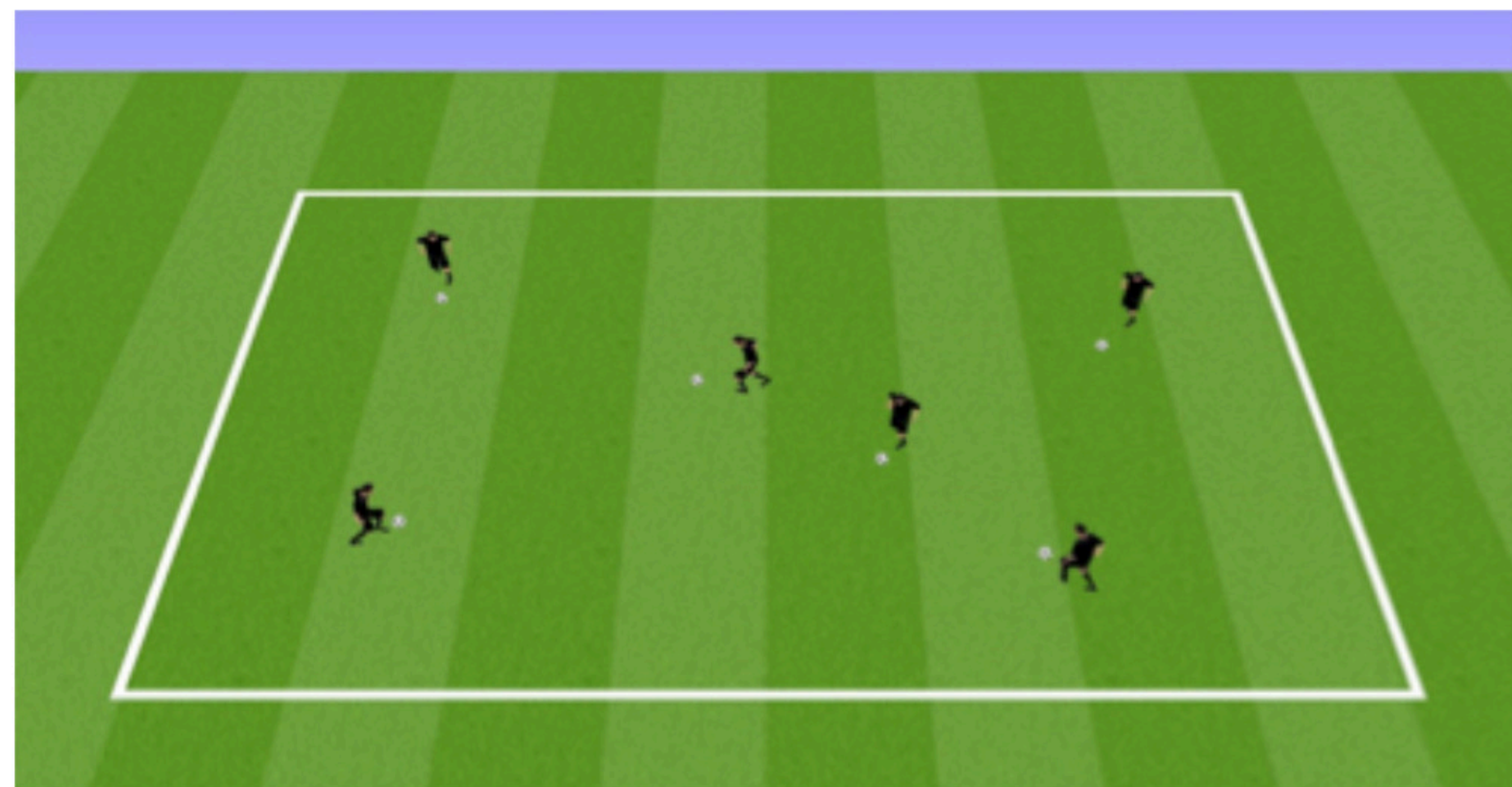
WEEK 2

ACTIVITY 1

5-10 mins
20x20 area

Touches

Left foot, right foot, inside feet, outside foot, sole (Use all different parts of the feet)

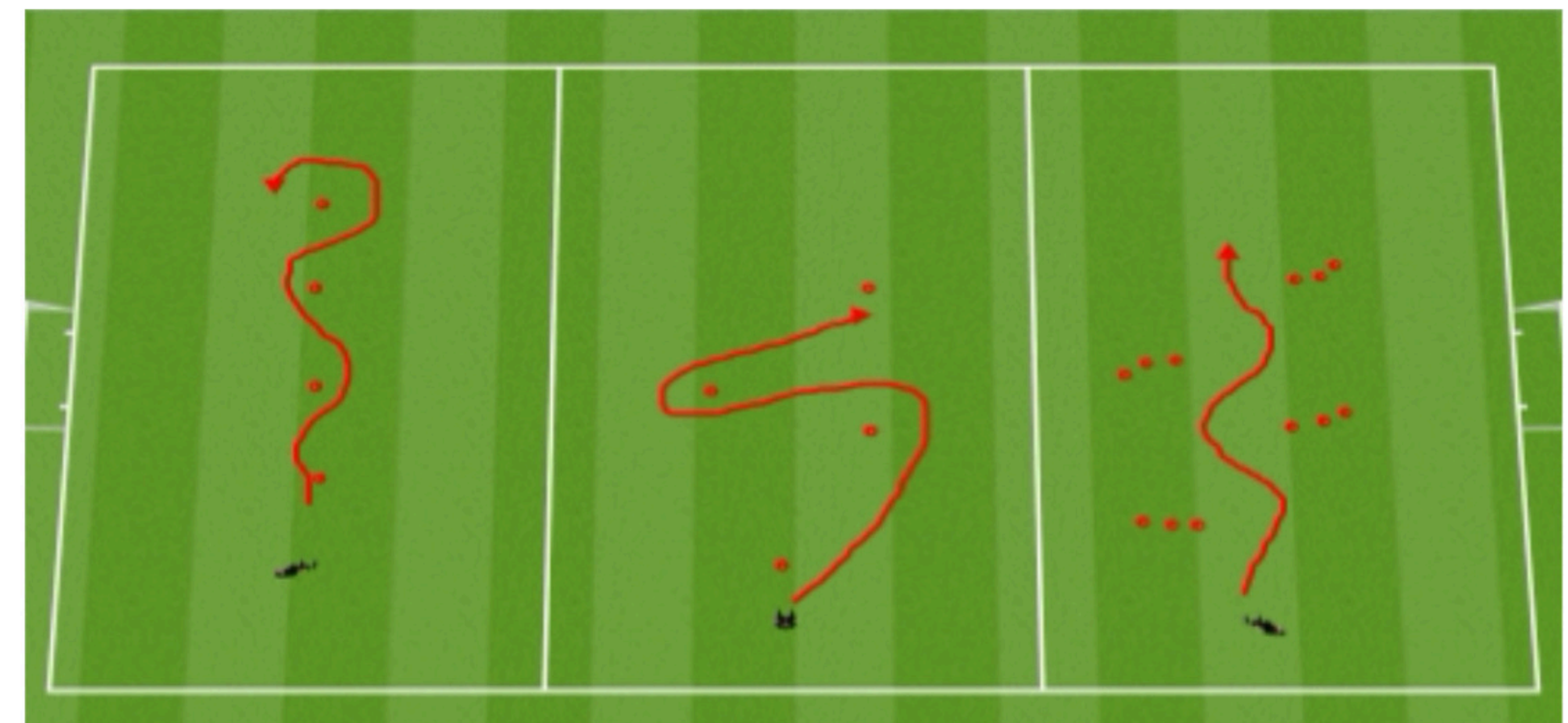


ACTIVITY 2

10 mins
1 yard between
cones

Dribbling patterns

Practice different patterns. Smalls touches close to cones, bigger touches in space.

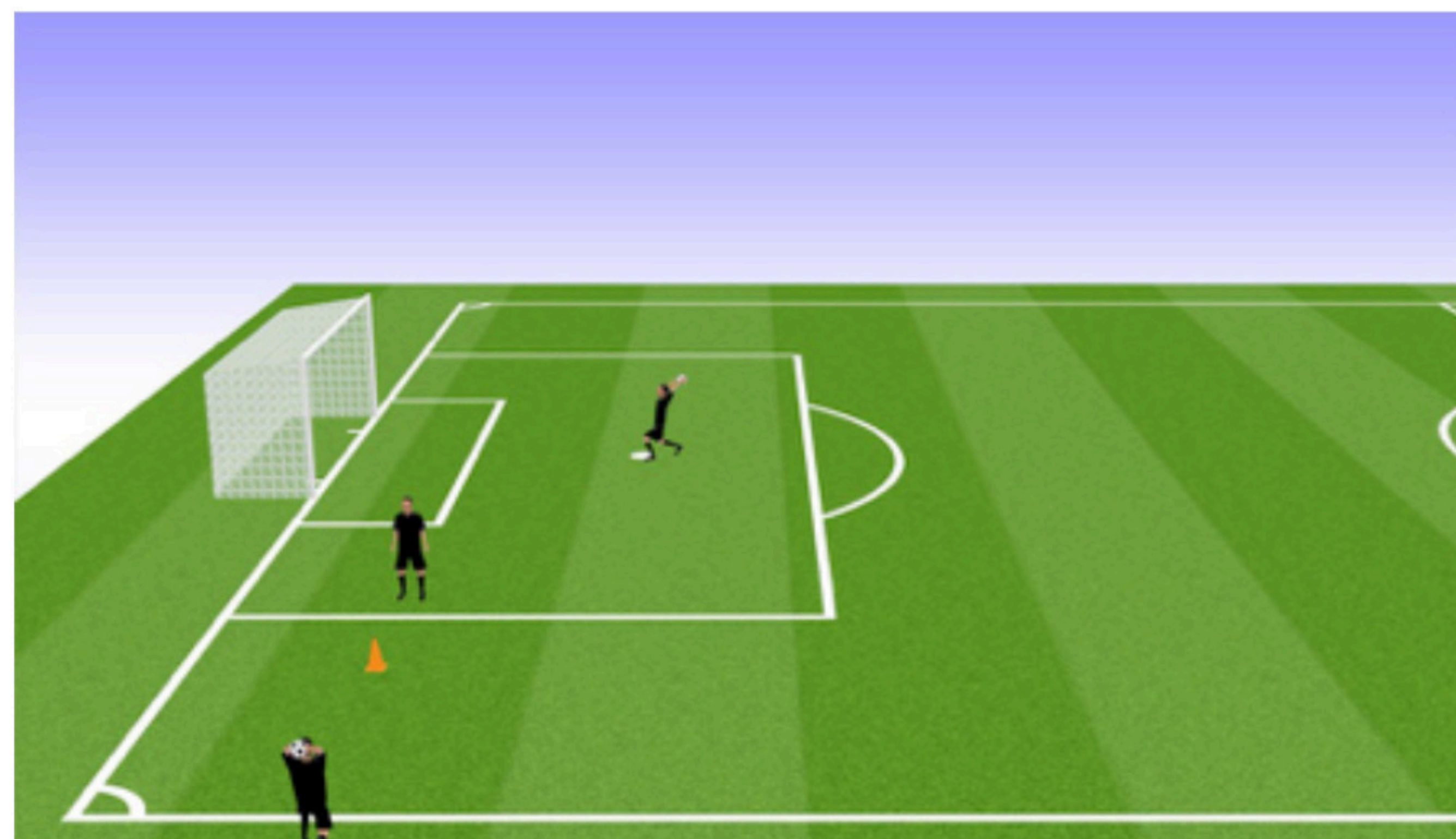


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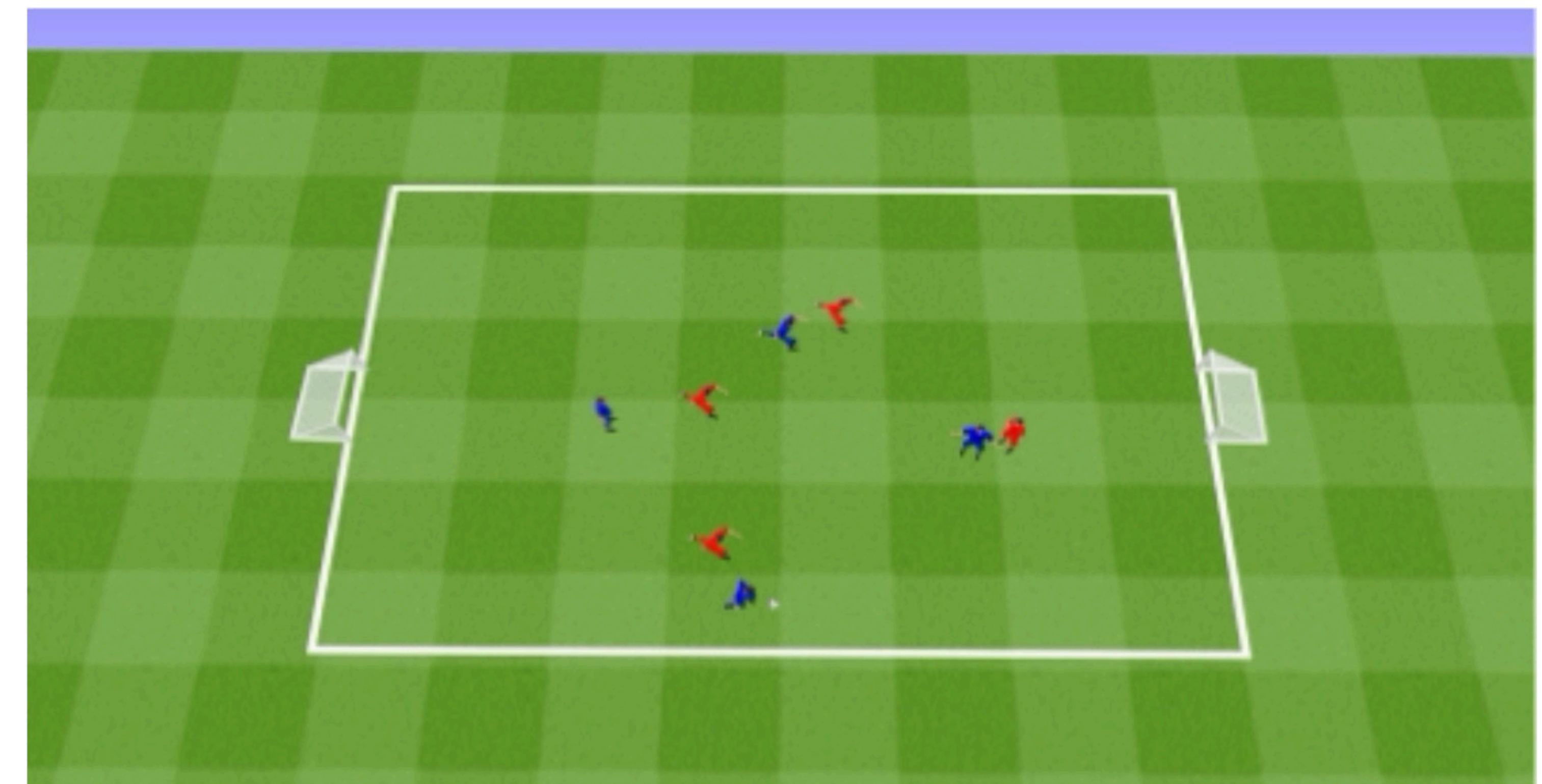
10 mins
Same

Soccer bowling but throw ins

Practice throw in but knocking over cones. Hand behind head, both feet on ground



Scrimmage- Throw ins (both feed on ground, ball behind head)



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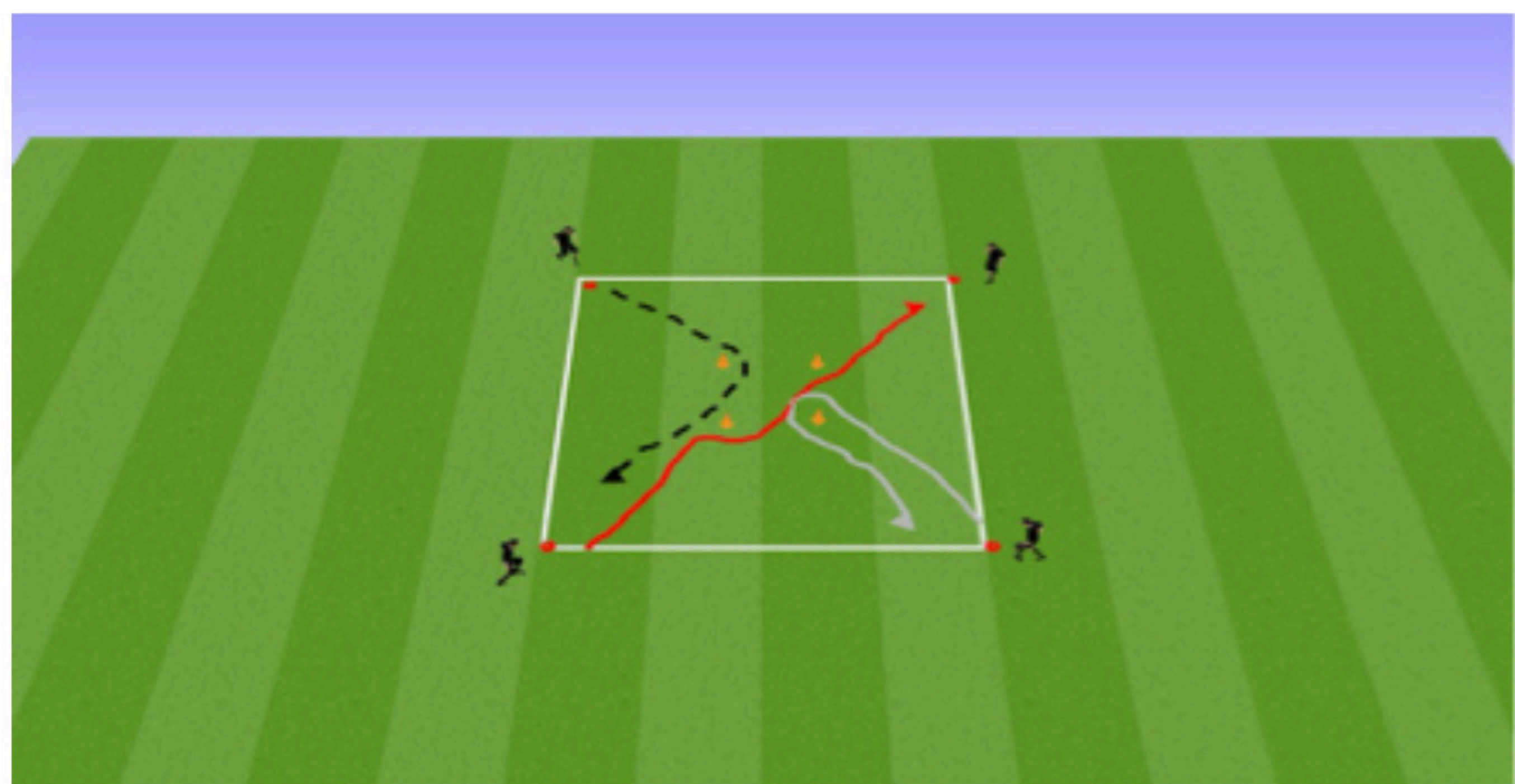
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WEEK 3

ACTIVITY 1

10 mins
10x10 box

Dribbling movements

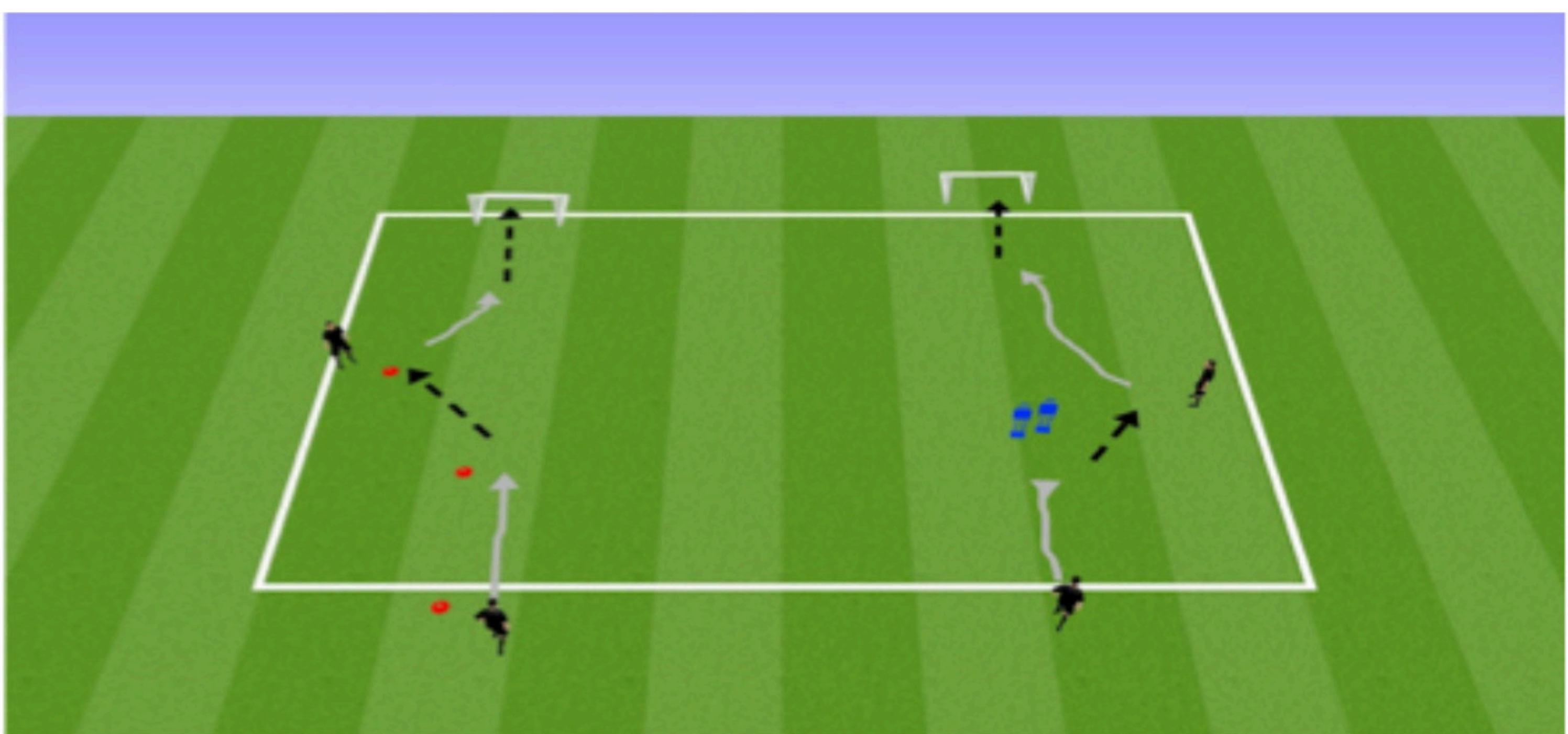


ACTIVITY 2

10 mins
1 yard between
cones

Give and Go- partner dribbling and shooting circuit

Introducing passing, add a 1-2 pass with
teammate around object .

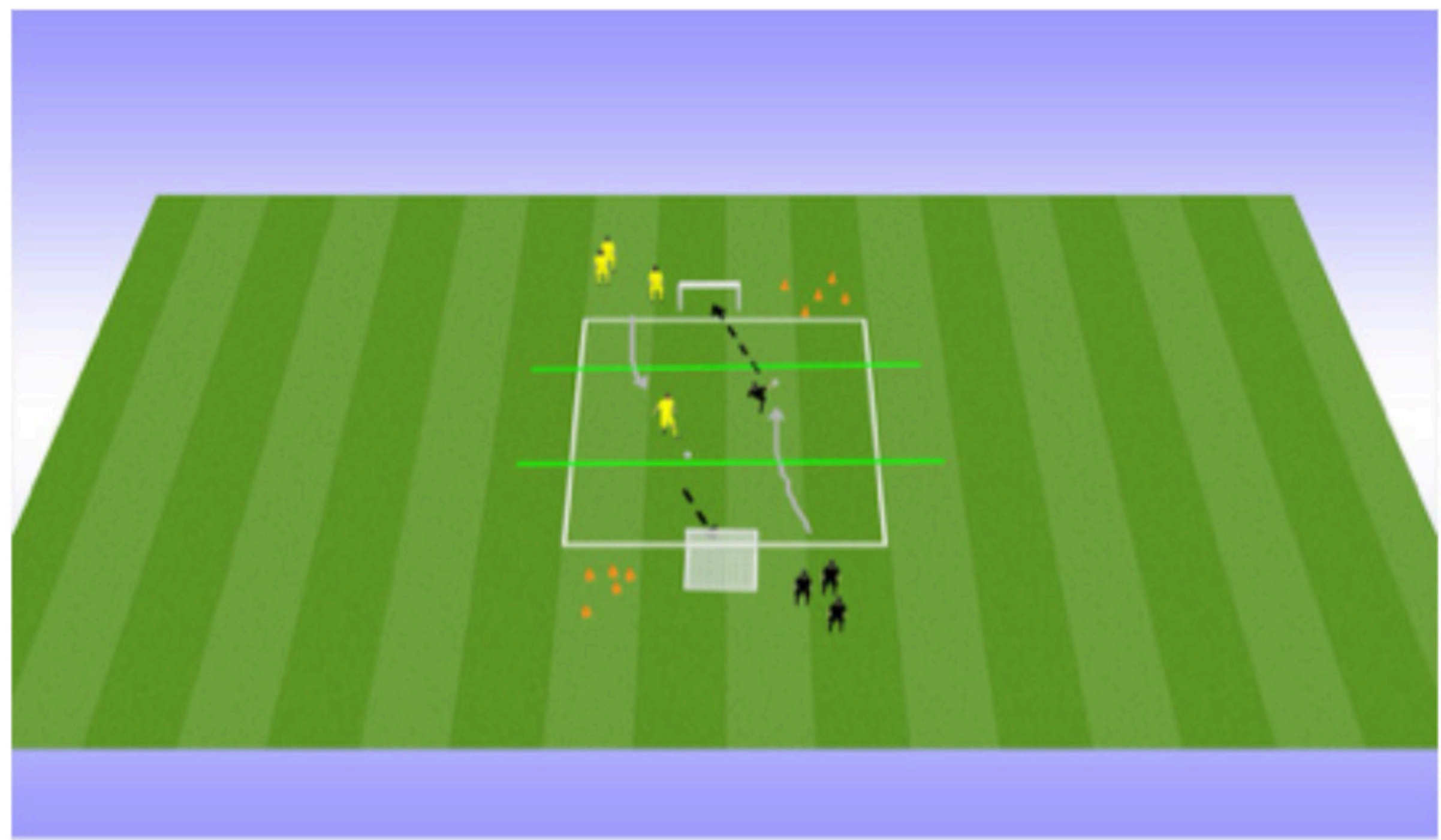


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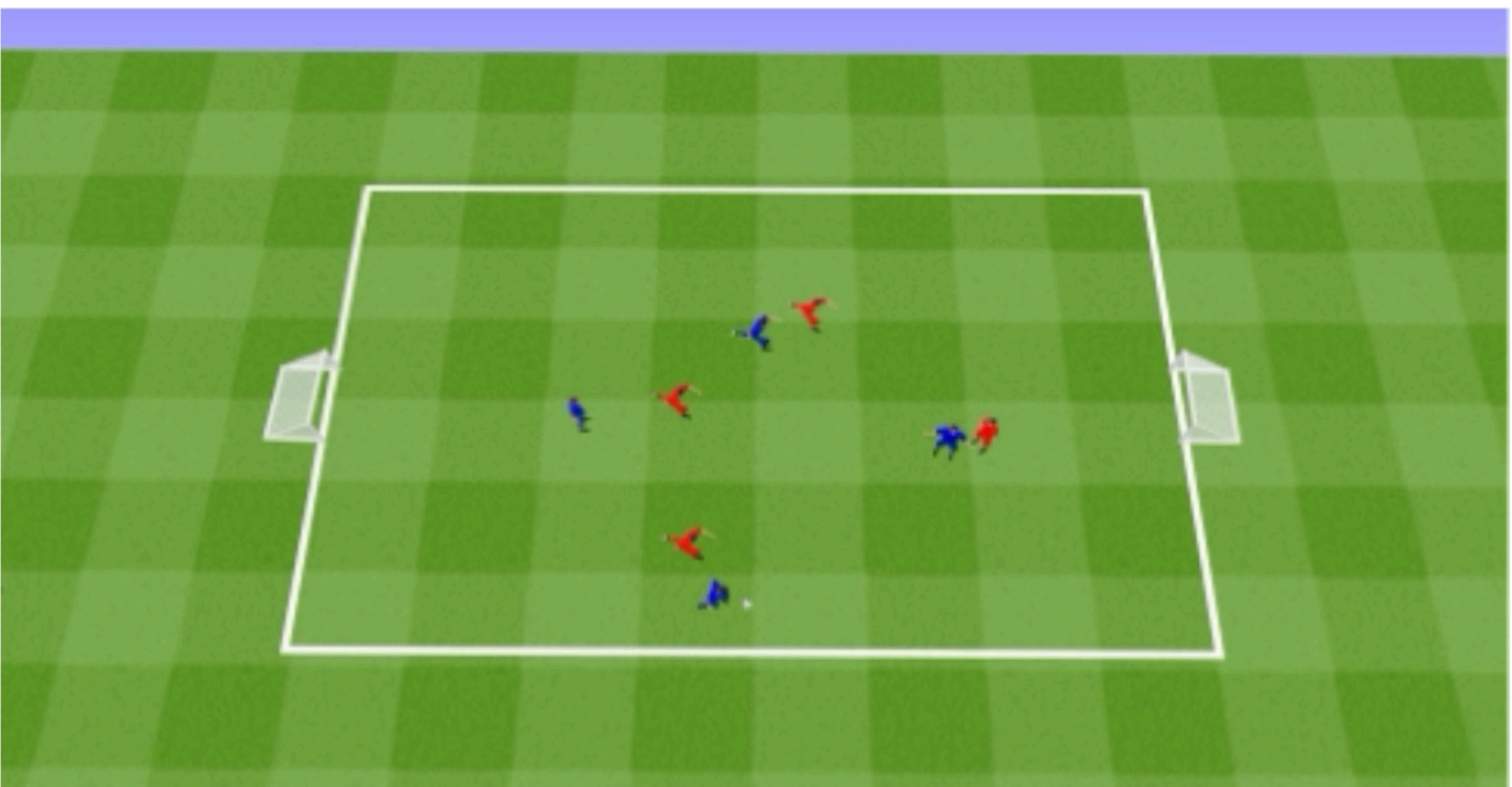
10 mins
10x20yards

Treasure hunt

Dribble, shoot, take treasure if you
score. Shot must be 5+yards from
goal. Team who steals all treasure 1st
wins



Scrimmage



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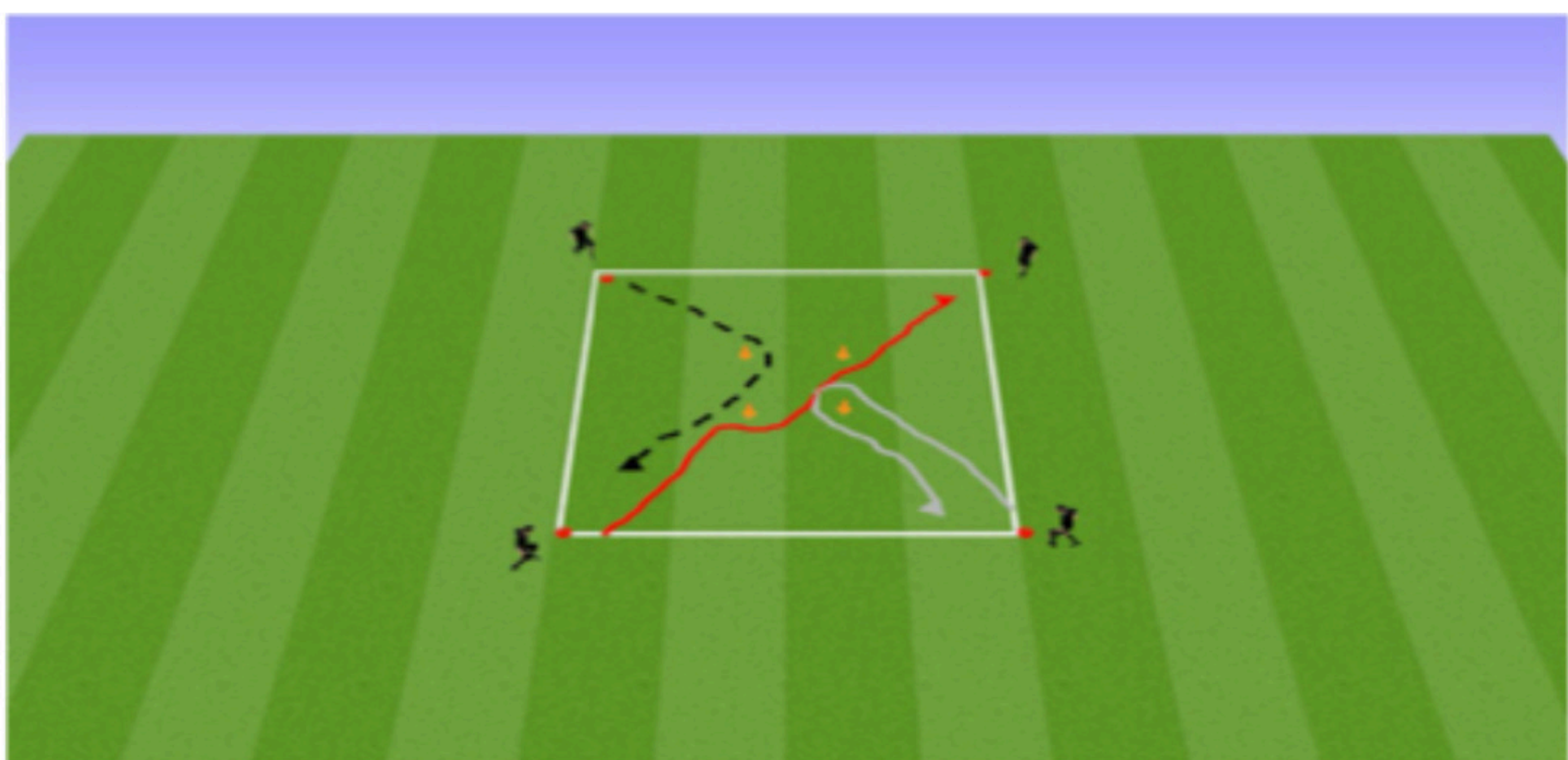
WEEK 4

ACTIVITY 1

5-10 mins
12x12

Dribbling warm up

Vary patterns, then add challenge.
Weaker foot, inside touches, outside touches.

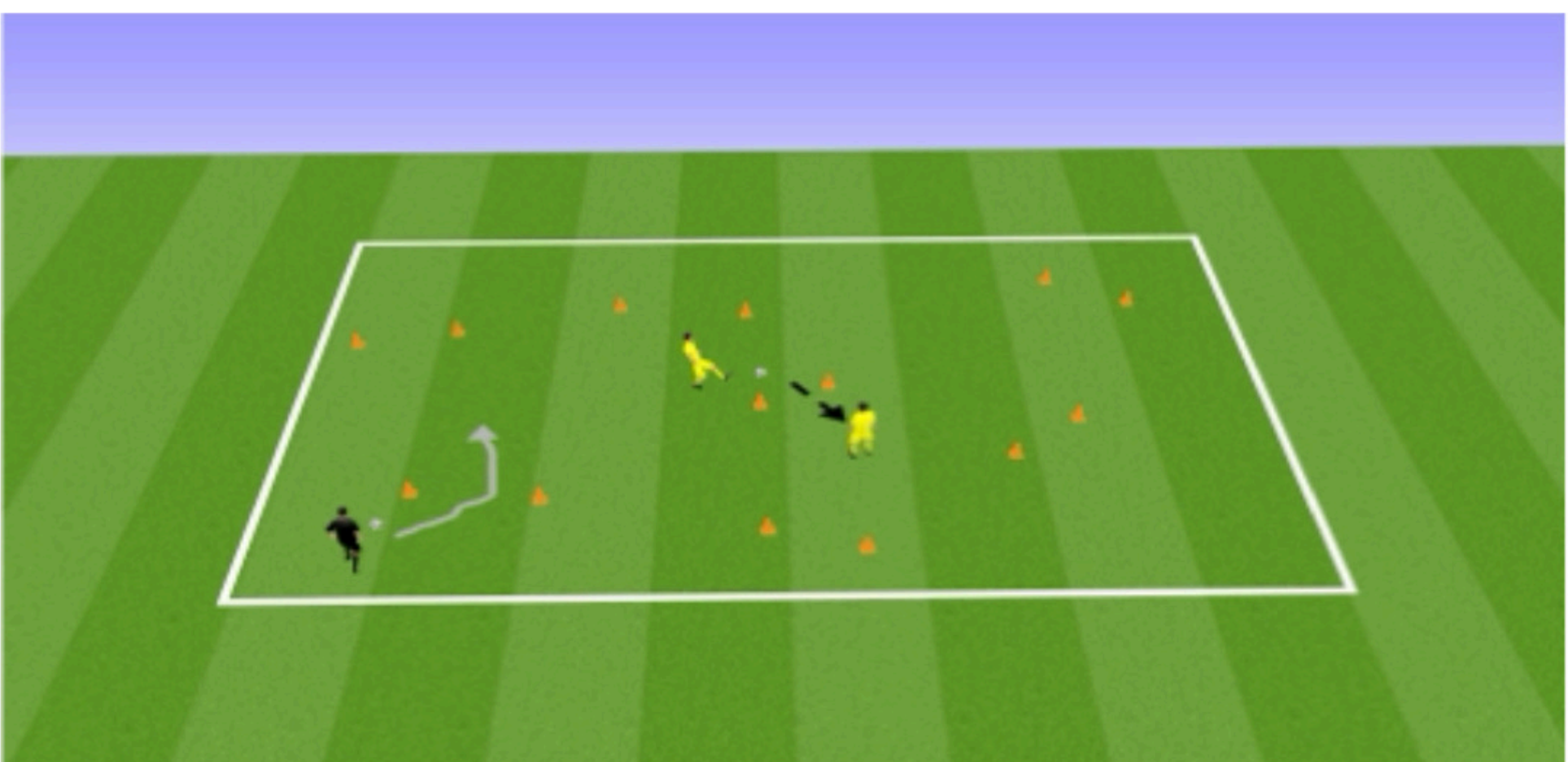


ACTIVITY 2

10mins
20x30

Gates

Start with dribbling through gates, practice then make it a game

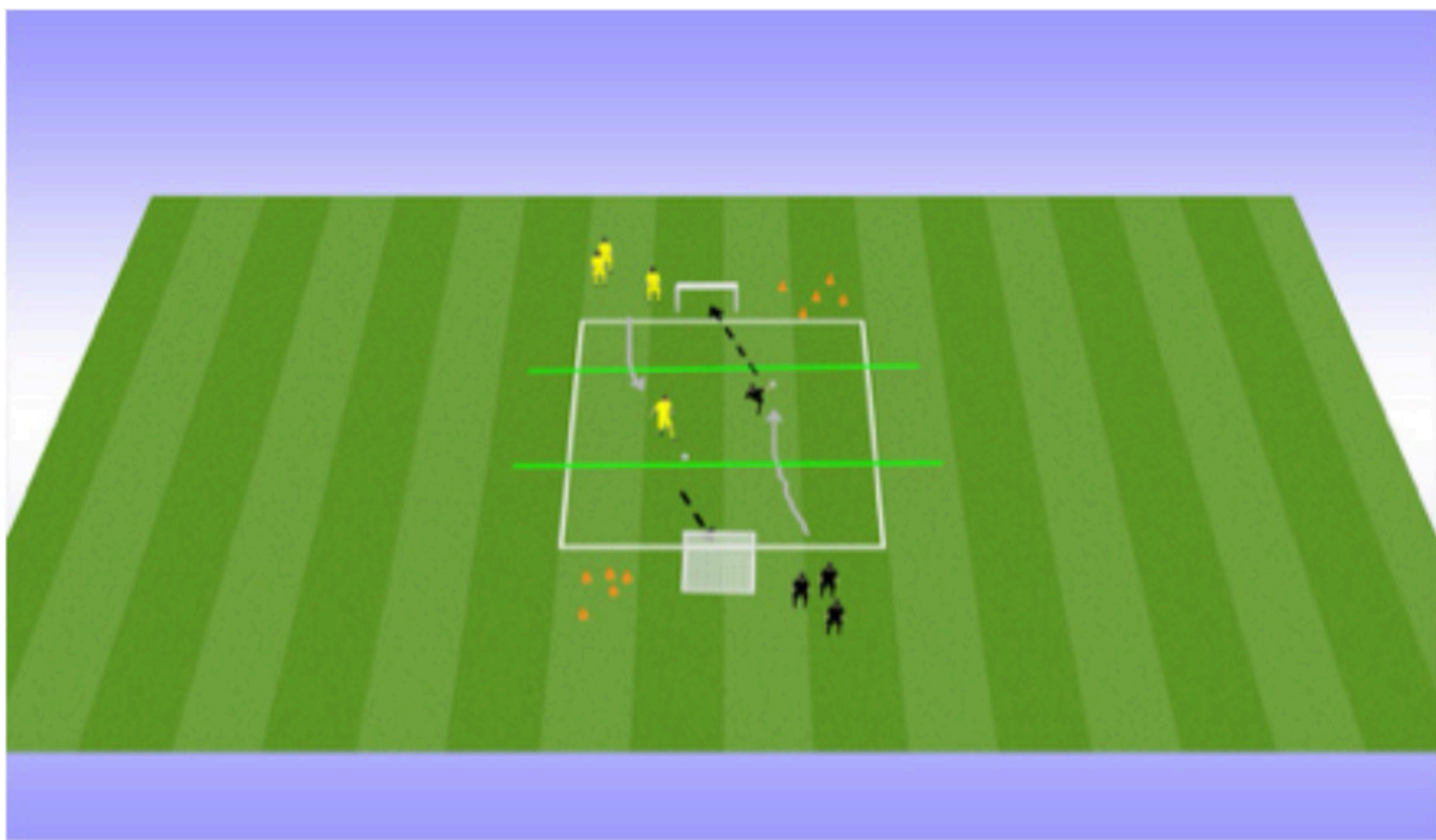


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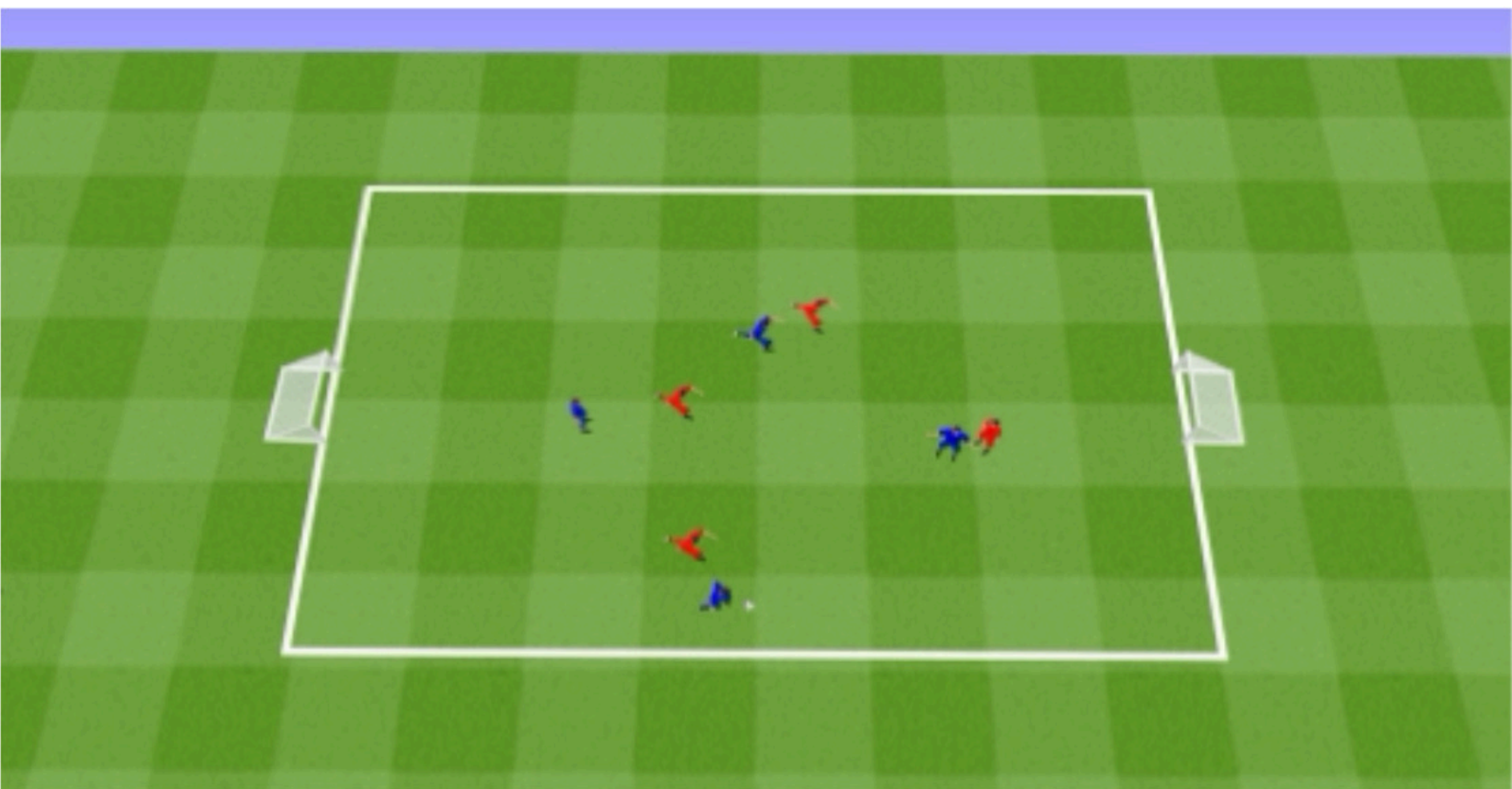
10 mins
10x20yards

Treasure hunt

Dribble, shoot, take treasure if you score. Shot must be 5+yards from goal. Team who steals all treasure 1st wins



Scrimmage



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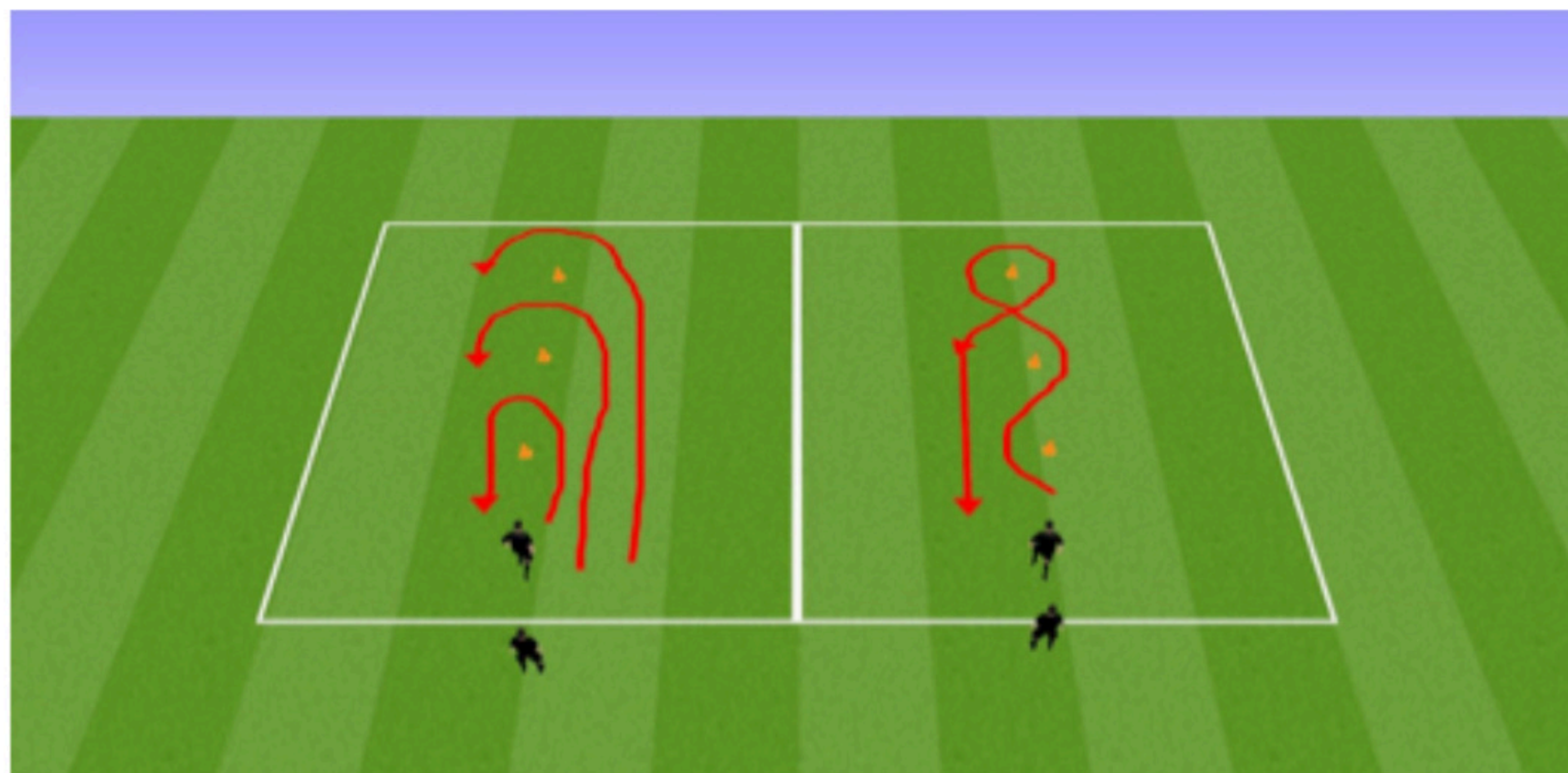
WEEK 5

ACTIVITY 1

5-10 mins
5,10,15
yards

Simple dribbling warmup

Start with closest cone, then 2nd and 3rd. Create a race out of it after.

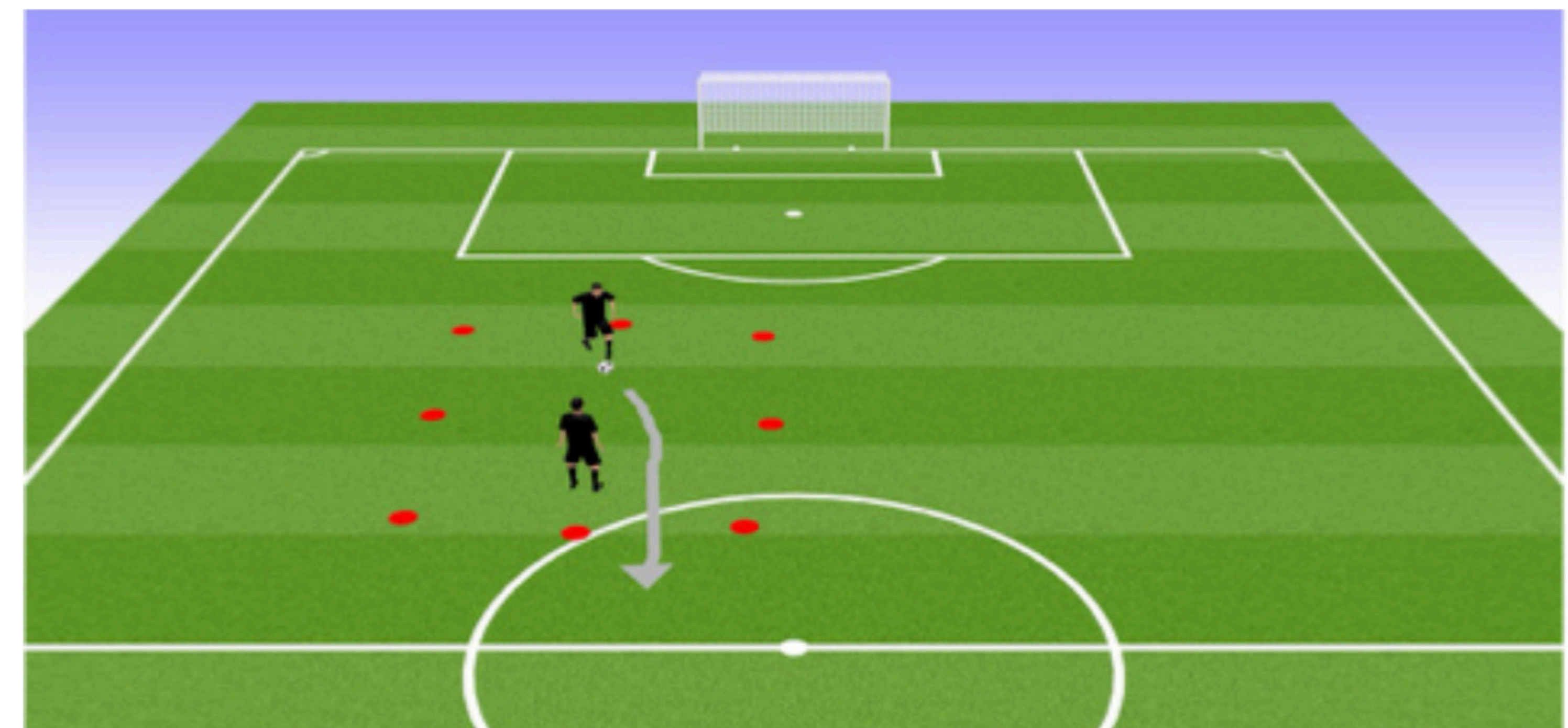


ACTIVITY 2

10 mins
10x15

1v1 to endline

Split group up. One end will start with the ball, trying to dribgle across endline for a point

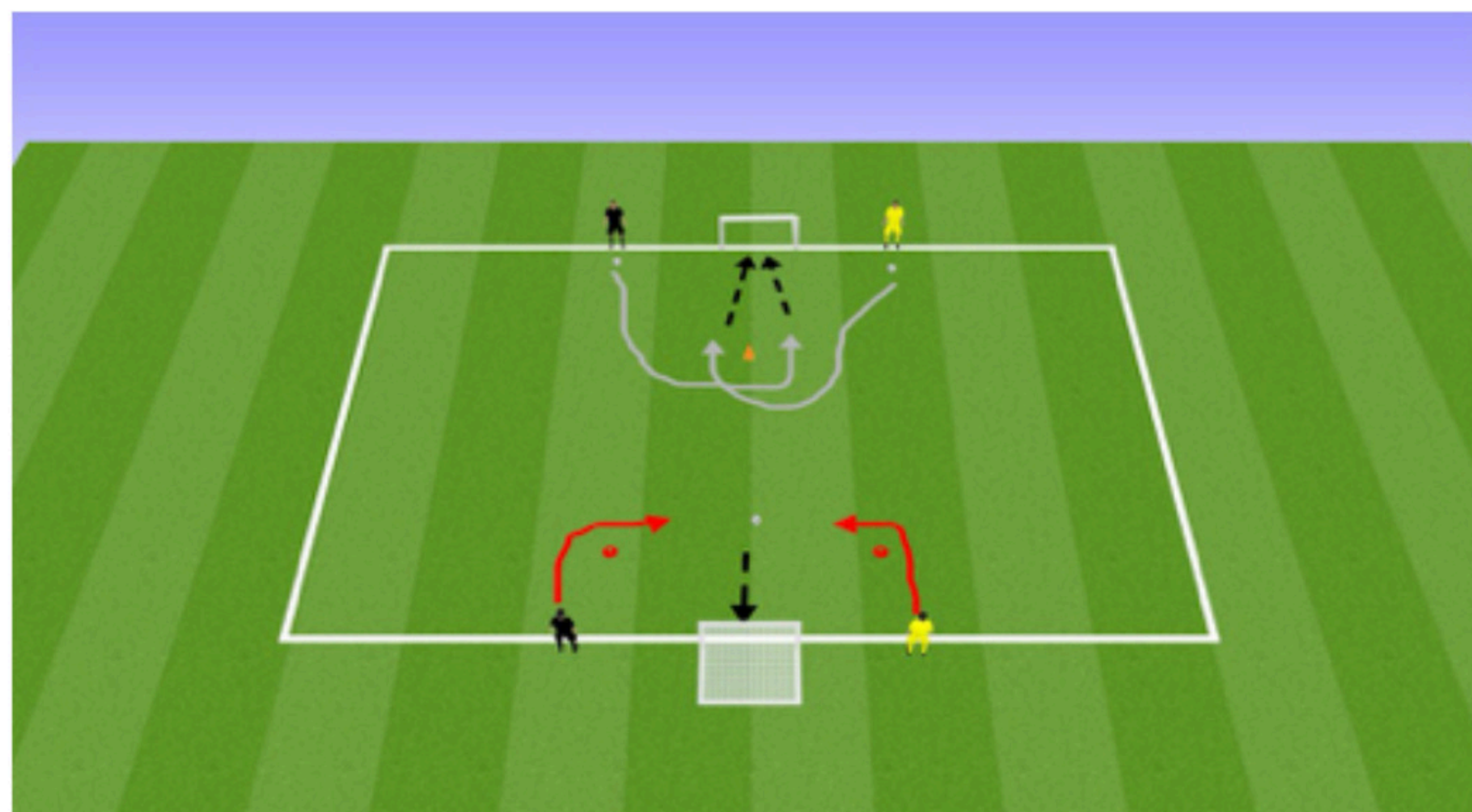


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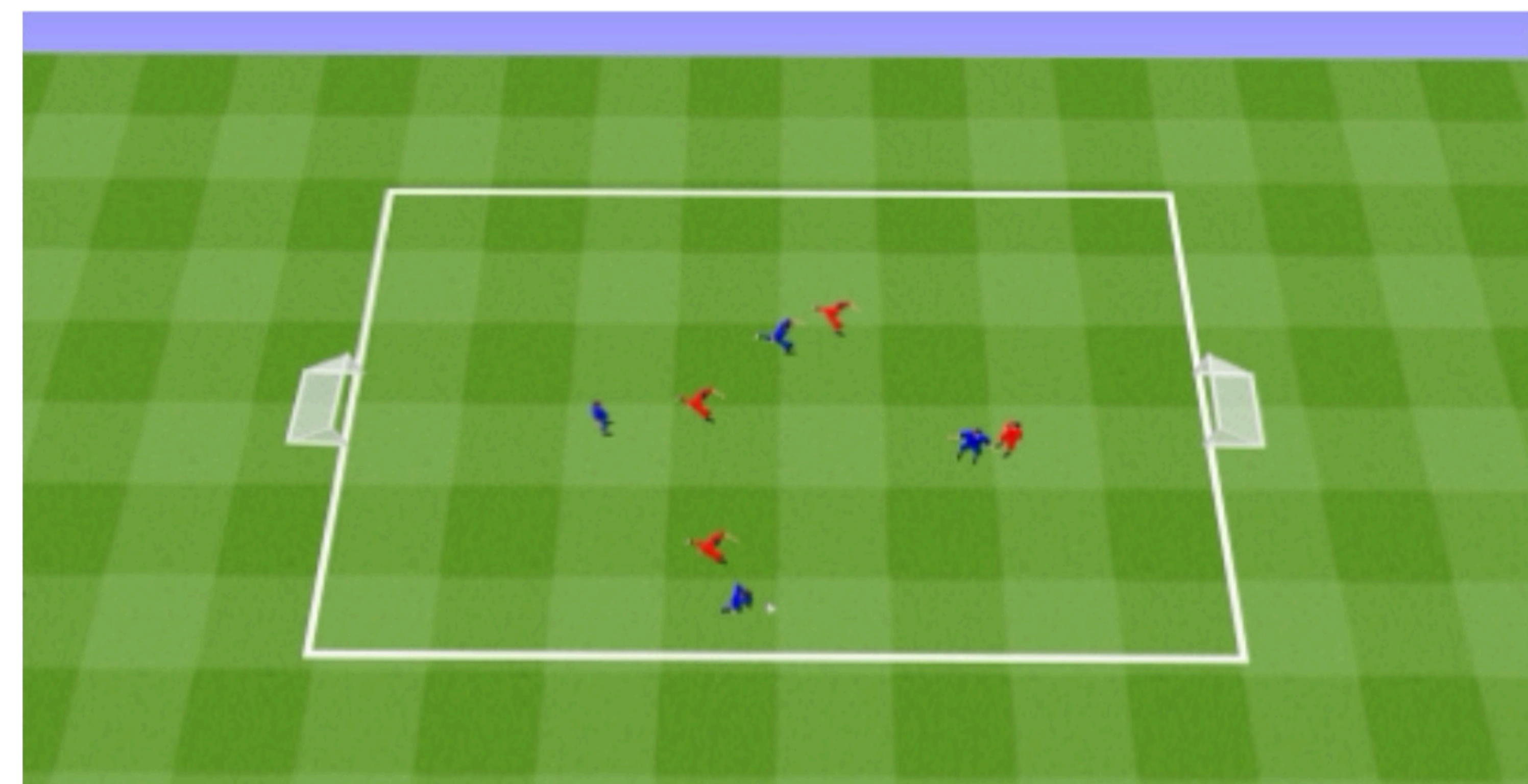
10 mins
10-15 yds
from goal

1v1 races

Vary the start and cones- Make it competitive and fun



Scrimmage



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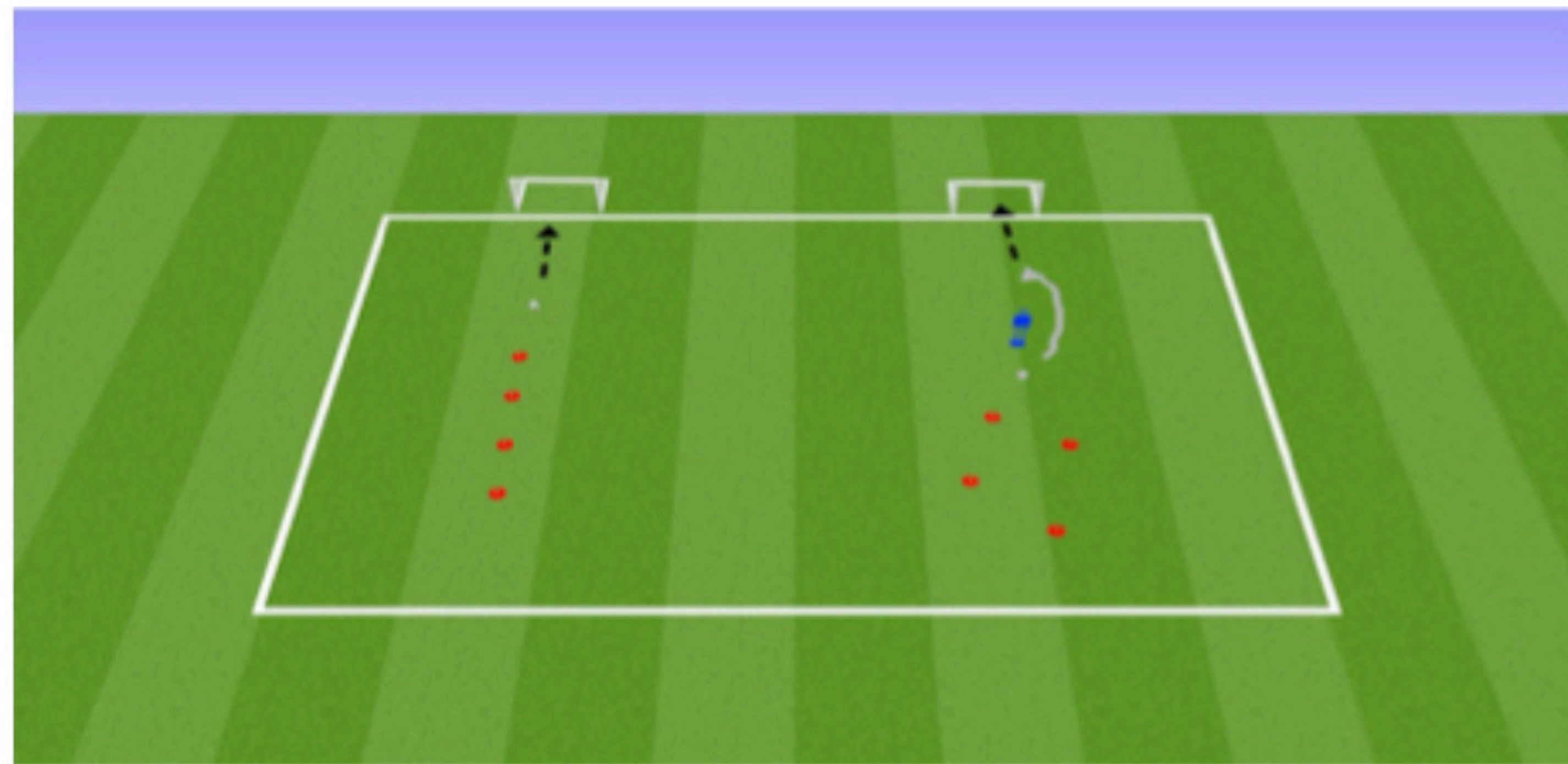
WEEK 6

ACTIVITY 1

5-10 mins
15 yards

SAQ warm up with shot

Mix up cone placement for some footwork thru cones before dribble and shot



ACTIVITY 2

10 mins
10x15

1 v 1 to endline

Split group up. One end will start with the ball, trying to dribble across endline for a point

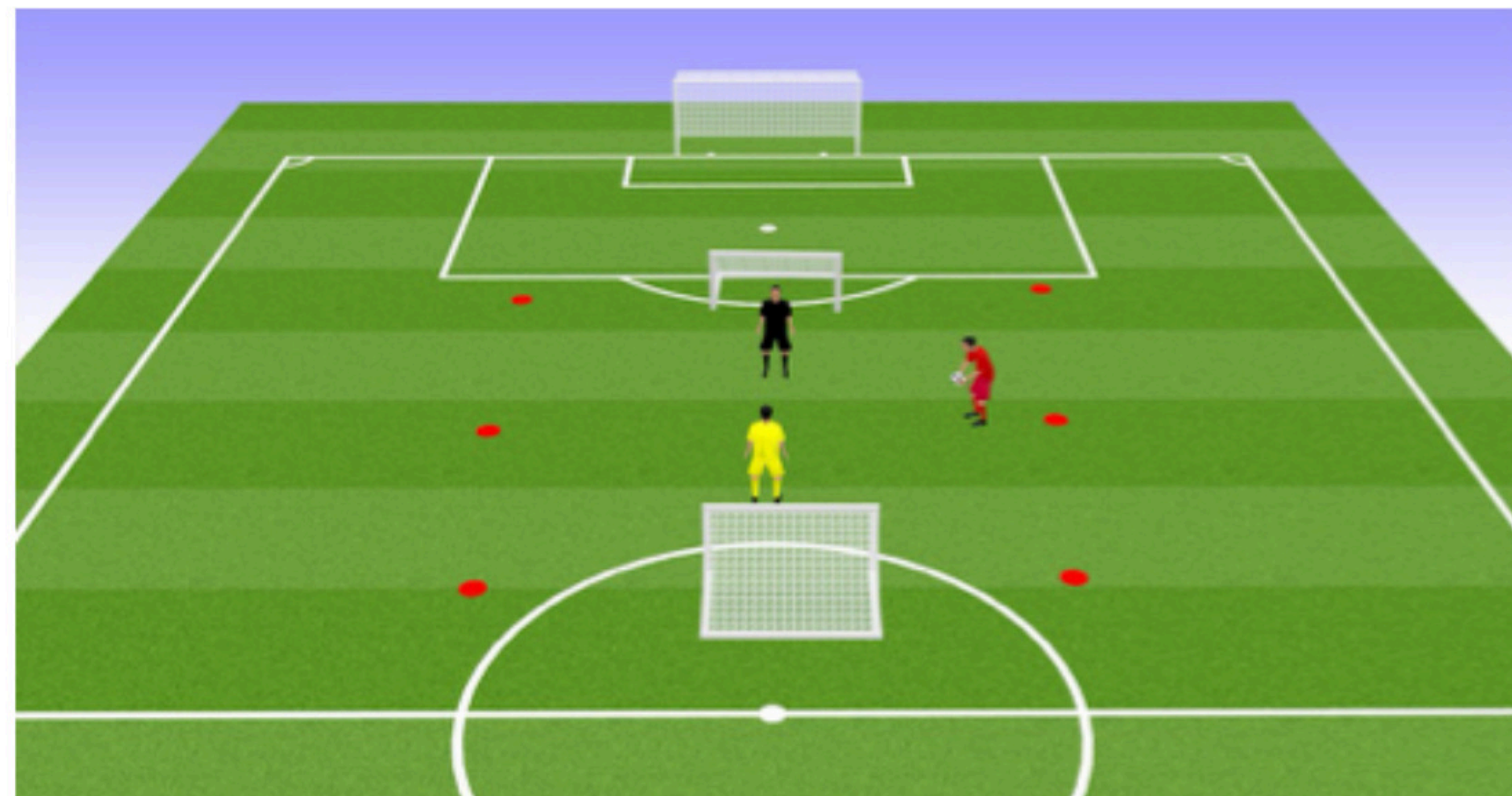


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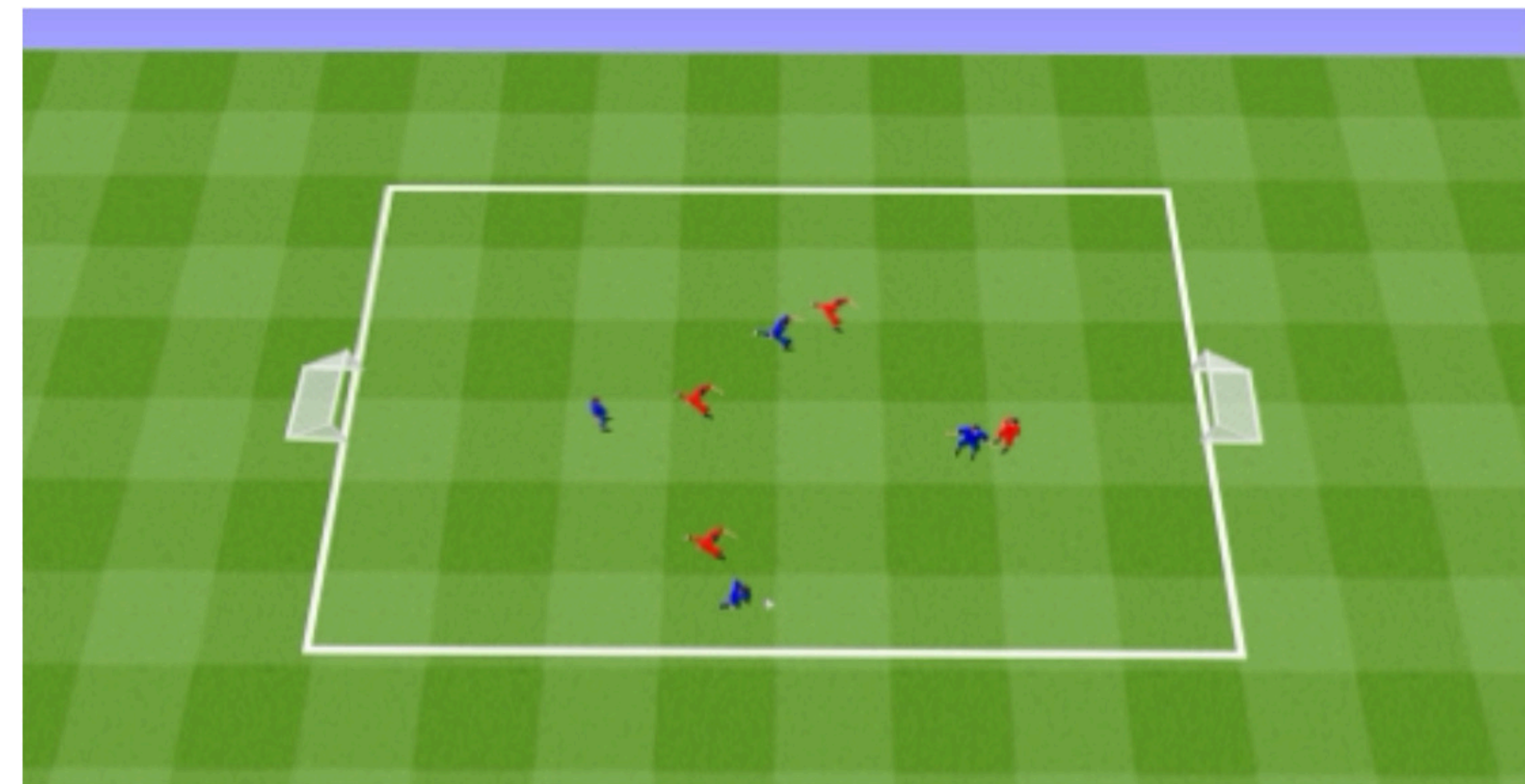
10 mins
10x15 yards

1 v 1 to goals

Find the right time to shoot/Defender protect goal.



Scrimmage



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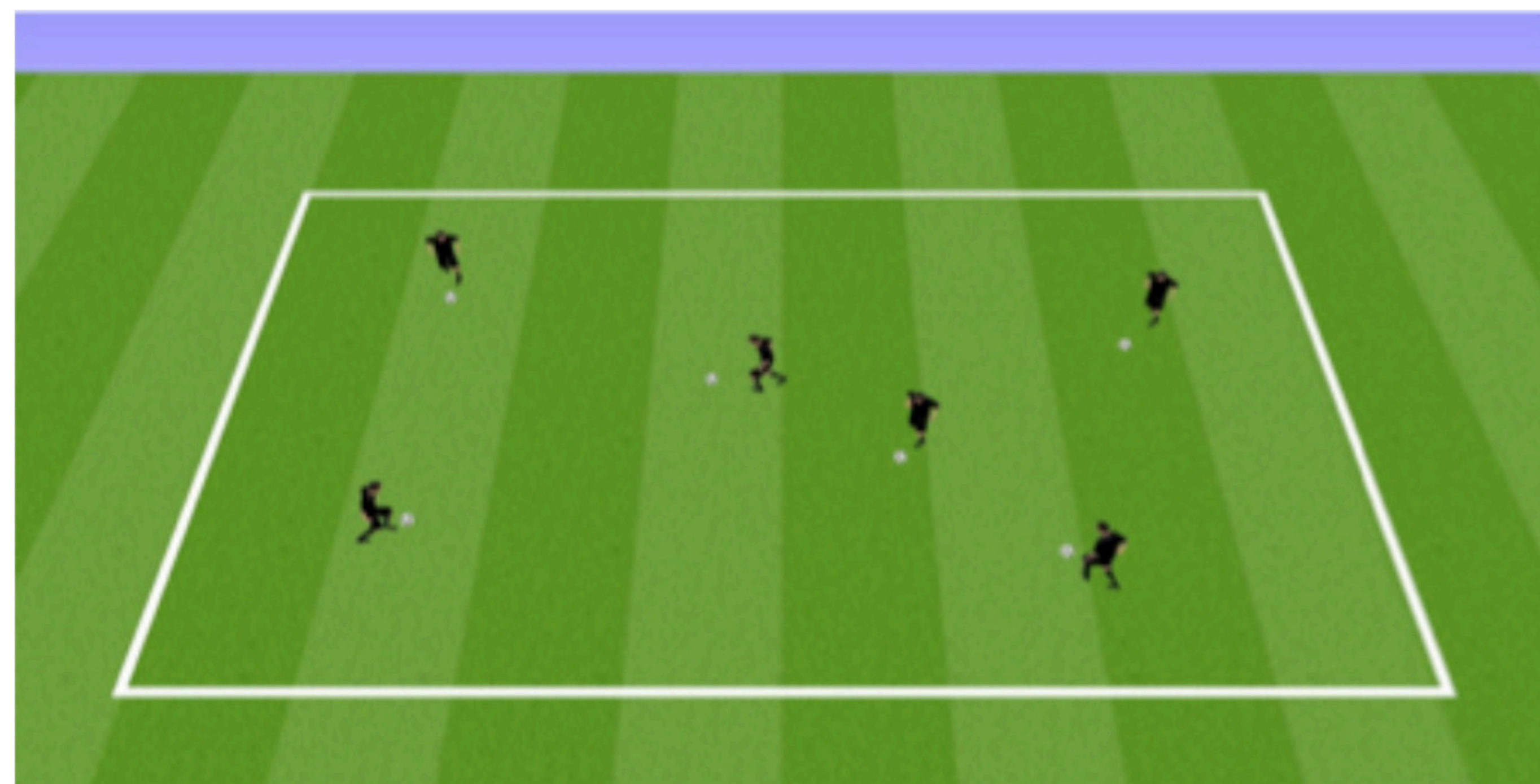
WEEK 7

ACTIVITY 1

5-10 mins
Half field

Juggling

Juggling into partner volleys- Inside foot volley back into hands/Laces volley back into hands(1 min rotations)

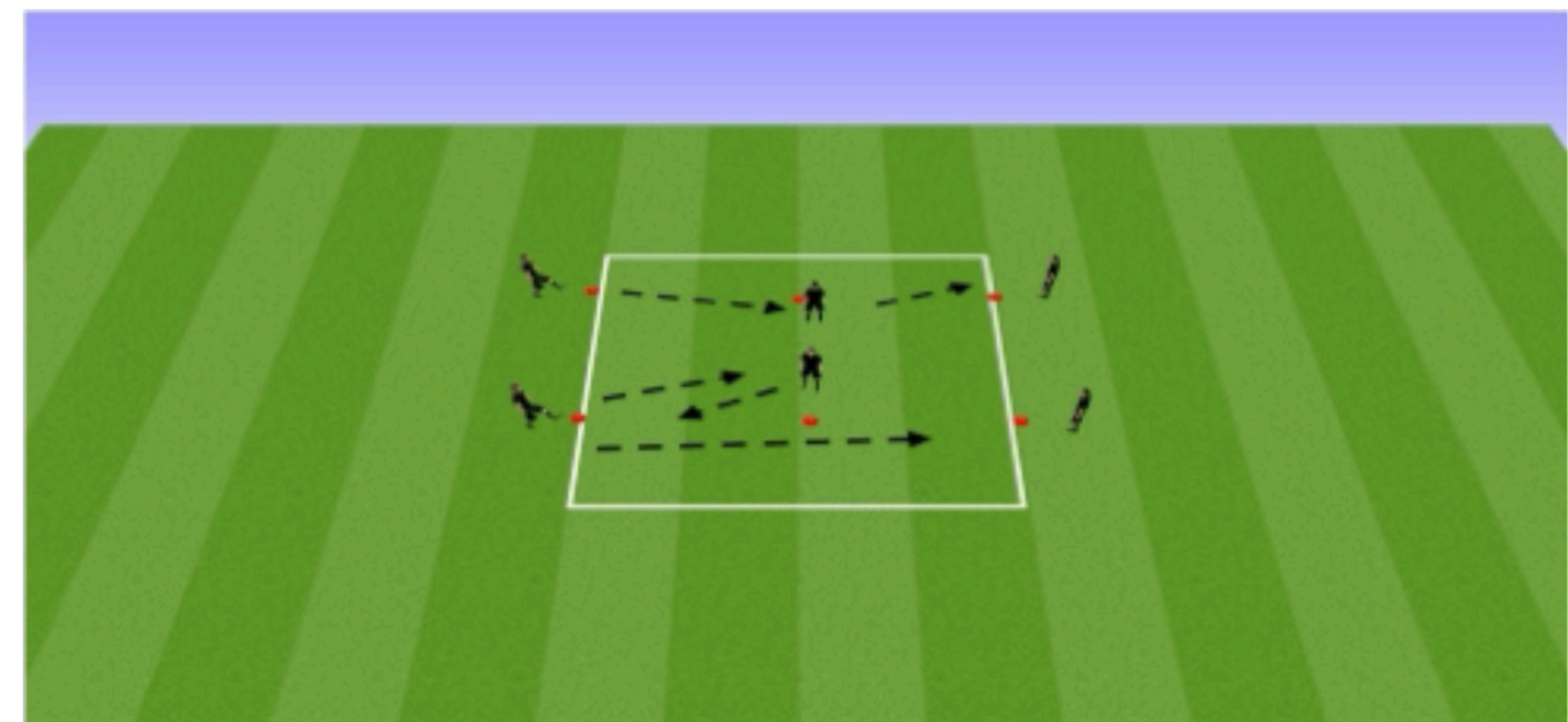


ACTIVITY 2

10 mins
16 yards total

3 man passing patterns

Each player has 30 seconds in the middle- Rotate twice on each pattern



FUN

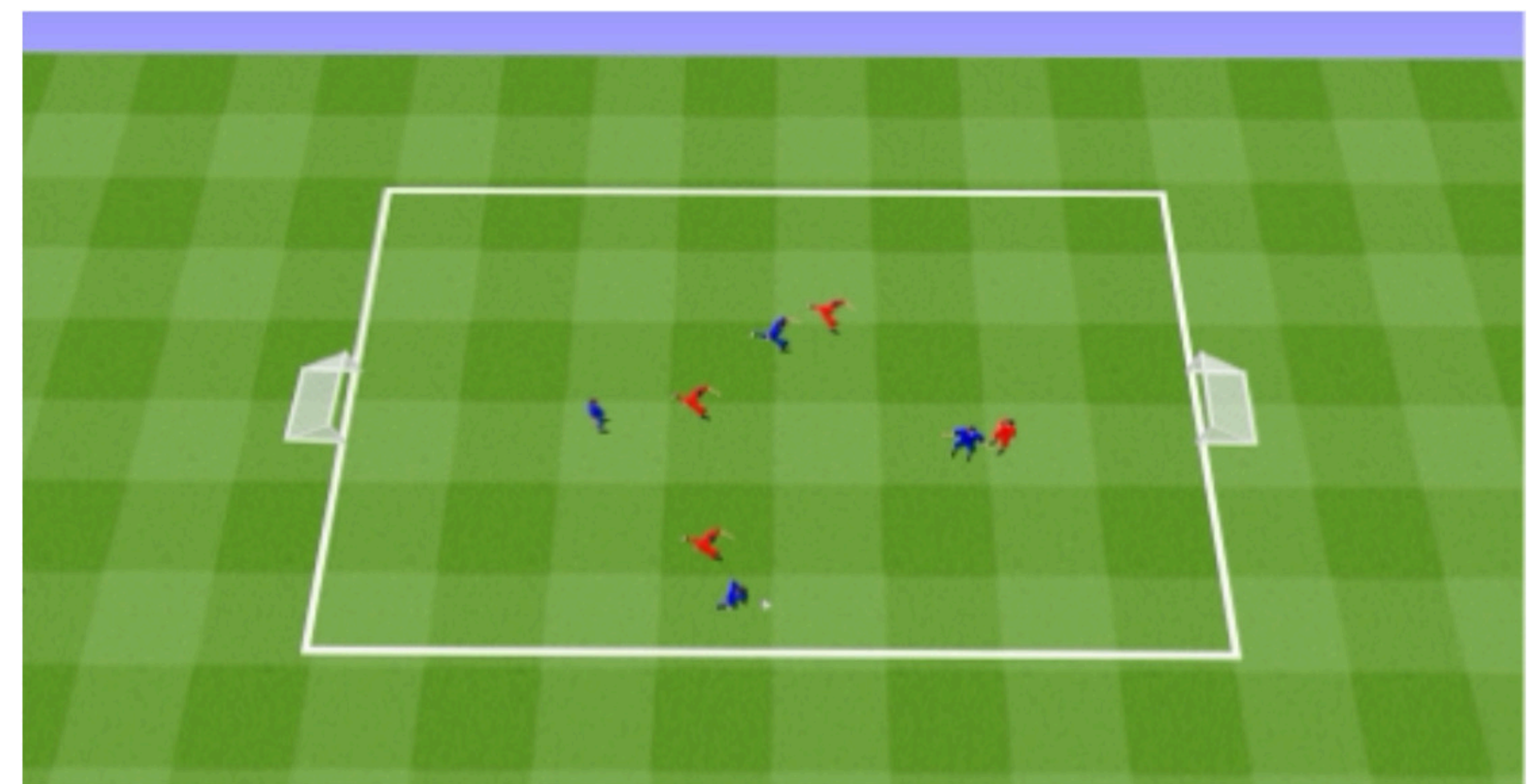
15 mins
20x25

2v1's

1/3 defenders- 2/3 attackers- Rotate thru 2 times. Decision to pass or go 1v1



Scrimmage



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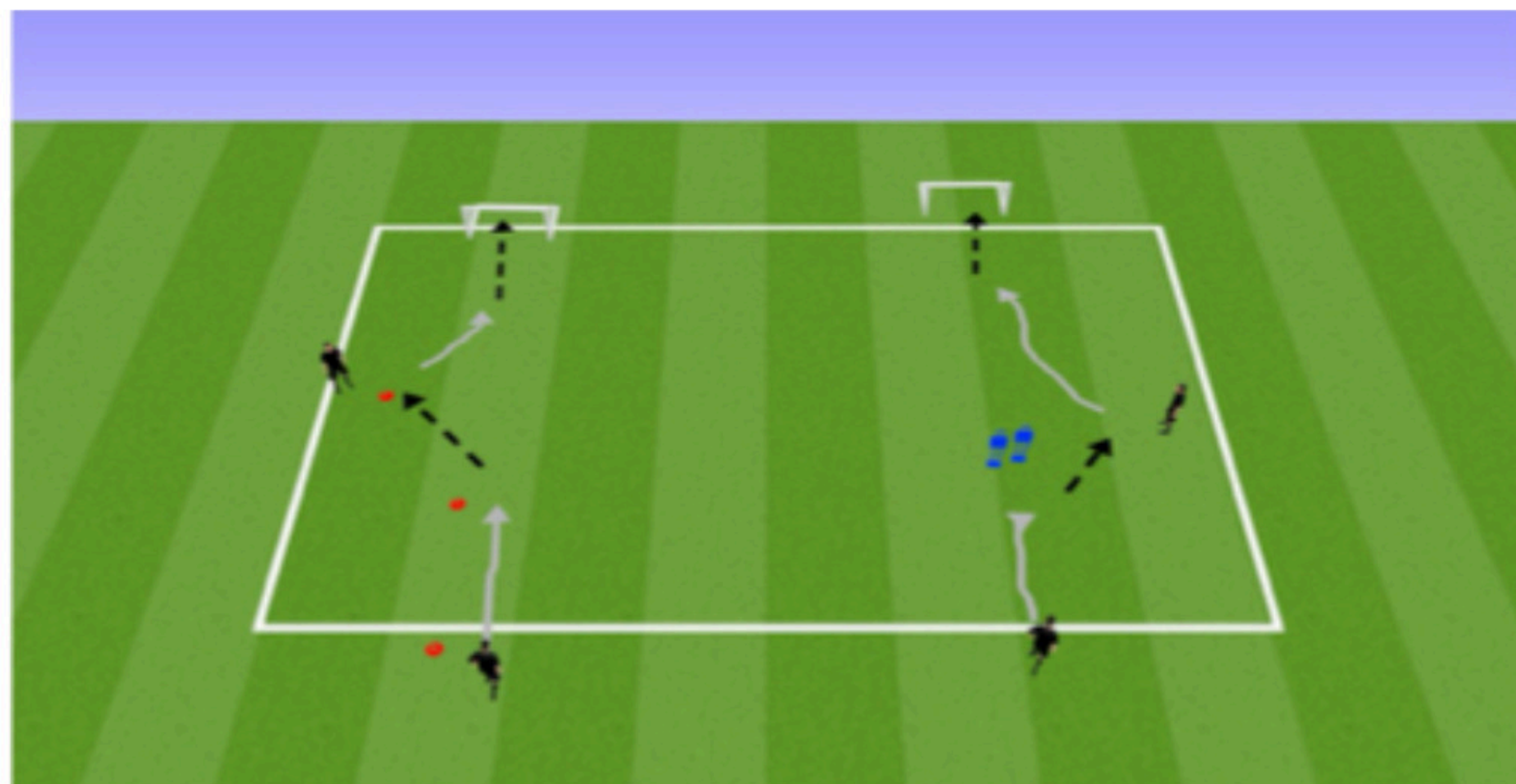
WEEK 8

ACTIVITY 1

10 mins
15 yards

1-2 passing/SAQ dribbling warm up

Juggling into partner volleys- Inside foot volley back into hands/Laces volley back into hands(1 min rotations)

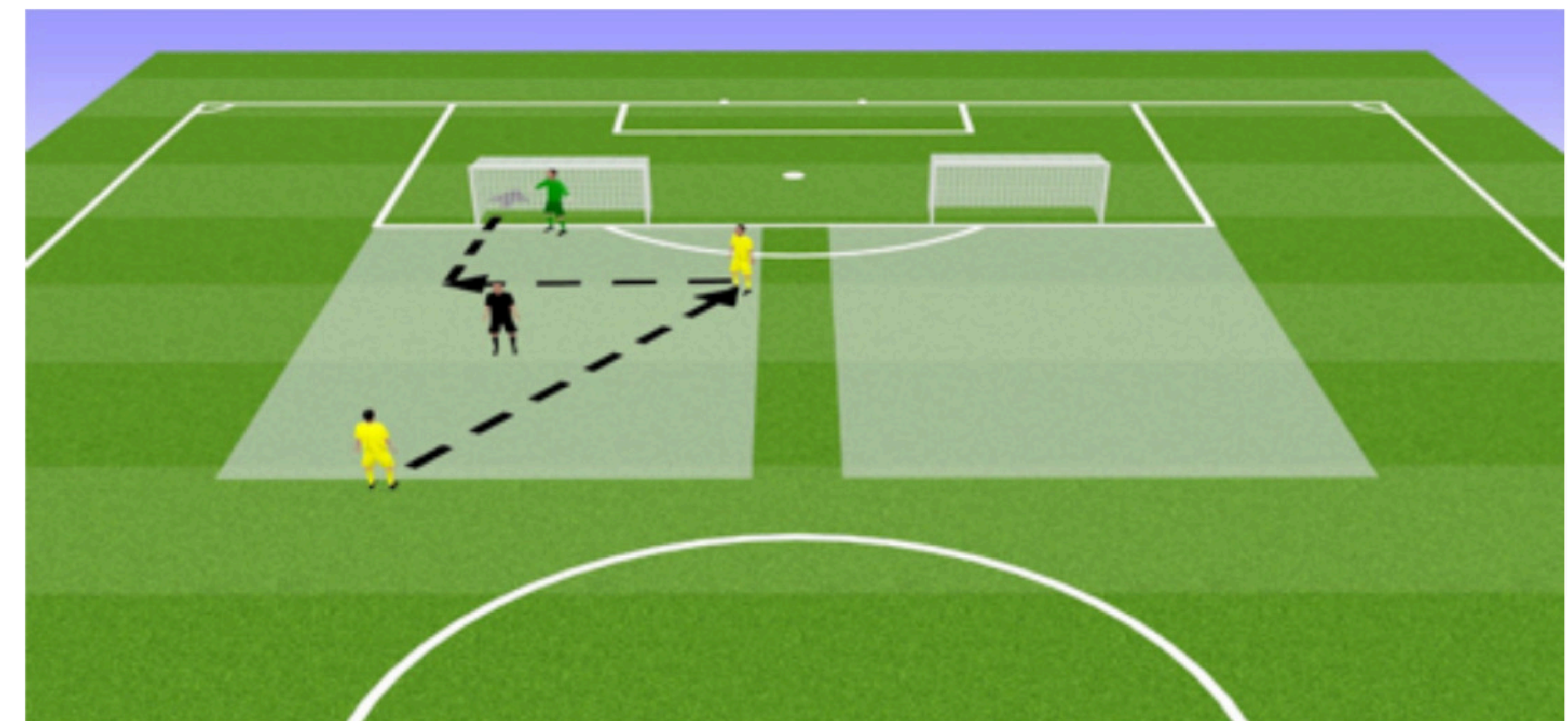


ACTIVITY 2

10 mins
20x25

2v1

Each player has 30 seconds in the middle- Rotate twice on each pattern



FUN

10 mins
20x25

2v2 to goals

1/3 defenders- 2/3 attackers- Rotate thru 2 times. Decision to pass or go 1v1



Scrimmage

