



## U8 PRACTICE 10 – USYS CURRICULUM

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**Date:**

4/6/23 @ 5:45 PM

**Duration:**

60 minutes

**Overview:**

- 2v2 to 4 Small Goals (Attacking) - 10 minutes
- Mosquitoes - 10 minutes
- Hawaii - 10 minutes
- More to Score - 10 minutes
- Scrimmage - 20 minutes

**Description**

\*This practice is part of the \_\_US Youth Soccer National Grassroots Curriculum\_\_.\*

**### OVERVIEW**

It is always great to end the season with a fun shooting session. Today's practice gets players to create scoring opportunities and work on [finishing with the inside of their foot and laces](yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S). It also works on teamwork and getting everyone involved.

**### WHAT TO LOOK FOR**

- Players recognize openings to shoot or pass to create chances
- When [shooting with the laces](yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S) is a player's head over the ball, toe pointing down and ankle locked?

- Movement of the ball to create openings to shoot
- Communication

### ### WHAT TO SAY

\_\_What should we look like when [shooting with the laces](yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S)?\_\_

\*Head over the ball, toe down, ankle locked\*

\_\_When near the goal, what surface of the foot should you use to be more accurate?\_\_

\*Inside of the foot and use the plant foot to aim at the target\*

\_\_What can you do if there is not an opening to shoot?\_\_

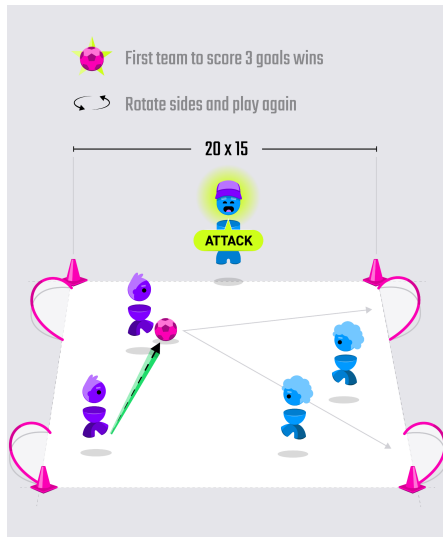
\*Pass the ball to another player\*

### ### ADDITIONAL RESOURCES

- Soccer 101: [Common Shooting Mistakes](yougotmojo://content/post?postId=3mYKHp8tGZDhPff8nFOomH)

# 2v2 to 4 Small Goals (Attacking)

Duration: 10 minutes



## DESCRIPTION

All in on the attack! Focus on attacking skills with a scrimmage session that emphasizes ball control over shooting.

## WHAT YOU NEED

- 8 cones
- 1 ball per 4 players
- 1 pinnie per 2 players

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 yards long x 15 yards wide for every 8-12 players.
- Place a small portable goal or pair of cones placed 6 feet apart at each end of each endline, 4 goals in all.
- Divide players into two teams, one on each endline, and give one team pinnies.

- Play starts when 2 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goals.
- Players score by kicking the ball into either of their goals or through the cones, below knee height.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins.
- If you have enough players for 2 grids, you can position yourself in the middle and run 2 games at the same time so players get more touches on the ball.

## **WHAT TO EXPECT**

Expect older players to start using moves and fakes to get to the goal. At younger ages, players primarily use change of speed and direction to get around defenders.

## **COACHING TIPS**

Using twice as many goals favors the attack. Encourage attackers to spread out (like an open hand instead of a fist).

An attacker's first thought should be, "Can I get around this player by dribbling? If not, can I get it to a teammate who can?" If going around the opponent to the right, they should use their right foot. If going around to the left, use the left foot. This keeps the ball on the foot furthest from the defender.

This game can be challenging for defenders, who may get discouraged. Make sure that players are matched evenly and that all players get turns both attacking and defending.

## **MAKE IT HARDER:**

Making the space smaller makes it harder for attackers.

## **MAKE IT EASIER:**

Making the space larger makes it easier for attackers.

## **CHANGE IT UP**

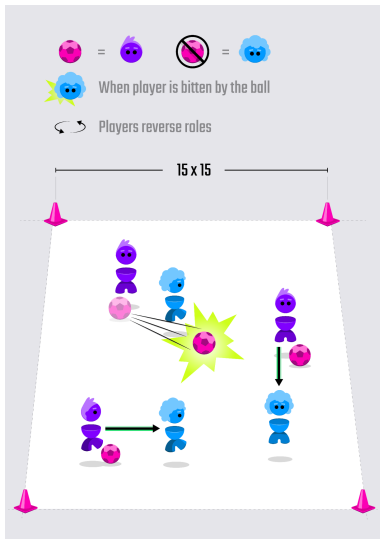
Rotating the goals 45 degrees towards the center of the field changes the positions from which players must attack and defend the goals.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [1v1](#), only available with MOJO+.

# Mosquitoes

Duration: 10 minutes



## DESCRIPTION

Mosquito attack at Camp MOJO! Dribblers get a taste offense, and learn to strike (a.k.a. sting)!

## WHAT YOU NEED

- 4 cones
- 1 ball per 2 players

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 x 15 yards.
- Divide your players into 2 groups: Half of the players are Mosquitoes, and they each have a ball to dribble. The other half are the Campers, who don't have a ball.
- The Mosquitoes chase after the Campers while dribbling and try to strike their ball to hit the Campers below the knee. If a Camper is "stung" (or hit by the ball), they become

- a Mosquito and the Mosquito then becomes a Camper.
- The activity continues until you call time, with players constantly switching from Camper to Mosquito and vice versa.

## **WHAT TO EXPECT**

Expect players to strike the ball with their toes, which is not unusual at this age. Don't correct them—at this age, it's about getting comfortable striking the ball. (During a break, you can ask them what some other ways to strike the ball might be.)

Players might not like being hit with the ball, but between shin guards and keeping the space small, you'll avoid injuries—they often can't kick the ball too far or hard in such a small area, and at this age.

## **COACHING TIPS**

Encourage Mosquitoes to dribble as close to a Camper as they can before striking the ball.

Encourage Campers to keep their heads up to watch for approaching Mosquitoes.

## **CHANGE IT UP**

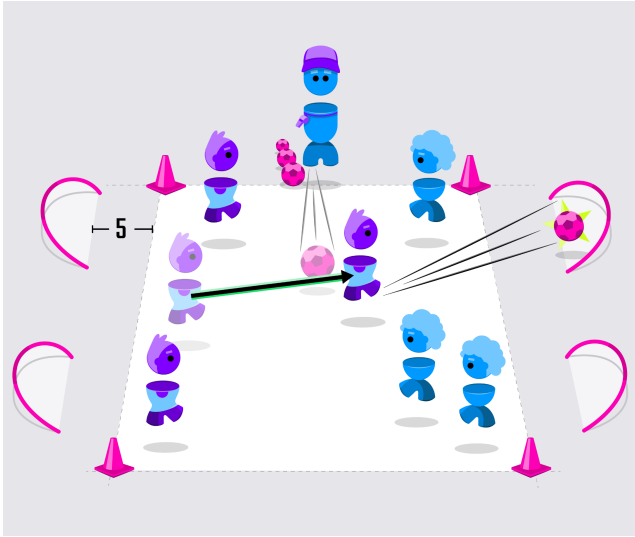
Lightning strikes? Wolf attacks? Can you use your team name to come up with new roles for Mosquitoes and Campers?

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [Speed Dribbling](#), only available with MOJO+.

# Hawaii

Duration: 10 minutes



## DESCRIPTION

This small-sided game helps players work on accuracy when shooting.

## WHAT YOU NEED

- 12 cones
- 1 ball
- 1 pinnie per 2 players
- 4 small goals

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 x 25 yards for every 6-10 players. Divide players into 2 teams, one on each endline, and give one team pinnies.
- This game can be played 2v2, 3v3, 4v4 or more. If you have an odd number of players, you can give one team an extra



- attacker or add a neutral player who is all-time offense.
- Place two goals set 5 yards back from each endline using small portable goals or pairs of cones placed arms-length apart, for a total of 4 goals in all. Players score by passing or shooting the ball into either of their goals or between the cones below knee-height.
- “Hawaii” rules: Players scrimmage, and must shoot from within the grid to score on goals placed outside
- Play starts when players on one endline initiate play by passing the ball to each other and advancing towards their goal. At this point, either team can score. Both sides can attack, both sides will defend, so whoever has the ball is attacking when they have it.
- There are no corners, throw-ins or goalies. If a ball goes out of bounds, it's a kick-in or you as coach can play in a new ball.
- Play short rounds. The team with the most goals wins the round.
- If you have enough players for 2 grids, you can position yourself in the middle and run two games at the same time so players get more touches on the ball. the grid.

## **COACHING TIPS**

Provide specific encouragement and recognition. Think: “Good job dribbling to open space” instead of just “Good job.”

During a scrimmage, continue to emphasize the coaching points you stressed during your practice. If you worked on maintaining possession, stress that in the scrimmage. If you worked on defensive teamwork in your practice, focus on that.

It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call

[Control and Goal](#), only available with MOJO+.

# More to Score

Duration: 10 minutes

## DESCRIPTION

This small-sided game encourages teamwork by rewarding the team with more players who score.

## WHAT YOU NEED

- 8 cones
- 1 ball
- 1 pinnie per 2 players
- 2 goals

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 40 yards long x 30 yards wide for every 6-10 players. Divide players into 2 teams, one on each endline, and give one team pinnies.
- This game can be played 3v3, 4v4 or more. If you have an odd number of players, you can give one team an extra attacker or add a neutral player who is all-time offense.
- Place a goal on each endline using 6 ft. portable goals or pairs of cones placed 6 feet apart. Players score by passing or shooting the ball into the goal or between the cones below knee-height.
- “More to Score” rules: The goal is to get the most players on one team to score. Play 5-10 minute rounds. The team that has the most players score wins the round.
- Play starts when players on one endline initiate play by passing the ball to each other and advancing towards their goal. At this point, either team can score. Both sides can attack, both sides will defend, so whoever has the ball is attacking when they have it.

- There are no corners, throw-ins or goalies. If a ball goes out of bounds, it's a kick-in.
- Play short rounds. The team with the most points at the end wins the round.
- If you have enough players for 2 grids, you can position yourself in the middle and run two games at the same time so players get more touches on the ball.

## **COACHING TIPS**

Provide specific encouragement and recognition. Think: “Good job dribbling to open space” instead of just “Good job.”

During a scrimmage, continue to emphasize the coaching points you stressed during your practice. If you worked on maintaining possession, stress that in the scrimmage. If you worked on defensive teamwork in your practice, focus on that.

It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [The Right Angle](#), only available with MOJO+.

# Scrimmage

Duration: 20 minutes

## DESCRIPTION

The best part of the practice, obviously.

## WHAT YOU NEED

- 4 cones
- 1 ball
- 2 goals

## SETUP

- Set up a goal on each endline and divide your players into 2 teams with one team in pinnies (if you have them) to scrimmage. Use small goals, large goals or pairs of cones placed arms-length apart.
- Grid size should adjust to the age of players:
  - for 5 and under, recommended size: 30 yards long x 20 yards wide
  - for 7-8, recommended size: 35 yards long x 20 yards wide
  - for 9-10, recommended size: 60 yards long x 40 yards wide
  - for 11+, recommended size: 75 yards long x 50 yards wide But don't let grid size stop you from playing—you can scrimmage with whatever space you have.
- Goalies are optional for ages 9+. There are no [corner kicks](#) or [throw-ins](#). If a ball goes over the sideline, restart play with a kick-in. Keep it simple.
- Goal kicks are optional for balls that cross the endline but miss the goal. The team with possession should back up to midfield to receive it. Otherwise, the coach can play a new

- ball in to restart play.

## **WHAT TO EXPECT**

For many players, scrimmage is the best part of practice, perhaps because it most closely resembles the real game—and they come to play. This is their time to shine, not the coach's time to [puppeteer](#). Pay attention to how they're putting concepts from the practice session into play while scrimmaging and during breaks, point out examples of players doing this well.

## **COACHING TIPS**

Try to ensure players are evenly balanced—if you have a few strong players, make sure they're evenly split between teams. Provide more [specific encouragement and praise](#) than direction: “Good job dribbling to a new space,” for example, vs. just “Good job.” You can add rules to encourage players to do what you want them to do (ex: if a player is [keeping the ball too long](#), add a rule that players can only use 3-4 touches.)

## **MAKE IT HARDER**

Increasing grid size makes it harder for defenders. Decreasing grid size makes it harder for attackers.

## **MAKE IT EASIER**

Decreasing grid size makes it easier for defenders. Increasing grid size makes it easier for attackers.

## **CHANGE IT UP**

You can put 2 goals on each endline instead of one goal per endline. More goals: more fun.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call

[1v1](#), only available with MOJO+.