



U8- WEEK 12

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 4v4 to Small Goals (Attacking) - 10 minutes
- Scrimmage - 15 minutes
- Fcb Scrimmage - 15 minutes
- Advanced Scrimmage - 20 minutes

Description**GETTING STARTED WITH PRACTICE:**

These are set up in the play-practice-play format, which means you will open with a scrimmage as your kids are arriving, and close with a scrimmage after learning the skills included in the activities here. You will need to adjust your times accordingly.

Start the opening scrimmage the same way we did in previous weeks, with players being added to the game as they arrive

PLAYER ACTIONS: Pass or dribble forward, Create passing options

KEY QUALITIES: Take initiative, Be pro-active

MOMENT: Attacking

Soccer Festival:

Divide all players into teams of 4 to play 4v4 games; with no goal

keepers. If needed, the games can be 3v3 as long as everyone is playing. Each game will last for 8 minutes with a 2 minute break between each game. Most games allow for players to earn more points by completing a task when scoring. After each game, the coach will tally the scores before sending the players to fields for the next game. If possible, change opponents for each game.
Scoring: 3 points for win · 2 points for tie · 1 point for loss + bonus for each game is available
Tie Breaker: Coach should track goals for & against to use in case of a tie at the end.

Game - 1 DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

Game - 2 DURATION: 6 min. - REST: 2 min.

One Touch Goals: Any goal scored from 1 touch counts as 5 goals instead of 1. If you score 1 goal with multiple touches and 1 goal with 1 touch, you team has 6 goals.

Game - 3 DURATION: 6 min. - REST: 2 min.

3 Passes, 3 Points: If your team completes 3 consecutive passes and scores a goal, the goal is worth 3 points. All other goals are worth 1 point.

Game - 4 DURATION: 6 min. - REST: 2 min.

Everyone Across the Halfway Line: (no bonus points for this game)

Everyone on the attacking team must be across the halfway line in order for a goal to count. If one or more players have not crossed over the line and a goal is scored, it doesn't count.

Game - 5 DURATION: 6 min. - REST: 2 min.

Everyone Must Score Once Before Anyone Can Score a Second Goal: (no bonus points for this game) If you score a goal, you cannot score a second goal until all your teammates have scored their first.

Game - 6 DURATION: 6 min. - REST: 2 min.

Win By 2 Goals: If your team wins by exactly 2 goals, your team gets 5 bonus goals at the end of the game toward goal differential.

A 3-1 victory earns your team the bonus but a 3-2 does not.

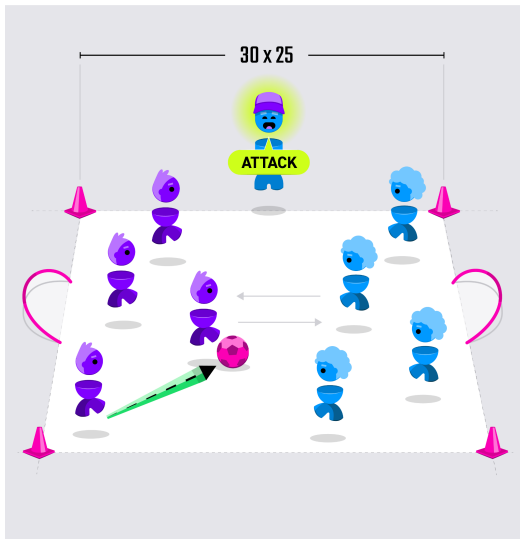
Game - 7 DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

Thanks to our friends at Massachusetts Youth Soccer for this practice plan!

4v4 to Small Goals (Attacking)

Duration: 10 minutes



DESCRIPTION

Players work on team attacking, passing and shooting skills while scrimmaging 4v4.

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of a grid for every 8-12 players, recommended size: 30 yards long x 25 yards wide.
- Place a small portable goal or pair of cones placed 6 feet apart on each endline.
- Divide players into 2 teams, one on each endline, and give one team pinnies.

- Play starts when 4 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goal.
- Players scrimmage and score by shooting the ball into the goal or between 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 activities at the same time so players get more touches on the ball.

WHAT TO EXPECT

Younger players will often run parallel when they are attacking instead of spreading out to create width and depth. Encourage them to spread out (like an open hand instead of a fist).

Older players may start using moves and fakes to get to the goal. At younger ages, players will primarily use changes of speed and direction to get around defenders.

Attackers may be so excited, they may burst out wildly and make mistakes, enabling turnovers.

COACHING TIPS

When they gain possession of the ball, encourage players to create chances to score by immediately looking for open space and taking the ball somewhere new and closer to their goal.

If blocked by a defender, 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.

MAKE IT HARDER

Making the space smaller makes it harder for attackers to beat defenders.

MAKE IT EASIER

Making the space larger makes it easier for attackers to beat defenders.

DO IT AT HOME

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

Scrimmage

Duration: 15 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.

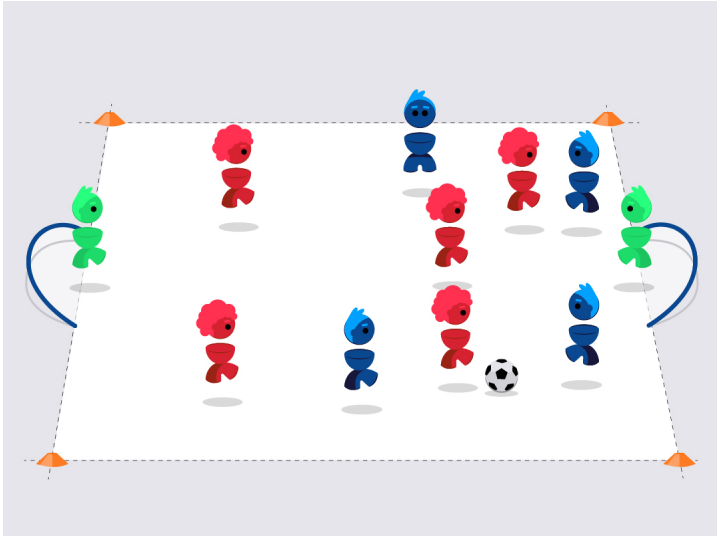
DO IT AT HOME

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

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

Fcb Scrimmage

Duration: 15 minutes



DESCRIPTION

It's time to put everything you've practiced into action. This is scrimmage, FC Barcelona-style.

WHAT YOU NEED

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

SETUP

- Use 4 cones to make a rectangular space, recommended size: 20 yards long x 15 yards wide. Place goals at each end.
- Try to play with teams of equal size. If you have an extra player, that's OK. Have them switch between teams so everyone can practice playing with an advantage or

- disadvantage.

WHAT TO EXPECT

Scrimmage is every player's favorite part of practice. Don't worry about whistles, offside, or corner kicks. Here, we want to emphasize the fundamentals of the game without losing sight of the fun.

COACHING TIPS

Feel free to give your players feedback and ask them about their strategy on the field.

Encourage players to spread out, no matter what zone they're in and whether they have possession. Make sure they know the value of moving constantly without the ball.

Players should ask themselves, "Where is the defense? What can I do to attract them so I can create space for my teammates?"

Encourage players to think about how to set up a finish. Where should they go? How should they coordinate a plan of attack?

Stay positive and remember to praise players when using the Barça style—passing the ball, finding space for their teammates and having fun.

MAKE IT EASIER

Remove a defender or two, to help your offense focus on finishing.

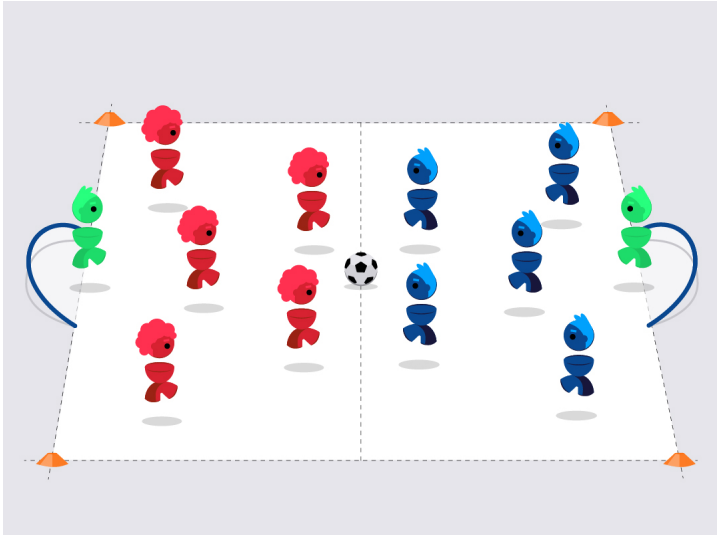
Restrict the defenders from pressing.

MAKE IT HARDER

Install side lanes and restrict movement of certain players.

Advanced Scrimmage

Duration: 20 minutes



DESCRIPTION

It's time to practice what it's like to play a match at full speed. This is an advanced scrimmage, FC Barcelona-style.

WHAT YOU NEED

- 4 cones
- 1 ball
- 1 pinnie per player
- 2 goals

SETUP

- Use 4 cones to make a rectangular space, recommended size: 20 yards long x 15 yards wide. Place goals at each end.
- Divide players into 2 teams, and get ready to play at full speed. That means with all the rules and regulations of an actual game.

WHAT TO EXPECT

Scrimmage is every player's favorite part of practice—and now, we're taking it to the next level.

Here, we're playing in a 3-2 formation, but you can use whatever tactics you want.

Players should have as much fun as possible, while still learning the flow of what it's like to play a full match.

COACHING TIPS

Engage players in discussion about their play. Feel free to ask them questions about their decision making.

Encourage players to think about how to move without the ball and create space or passing lines for their teammates.

Stay positive and remember to praise players when using the Barça style—passing the ball, finding space for their teammates, and having fun.

MAKE IT EASIER

Remove a defender every time the ball switches sides and create an inherent advantage.

MAKE IT HARDER

Expand to a full-size playing field. Game on.

DO IT AT HOME

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