



## U8- WEEK 11

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**Date:**

4/6/23 @ 5:45 PM

**Duration:**

60 minutes

**Overview:**

- Hawaii - 10 minutes
- Goals Out - 10 minutes
- 2v1 to Goal - 10 minutes
- Scrimmage - 30 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: Protect the goal, Steal the ball

KEY QUALITIES: Focus

MOMENT: Defending

**SKILL ACQUISITION:**

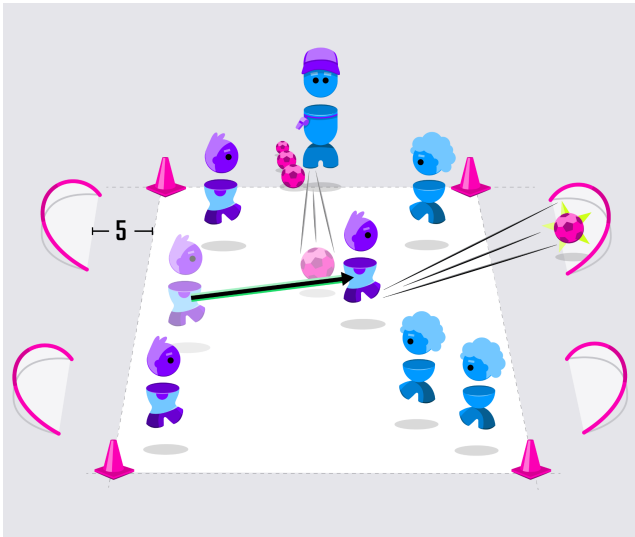
Pressure: Angle and Speed of approach, Distance, Body position,

Tackle choice (poke or block) –  
Cover: Distance, body position.

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

# 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+.

# Goals Out

Duration: 10 minutes

## DESCRIPTION

This small-sided game helps players work on spreading out when attacking as a team.

## 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: 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 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.
- "Goals Out" rules: Players scrimmage, and must shoot on angled goals to score. Place two goals on each endline spaced 10 feet apart, spanning the center of each endline using 6 ft. portable goals or pairs of cones placed arms-length apart, for a total of 4 goals in all. Rotate each goal 45 degrees out from the center so that they are turned towards the nearest touchline, resulting in 4 goals, angled out, to the left and right sides of the field. Players score by passing or shooting the ball into either of their goals below knee-height.
- 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 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.

## **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.

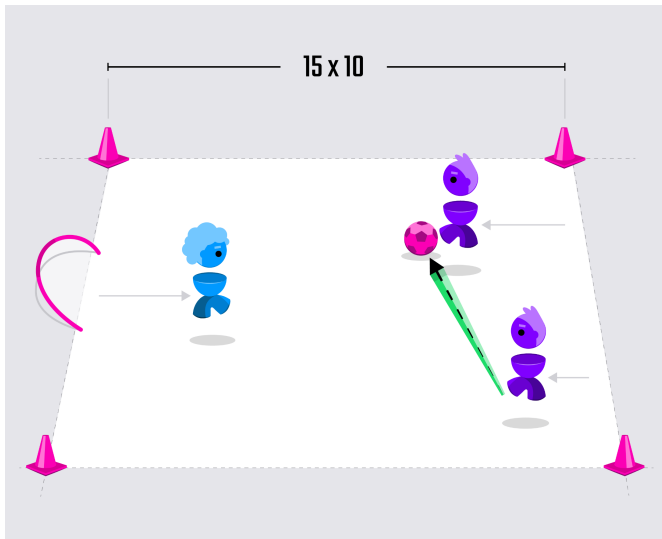
It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

## **DO IT AT HOME**

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

# 2v1 to Goal

Duration: 10 minutes



## DESCRIPTION

Teamwork makes the dream work. This activity teaches players to work with a teammate to get around a defender.

## WHAT YOU NEED

- 6 cones
- 1 ball
- 1 pinnie per 2 players

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 yards long x 10 yards wide.
- Place a small goal on one endline, or use 2 cones placed arms-length apart.
- Divide your players into two teams, one on each endline, and give one team pinnies. On the goal side, 1 player enters as a defender and is met by 2 attackers entering from the



- other side.
- Play starts when the attacking team initiates play by passing the ball to each other and trying to score on the goal. If a defender steals or intercepts the ball, they can also score by dribbling the ball over the attackers' endline with the ball within a hula hoop's distance of the body.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins. (After a few rounds, rotate players between endlines so both sides get turns attacking and defending.)
- If you have enough players for 2 grids, position yourself in the middle and run both at the same time so players get more touches on the ball.

## **WHAT TO EXPECT**

Expect attacking pairs to run next to each other instead of 1 running ahead. Remind attackers to spread out and stagger their positions.

Players on both sides may get discouraged. If attackers are not succeeding, you can add a third attacker. Make sure that the defender knows this is meant to challenge them, not as punishment!

## **COACHING TIPS**

The first attacker to reach the ball should dribble straight at the defender with the ball, which draws the defender in and opens up space for the other attacker. The other attacker supports the first attacker by moving to the left or right of the first attacker and getting as far up the field as possible without going past the defender so that they can receive a pass.

When the defender is a few feet away, the attacker can now pass to their teammate, who goes to score. Keep repeating this simple sequence to players to reinforce how easy it can be to take advantage of an extra attacker.

## **MAKE IT HARDER**

Limiting the number of touches per player (such as a 2-touch

maximum), and/or making the space smaller makes it more difficult for the attacking team.

### **MAKE IT EASIER**

Making the space larger to make it easier for the attacking team.

### **CHANGE IT UP**

Change the starting location of the defender such as on a sideline near the corner of the defender's endline. This can make it more challenging for attackers by changing how they might initiate their attack. With older players, the game can start with an attacker tossing the ball to the other attacker, who has to control the ball out of the air.

### **DO IT AT HOME**

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

# Scrimmage

Duration: 30 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+.