

Introductory Practice Schedule (U6-U8)

This youth practice schedule is designed for relatively inexperienced players and those that may need a variety of exercises during an hour-long training session. It is not designed to follow a typical (technical) progression from individual skills to two goals, but **it will maximize player touches and create familiarity with the ball relatively quickly**. For this reason, dribbling is visited more than other skills. Add a session or two on juggling to increase touches. Tactical topics, such as spreading out, may be visited during the various activities or scrimmages. Refer to www.MoJoeSoccer.com's drill page for specific drill explanations.

Practice #1 - Dribbling

- Warm-up Activity - Tag
- Body Dribble (intro. Tic tocs, toe touches, pull back)
- Stuck in the Mudd (keep the ball close)
- Ouch
- Sharks and Minnows
- Scrimmage

Practice #2 – Passing

- Warm-up Activity
- Body Dribble (Introduce the nutmeg. Have half the group stand stationary with their legs apart while the other half tries to nutmeg as many players as possible in a given time.)
- Passing numbers
- Guard the castle(s)
- Cowboys and Indians
- Doctor Doctor
- Scrimmage

Practice #3 – Dribbling

- Warm-up Activity
- Body Dribble (Introduce turning with the inside and outside of the foot. Add to dribble around for variations)

- Gates
- Finding Nemo or Four Corner Dribbling
- Fitness Fun
- Pirates of the Pugg
- Scrimmage

Practice #4 – Shooting

- Warm-up Activity
- Body Dribble
- Juggle while sitting – focus on locking the ankle
- Clean my yard
- Alligator Alley
- Get Out!
- Scrimmage

Practice #5 – Dribbling

- Warm-up Activity
- Body Dribble
- Pac Woman
- Junkyard Dog
- Pirates of the Pugg
- Scrimmage

Practice #6 – Driving a ball

- Warm-up Activity
- The Numbers Game
- Fitness Fun (enlarge to force players to strike the ball harder)
- Alligator Alley
- Clean My Yard
- Touchdown Soccer
- Scrimmage