

U8 PRACTICE #1

Appendix B

U8 SOCCER PRACTICE SCHEDULE

Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6/U8 clinic.

<p><u>Practice #1</u></p> <ul style="list-style-type: none"> • Bulldog Soccer + SK drills(12 mins) • Mini-Soccer game.....(10 mins) • Mack II(10 mins) • Mini-Soccer game + Chain-Link Soccer (10 mins) 	<p><u>Practice #2</u></p> <ul style="list-style-type: none"> • Square Dance + Anatomy + Space Invaders • Change Soccer game • Mack I • Mini-Soccer game
<p><u>Practice #3</u></p> <ul style="list-style-type: none"> • Chain Tag + SK drills • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Link Soccer 	<p><u>Practice #4</u></p> <ul style="list-style-type: none"> • Square Dance +Anatomy +Musical Soccer Balls • Numbers game • Circle Passing • Change Soccer game
<p><u>Practice #5</u></p> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack II • Mini-Soccer game + Chain-Link Soccer 	<p><u>Practice #6</u></p> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Survivor • Change Soccer game • Mack I • Mini-Soccer game (kids vs. parents?)
<p><u>Practice #7</u></p> <ul style="list-style-type: none"> • Shadow Soccer + SK drills • Numbers game • Mack I • Mini-Soccer game + Chain-Link Soccer 	<p><u>Practice #8</u></p> <ul style="list-style-type: none"> • Square Dance +Musical Soccer Balls +Nutmeg • Change Soccer game • Accuracy Passing • Mini-Soccer game + Chain-Tag game
<p><u>Practice #9</u></p> <ul style="list-style-type: none"> • Touch and Go Dribbling + SK drills • Numbers game • Circle Passing Mini-Soccer game + Chain-Link Soccer 	<p><u>Practice #10</u></p> <ul style="list-style-type: none"> • Touch and Go Dribbling • Change Soccer game • Corner Shot • Mini-Soccer game (kids vs. parents?)

