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U8 Soccer Practice Plan

One page, about 60 minutes, Play–Practice–Play. Adjust for weather and your players. Print once, reuse every week, fill in the blanks by hand.

Team: _____ Date: _____ Kids expected: _____

Block	Minutes	Game(s)	Equipment	Goal
Arrival play	15 ___	1v1 to 3v3 as kids arrive	2 small fields, small goals or cones, spare balls	Play right away
Water	2 ___	—	Water for every kid	A real pause
Skill of the day	18 ___	Skill: _____ Game 1: _____ Game 2: _____	Depends on the games	One theme, short rounds
Water	2 ___	—	Water for every kid	A real pause
4v4 game	20 ___	4v4, no goalkeepers, two halves; new diamond spot each half	Pinnies, 2 small goals (one at each end), spare balls	Let them play
Wrap-up	3 ___	"What did you enjoy today?"	—	Kids pick up the cones

This timing is KickZone's suggested adaptation, not a league requirement.

Before you start

[ ] Walk the field for holes and debris. [ ] Goals secured the way the manufacturer says; nobody climbs or hangs on them.

[ ] Last activity set up first, in a different cone color. [ ] Spare balls and water ready. [ ] A second adult for arrival and pickup.

Things that never change

1. **No heading**: any ball, any drill.
2. **Shin guards on**, covered by socks (check your league's rule).
3. **Water whenever a child asks**: shorten or skip practice if it's dangerously hot. Heat stroke is an emergency: call 911.
4. **Thunder means shelter now**, before anyone picks up gear. Wait 30 minutes after the last thunder, or for the official all-clear.

Confirm with your league (write it here once)

Game format: _____ Game length: _____ Who referees: _____

Restarts (throw-in, pass-in, kick-in or dribble-in): _____ Goalkeepers? _____

Notes for next week

_____

_____

A guide, not a rulebook: your league's rules and safety policies come first. If a child takes a knock to the head, stop play. If a head injury is suspected, they sit out the rest of the day; follow your league's concussion protocol and get a health professional's OK before they play again. Full plan, diagrams and games: kick-zone.com/u8-soccer-practice-plan/. Free to print and share.