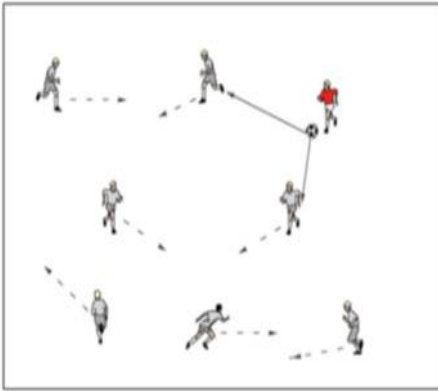


U8: Week Five and Six

Passing



Warm-up

Players run around the space, the coach tries to pass the ball to hit the players' shoes. Once a player is "hit" then they try to pass the ball against the other players' shoes. Play until everyone has been "hit".

Play several rounds, in the subsequent rounds with players passing not the coach. Play as individuals and also as pairs - introduce teamwork.

Coaching Points (passing)

- 1) Toes up at the side, heel down, inside of the foot (use your "logo")
- 2) Contact the middle part of the ball by raising the inside of the foot
- 3) Planting foot alongside the ball prior to contact with the other foot
- 4) Follow through forwards, land on the passing foot.

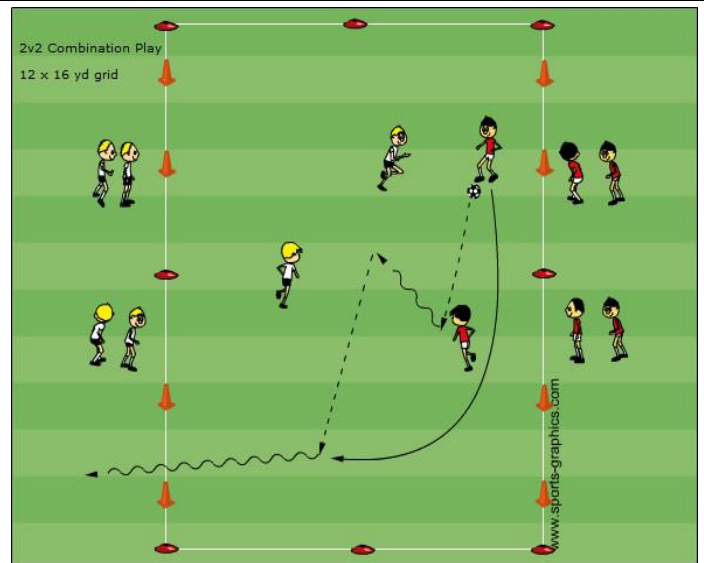
Passing Game (2 on 2)

Split players into groups of no more than 6 players.
Set up 2 goals on each end line, 3 yards wide off each corner.

- 1) Coach plays a ball into one team, who try to score on either of the two goals on the opposite end line.
- 2) Defending team should try to score quickly on either of their goals when they win the ball.

Additional Coaching Points

- 1) Coach the "soft" receiving touch.
- 2) Show **WHEN** and **WHY** to dribble into space or go 1 on 1.
- 3) Show **WHEN** and **WHY** to pass/create 2 on 1 with teammate.
- 4) Coach correct passing technique.



Conditioned Small Sided Game(s)

Divide players into equal teams.
Play 3v3 or 4v4.

Each field has four goals in the corners.
Teams attack 2 goals and defend 2 goals.

Once a goal is "scored" the opposition starts with the ball.

