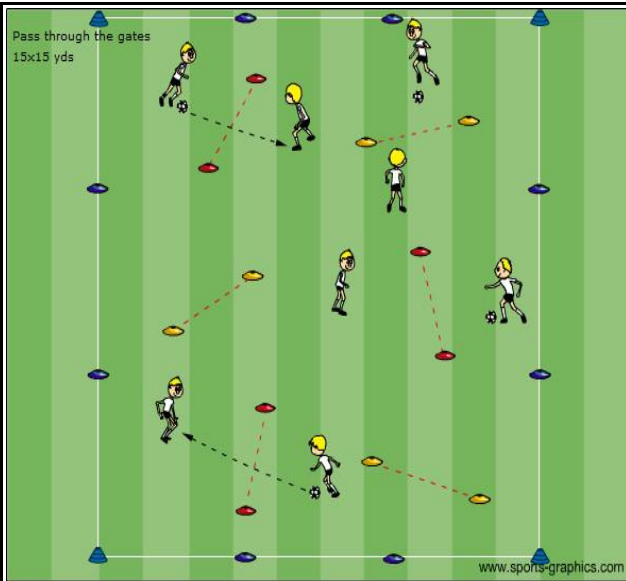


U8: Week Seven and Eight

Passing



Warm-up Set up a 15x15 grid with 6 gates spread out over the grid. Get into groups of 2.

- 1) Players pass and move freely in pairs, avoid hitting cones.
- 2) Partners pass through the gates to each other, then move to another gate and repeat. How many gates can they pass through in 45 seconds.

Coaching Points

- 1) Ankle locked and toe up
- 2) Plant foot placement
- 3) Correct contact on the ball
- 4) Correct surface selection; inside, outside
- 5) Step into the pass and follow through

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) Show **WHEN** and **WHY** decisions of dribbling/passing
- 2) 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.

