

U-8 Week 3 Passing Practice

Skill Work: 10 to 15min.

1. Partner inside of foot tackling: (You and your partner stand with your left foot beside the ball) Use the inside of the foot, toe up ankle locked to tackle. The ball should be back by the ankle bone and plant foot should be beside the ball. On the count of 3, tackle the ball each partner using the same foot.

Coaching Point: make sure toe is up, ball placement during the tackle is back by the ankle bone.

Progression: Try tackling and lifting the ball off of the ground with your partner to about knee height. (This helps them feel the proper surface.) Then have them back up one step, step with the non-tackling foot and tackle on the count of three.

Coaching Point: Tell them that this is the same surface ie. The "Inside of foot" that you use for settling the ball, passing the ball and sometimes shooting the ball.
2. With their partner have them move 3 to 5 yards apart and practice passing back and forth. Tell them to use two touches to start, settle then pass. 1 to 2min.

Coaching Points: Use the same technique that they just learned in tackling. Toe up, ankle locked, ball back by the ankle bone and pass through the middle of the ball. (Stay on your toes in ready position)

Progression: Have them take two touches across their body, whichever foot the ball comes to touch it with the inside of the foot across your body and then pass the back with the opposite foot. Then ask them to keep count and see which pair can do the most passes in 30 seconds. Play 2 rounds passing with whichever foot they want, then 2 rounds touching it across their bodies.
3. One Touch Pepper – With your partner still 5 yards apart pass the ball back and forth using one touch for 2 to 3 min.

Coaching Points: You will have to stress the weight of the pass is everything and give an example. If they pass the ball too hard their partner they will not be able to handle the pass with one touch. (Stay on your toes in ready position)
4. Two Touch Passing Straight Ahead – With your partner 7 yards apart pass the ball back and forth using two touches for 1 or 2 minutes.

5. Two Touch Passing Across The Body - Touch the ball across your body before you pass it back. So if you receive the ball with your right foot have your first touch on the ball across your body and pass it back with your left foot. Have a competition, to see who can get the most in 1 minute.
6. Two Touch Passing Open Up Your Foot – Have your first touch out to the same side that you received it on. To do this you receive the ball with the inside of the foot opening up your hips allowing you to touch the ball at a 45 to 90 degree angle in that direction, then pass it back. Have a competition, to see who can get the most in 1 minute.
7. Two Touch Passing Receive With The Outside Of The Foot – Receive the ball with the outside of your foot, toe up and ball slightly back by the ankle bone. Ideally you would reach across your body with your foot to receive it, but at this age let's just get the technique right. Touch the ball out to the same side and pass it back with the same foot you received the ball with. Have a competition, to see who can get the most in 1 minute.

Game Using Skill: 10 to 15min.

3 v1 or 4 v1 Keep away game

You might need to involve yourself depending on your numbers of players at practice. Set up two grids playing at the same time. Make a square grid or two depending on your numbers, 15 by 15 yards to play in, the larger the grid the better the success rate. You want them to be successful, but challenged at the same time. Get your players to spread out and pass the ball to keep it away from the one defender. Have the defender wear a penny. If the defender wins, they should try to keep it by themselves as long as they can. If the ball goes out of bounds then the defender gets the ball and dribbles back in trying to keep it as long as they can. Try to rotate defenders every minute or so.

Another Game: 10 to 15min.

Fill the space

How it works

Three players stand half way between the cones on the edge of the grid.

Player 1 passes the ball to Player 2 and then runs to fill the space on the empty side of the grid.

Player 2 passes the ball to Player 3 and then makes a run to fill in the space on the empty side of the grid.

Player 1 completes their run across the grid and turns, ready to receive a pass.

Player 3 passes the ball to Player 1 and then makes a run to fill the space on the empty side of the grid.

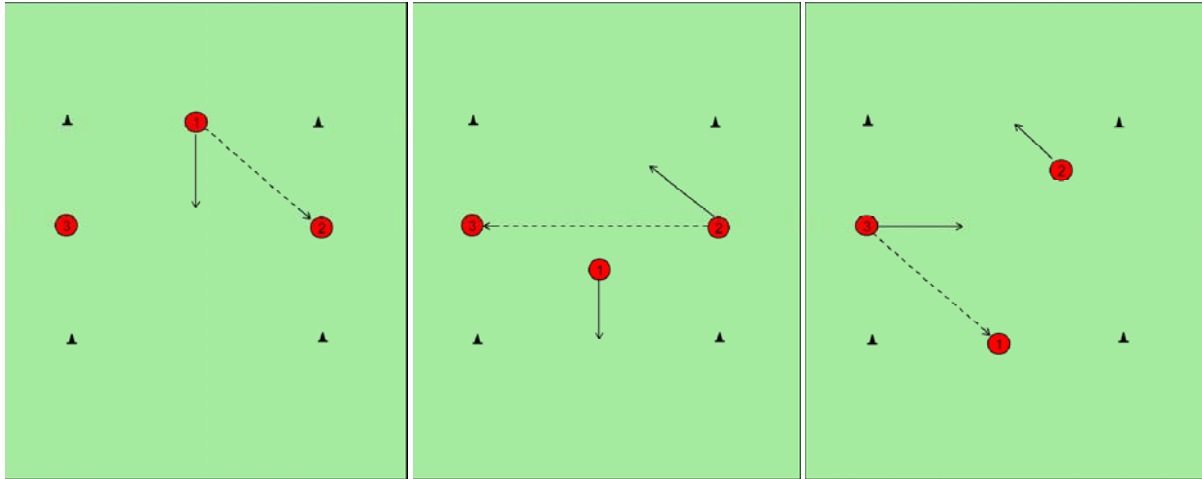
Drill continues with repeated passing and moving sequence.

Challenge to keep passing sequence going with no errors for 30 seconds/1 minute.

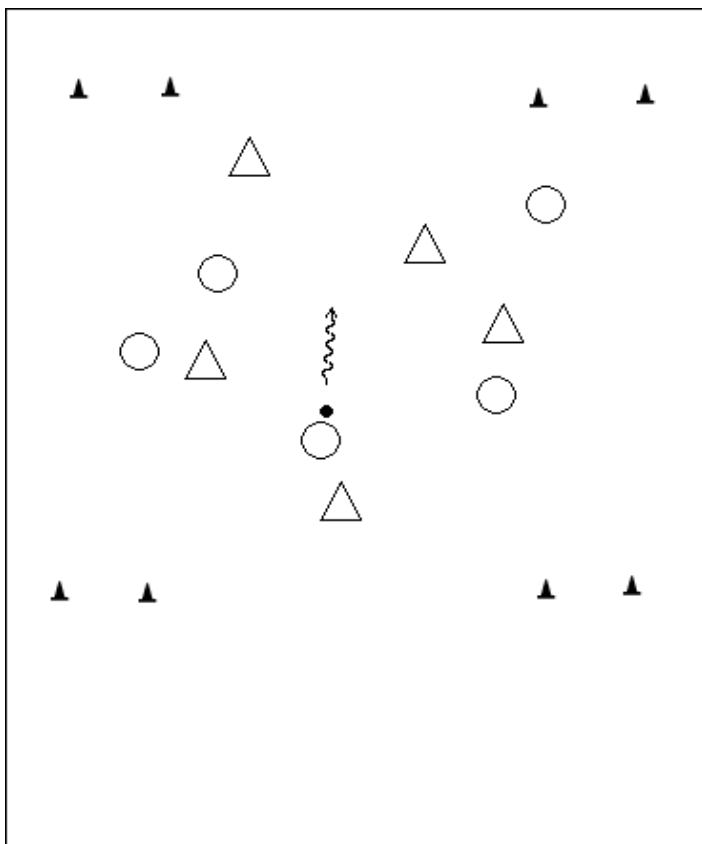
Which grid can keep going the longest without an error?

Possible changes

First touch passing only.



Another Game: 10 to 15min.



Four Goal Soccer Game

Setup - Large field with four small goals.

The game- regular soccer game but each team has two goals they can shoot for.

Coaching points- for offense-they are basically up a player and can take advantage of the game by SWITCHING FIELD.

Defense need to play smart because the extra goal will make it seem like they are playing down a player.

Finish Practice with some shooting. Have the players in a line starting 12 to 15 yards away from the goal. Tell them to pass you the ball, then run off to your side.

Pass the ball back to them they should settle it, dribble then shoot. You can also get closer and ask them to shoot "First Touch". (Focus on proper technique)