

U-8 Week 5 Passing Practice

Warm Up: 5 to 10min. Passing Through the Cones

Set up 1 line, of 6 or 7 cones in a straight line spaced 5 yards apart. At the beginning and the end have a cone to the left and right of the start and end cone about 4 or 5 yard directly to the side making the three cones a straight line across.

Have the players line up behind the side cones in even lines. In one of the lines each player should have a ball. They will partner with the player in the other line even with them. The players will pass the ball back and forth between each cone going down the field with the inside of the foot. To start have them take two touches, one to settle the ball and one to pass. Then as they get comfortable with the drill try and have them attempt it with one touch passing. Have them go through 2 or 4 times each way.

Coaching Points: Pass the ball with the outside foot allowing you to use the inside of that foot. So if you were passing the ball left you would use your right foot and if you were passing the ball right you would use your left foot. Also make sure they are leading their partner with the ball. This is called" playing the ball to space" and it allows the person to run onto the ball.

Game Using Skill: 10 to 15min.

Snatch

How it works

1.Each team moves around their own square dribbling and passing the ball between each other.

2.Coach shouts a number and that player must run quickly into opposing team's square and try to win the ball

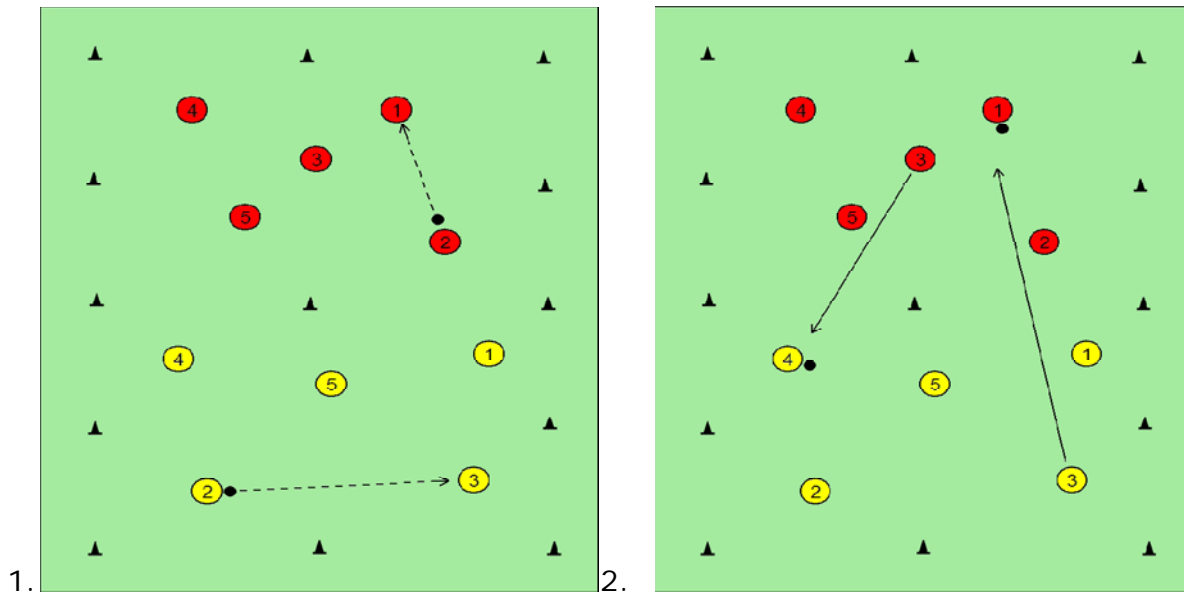
Set a 20 second time limit for the Snatch to take place.

If the player knocks the ball out of the playing area they score 1 point.

If the player passes or dribbles the ball back into their own team's square they get 3 points.

Play several rounds calling different numbers each time.

Progression: Could also then call more than one number of players to go into opposing team's square to try and Snatch.



Another Game Using Skill: 10min.

The Triangle Game

This game helps players learn to pass, receive the ball properly and move after passing the ball. To set up take three cones and create a triangle that is about 2 to 3 yards long on each side. Divide your players into teams of two.

The person with the ball has to pass it through the cone triangle and out the other side without touching any of the cones. Their partner has to receive the ball and play it through a different side of the triangle back to the first player. The first player has to move to that new side of the triangle. The ball cannot be passed back through the same side twice in a row. Every time a player passes it successfully through the triangle that counts as a point. Have them practice this for a little while. Sometimes it helps for the coach to do the triangle passing with each group to help them get it.

Competition: Have one pair compete against another pair. The other pair should sit down and help keep count. The first pair starts the passing sequence, as soon as the first pair either hits a cone or passes the ball through the same side, they stop playing and let one of the other teams play. The winner at the end is the pair with the highest score. The loser does something silly.

Coaching Points: Make sure the players are receiving the ball and passing the ball with their inside of their foot. They should have their toe up and ankle locked passing the ball back by the ankle bone. They should be trying to play, "two touch" soccer.

Progression: Have them play one touch.

Another Game: 10 to 15min.

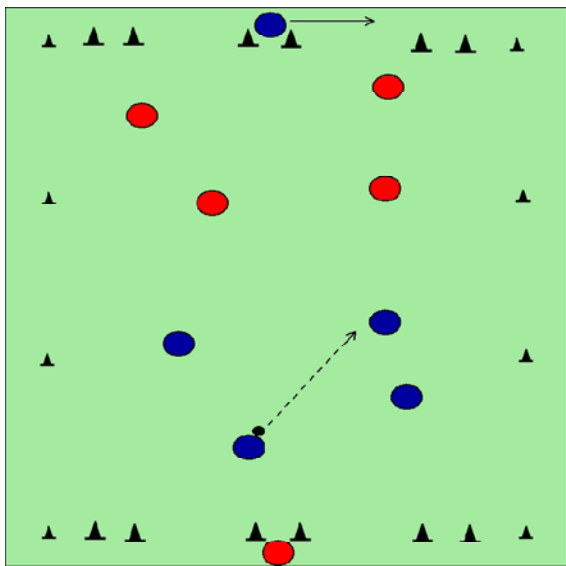
Three Goal Game

How it works

Red and blue teams play a game within the playing area with three goals at each end.

Normal rules apply as the two teams try to score in any of the three small cone goals at each end of the pitch.

Coaching Points: See the other side of the field, if one goal has multiple defenders in front of it look to "switch the field".



Play 4 v4 game with a "diamond shape" goalie's optional: 10 to 15min.

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 have them run off to the side of you. 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)