

Age Group

U8

Topic

Passing and Receiving

Who: Attacking players in possession

What: Passing, Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball beyond opponents and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

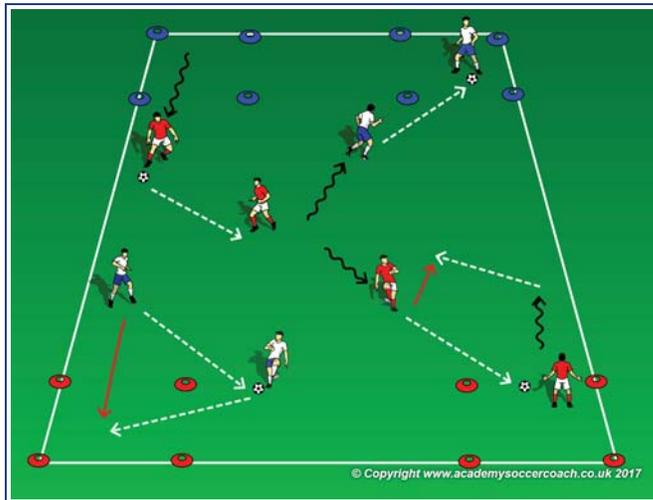
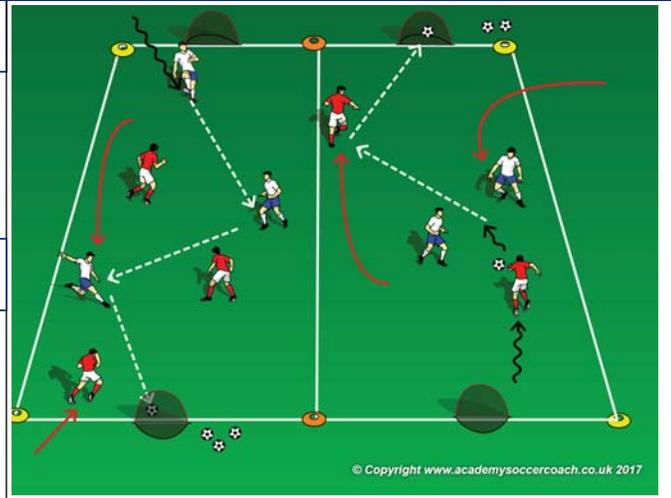
Is the activity organized? Balls, Cones, Players, Scrimmage Vests, Goals

Is it reality-based (is it soccer)? Are they making decisions?

Is there repetition? Are players consistently trying to pass to a teammate

Is it challenging? Are players engaged, frustrated or bored

Is there coaching? Positive reinforcement of passing and receiving, and moving in to a new space



Practice 4 Corner Passing

Duration 24 min

In 15Wx20L yard grid, create 4 5x5 boxes in each corner. Players get in pairs. Players pass to their partner and try to receive the ball in all 4 boxes to score points.

Variations: 1. Start w/all balls in the center of the field. Pairs race to get & pass balls into the corners, 2. Pairs w/a ball work to score in as many boxes as they can in 1min, beat your score, 3. Split pairs into 2 teams, add totals after 1min, 4. Add defender(s).

Coaching Points

Activity Time 1 min

Rest 30 secs

Intervals 4

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10

Rest 2.30 m

Intervals 2

Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?

Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.

