

Age Group

U8

Topic

Passing and Receiving

Who: Attacking players with the ball

What: Passing and Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball by defenders 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.

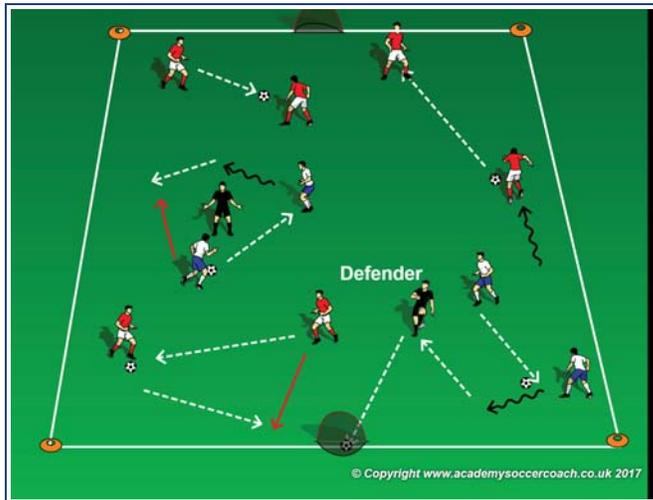
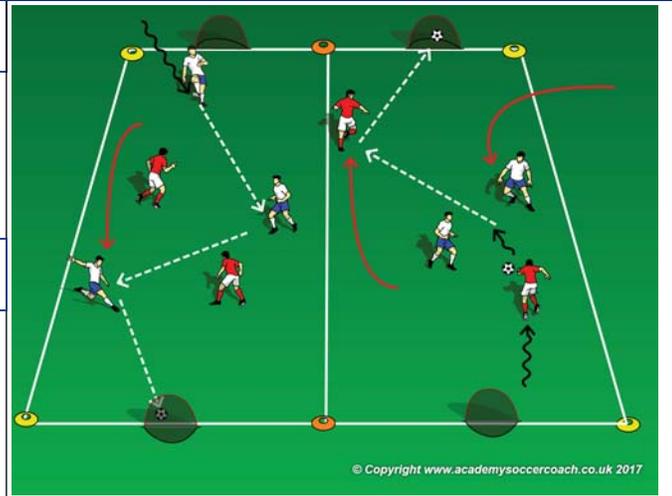
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to pass to a teammate
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to pass to teammates and for players receiving the pass



Practice Pairs Passing with Defenders

Duration 20 min

In 15Wx20L yd grid w/a goal on each end, players are in pairs w/a ball. Select a pair to be Defenders w/out a ball. Defenders try to steal ball from passers & put it in a goal. Passing pairs can steal the ball back from Defenders. If Defender puts the ball in a goal, passing pair become Defenders. **Variations:** 1. Coach as Defender, 2. # of passes = # of pts, 3. Pass & score in one goal, then the other.

Coaching Points

Activity Time 90 secs

Rest 30 secs

Intervals 10

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 min

Rest 2:30min

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.

