### 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

<table>
<thead>
<tr>
<th>Activity Time</th>
<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>15 min</td>
<td>0</td>
<td>1</td>
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</table>

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 a 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.

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<table>
<thead>
<tr>
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<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>90 secs</td>
<td>30 secs</td>
<td>10</td>
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**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.

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<table>
<thead>
<tr>
<th>Activity Time</th>
<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>10 min</td>
<td>2:30 min</td>
<td>2</td>
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**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.