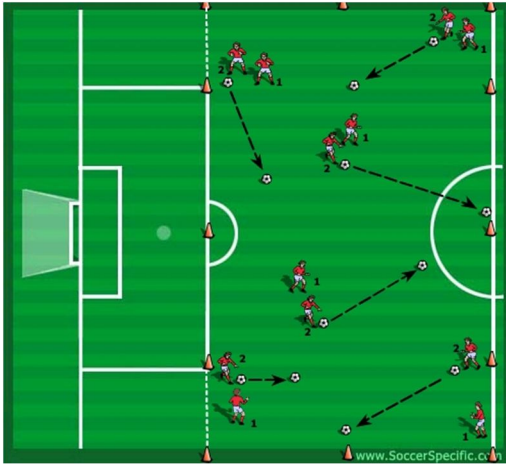




U8 Session Plan #3

Passing



BUMPER BALLS

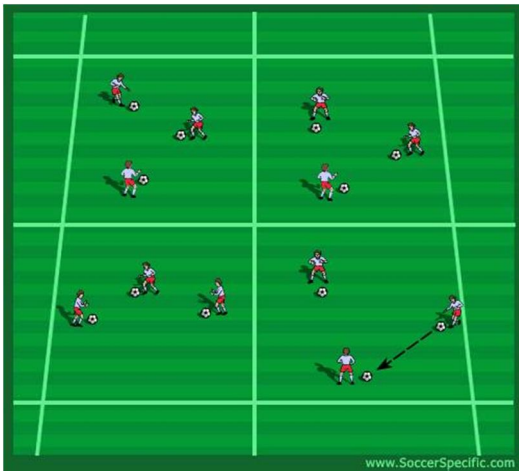
Emphasis: Accuracy of passing.

Set-up: One ball per person. Grid size should be approximately 20 x 30 yards.

Progression: Player #1 and #2 stand next to each other to start. Player #1 passes his ball forward. The distance does not matter (8-15 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball. Every time a player hits his opponent's ball they collect a point. The player that gets three points first wins. Players keep alternating passes until one hits the other players' ball. Winners and losers from different groups are paired and repeat the exercise. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest. Final progression to direct players to use a specific part of their foot only during that particular game.

Coaching Points:

- Inside of foot
- Lock ankle
- Standing foot beside ball toe pointing to target



PROTECT THE BALL

Emphasis: Passing, although will also develop dribbling and shielding skills.

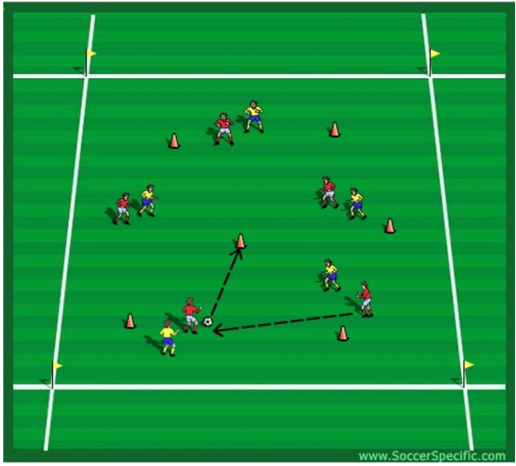
Set-up: 20 x 20 yard grid. Groups of 3-4 per grid. One ball per player.

Objective: All players dribble around grid and try to pass their ball against another player's ball or legs. If a player's ball or legs are struck then this player must exit the grid and practice juggling on the outside of the grid. The last player remaining in the grid is the winner.

Progressions: Can pass ball only. No dribbling into players

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.
- Keep close control of the ball
- Eyes up seeing ball and players
- Attack players with the ball with inside of foot passing



4v4 KNOCK OFF

Emphasis: Passing, receiving, dribbling, turning, mobility

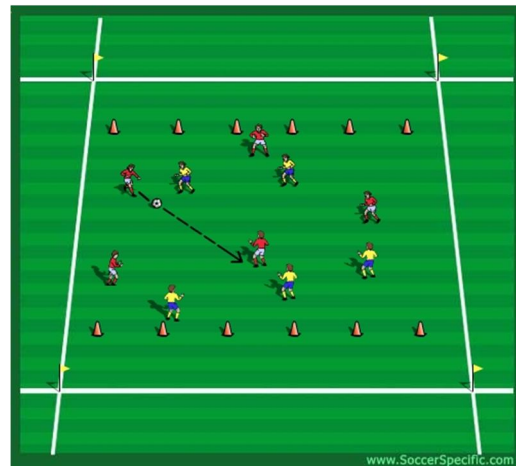
Set-up: Create a 30x40 yard grid. Two teams of 4/5 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid.

Objective: Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

Progression: Limit the number of touches. Decrease the size of the grid.

Coaching Points:

- Create supporting angles.
- Use the inside of the foot to pass accurately.
- Look to combine and play the way you face.



DEFENDING THE CONES

Emphasis: Passing and dribbling

Set-up: Create a 40x30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5/4v4 and place them in the grid.

Objective: Both teams attempt to maintain possession and pass the ball to knock over the opposing team's cones. If the cone is knocked over, the attacking team must grab that cone, bring it back, and add it to the cone line that they are defending. Play for a designated period of time. The team that has more cones in their defensive line is the winner.

Progression: Lower the touch stipulation (1 and 2 touch max). Decrease the size of the grid. Using the weaker foot counts as double.

Coaching Points:

- Play the way you face.
- Must pressure the ball-no free service.

ADDITIONAL NOTES