

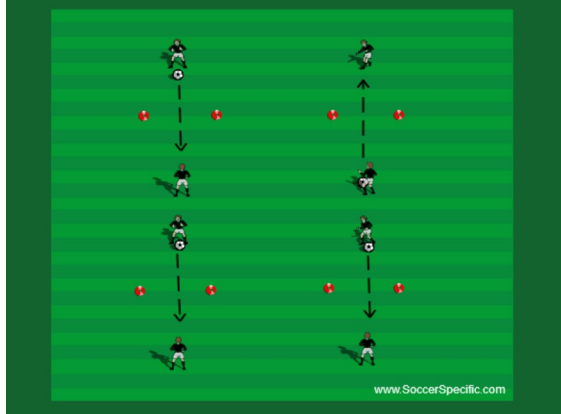


## U7/U8 Week 5 - Introduction to Passing

Date: **Oct 12, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



1

⌚ 6 min.

**Setup:** - Area: Set up one gate (pair of cones) about 3-4 yards wide for each pair of players on your team.

- One ball per pair.

- Players line up 5-7 yards on each side of their gate

**NOTE:** If you have odd numbers, the coach or assistant may step in to complete a pair. If this happens, be sure to rotate partners so the coach is not just with one person.

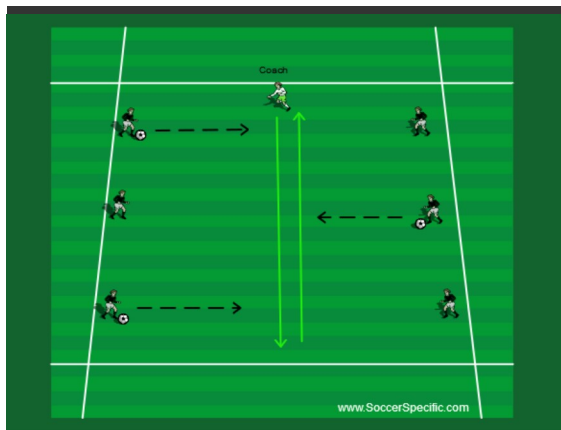
**Instructions:** Players pass the ball back and forth, trying to have the ball pass through the gate. After a bit, go for a period of time and have each pair count the number of passes they complete through the gate. Go again and have them try to beat their score. Repeat.

**Coaching Points:** - Passing technique.

- Stop the ball before attempting a pass!

- Looking up before passing.

- Keep the ball on the ground.



2

⌚ 6 min. ↗ 10x20

**Setup:** - Area: 10 x 20-yards.

- Place players into pairs, one ball between two.

- Space players roughly 10-12 yards apart.

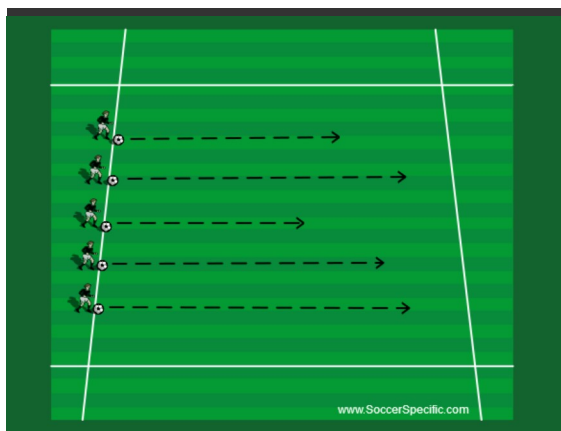
**Instructions:** Object of the game is to hit the coach below the knee as he walks back and forth. When the coach is not walking by, players continue to pass back and forth. Coach should alter speed it too easy or hard. Be sure to ensure success!

**Progression:** This time instead of hitting the coach, the coach is going to try and steal your soccer ball. If the coach steals your ball, he has to throw it aside for the players to quickly retrieve.

**Coaching Points:** - Passing technique.

- Looking up before passing.

- Keep the ball on the ground, as you must hit the coach below the knee.



3

⌚ 6 min. ↗ 10x20

**Setup:** - Area: 10 x 20-yards.

- Each player needs a ball.

- Place players on one end line.

**Instructions:** Players start on their end line and pass the ball to the other end line. Players can only strike the ball once when passing it. The challenge for the players is to get their ball as close to the line without going over it.

**Progression:** Why not try it with a partner? The partners run to stop the ball as close to the line as possible.

**Coaching Points:** - Passing technique.

- Weight of the pass.

- Stopping the ball Technique with the sole of the foot.



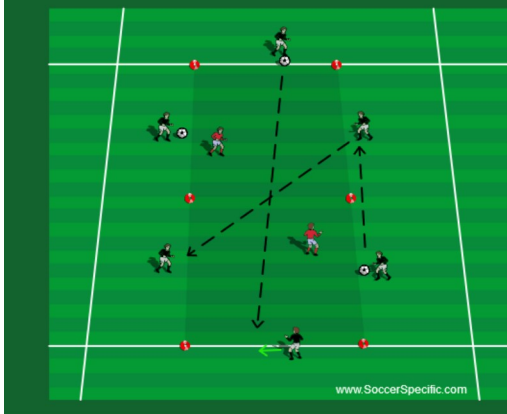


## U7/U8 Week 5 - Introduction to Passing

Date: **Oct 12, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



**Setup:** - Area: 8 x 20 yards.

- Divide players in to roughly thirds.
- Place 1/3 (2 or 3 players) in the center of the area and the other players on each side of the area.
- 1 ball per 2 or 3 players.

**Instructions:** Object of the game is for the team in the center of the area to intercept as many soccer balls as possible. Reversely, the teams on the outside are trying to pass the ball successfully across the "river". Players on the outside can move side to side. Players on the outside may also pass sideways and not always across the "river". Play 1-minute games. Rotate teams into the center of the area. On second round, have your teams try to keep their interceptions less. Alter the number of players in the middle to ensure success.

**Coaching Points:** - Passing technique.

- Players should call for the ball (communicate!)
- Players can pass the ball along their line before passing it across (this creates space and a channel for the ball to travel across the area)

4

⌚ 8 min. ↗ 8x20



**Setup:** - Area: 15 x 25-yards or the half of the field you are practicing in.

- Create 2 cone goals 3-4 yards wide at each end.
- Divide your players into 2 teams (use goalies if you wish)

**Instructions:** Play a scrimmage!

**Coaching Points:** Always end your practice with a scrimmage. You can teach some soccer rules here or reinforce a topic you worked on in practice, but wait for a good moment. This is the time of the practice where kids have the most FUN, so do not stop play too much! Be sure to praise good play, especially if it reinforces your topic!

5

⌚ 20 min. ↗ 15x25

