

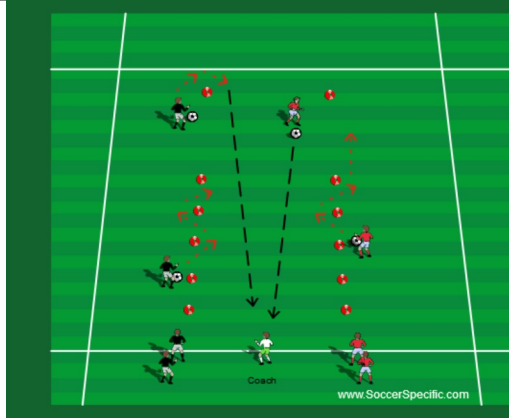


U7/U8 Week 6 - Passing

Date: **Oct 19, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



1

⌚ 6 min.

Setup: - Create 2 lines, each with five cones 1 yard apart and then one cone 10 yards away from the last one.

- Split players in half, each group or team at the head of a line.

- Each player needs a ball.

NOTE: If you have a large group, make a third line so standing is minimized.

Instructions: First player dribbles in and out of the cones then around the far cone. After they round the far cone, the player should look up and make a pass back to the coach before getting back in line with their ball. The next player begins the same routine when the previous player is at the 3rd or 4th cone, depending on skill level.

Continue until all players are finished. Repeat.

Coaching Points: - Dribbling technique.

- Running with the ball technique.

- Acceleration when making transition from close dribble (in the close cones) to running with the ball dribble (to the far cone)

- Passing technique



2

⌚ 6 min. ↗ 15x25

Setup: - Area: 15 x 25 yards with gates spread around the area.

- Place players into pairs, one ball between two.

- Start each pair out on a single gate, one player on each side about 10-12 yards apart.

Instructions: Players stay at their own gate and pass the ball back and forth to each other. After a while, put a timer on them and see how many they can do in 30 seconds.

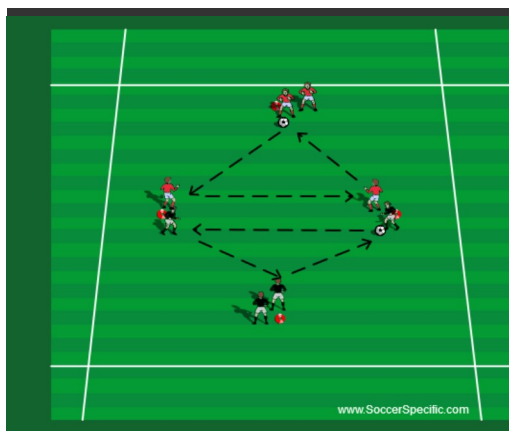
Progression: Players are now asked to move around the area and count the number of gates they can pass through. If a team's ball collides with another, both teams must do a fun punishment. Do not let players go back and forth between only 2 gates. Make sure there are more gates than pairs!

Coaching Points: - Passing technique.

- Dribbling technique.

- Player without the ball must react and move to where the player with the ball is moving.

- Communication: Player dribbling should point and tell their partner where to move.



3

⌚ 6 min. ↗ 15x15

Setup: - Area: 15 x 15-yards area

- Put out 4 cones to make a diamond as shown

- Split your players into 2 groups and set them up as shown

- One ball per group starting on the cones where there are players

Instructions: When the coach yells "Go!", the player with the ball passes to the next player in the triangle and then follows the path of the ball to replace the player they just passed to. Each group should keep passing the ball in a triangle. Every so often, the coach should yell "Change!", and the players should change the direction of the passing (clockwise vs counterclockwise)

Coaching Points: - Passing technique.

- Changing direction to pass.

- Be sure players are squaring their body BEFORE passing so that their hips and shoulders face the target when passing.



U7/U8 Week 6 - Passing

Date: **Oct 19, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



Setup: - Area: Two 10 x 10 yard squares about 3 yards apart next to each other
- Each player with a ball.

- Half your players start in each square

Instructions: On the coaches whistle or shout of "Go!", the players try to pass the ball from their "yard" into the opposing teams "yard". Play for a minute at a time before stopping and counting how many ball are in each group's "yard". The goal is the have the least! Caoch(s) should stand behind grids to keep balls in play.

Coaching Points: - Passing technique.

- Weight of the pass

4

⌚ 8 min. ↗ Two 10x10



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

