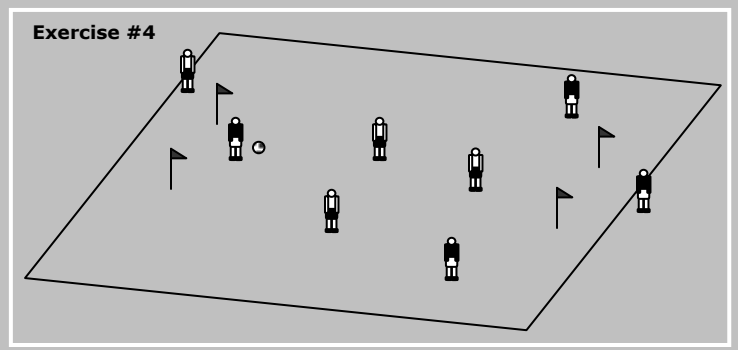
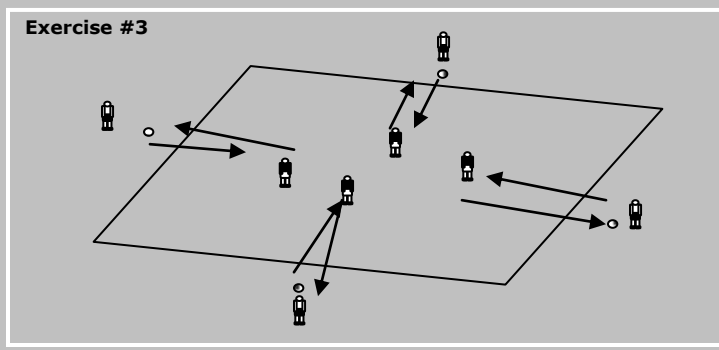
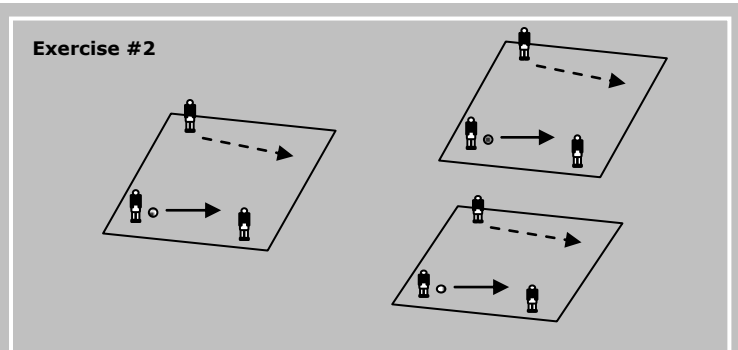
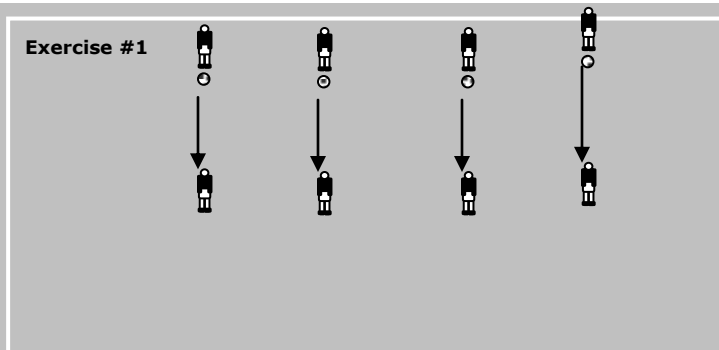


U8 PASSING SESSION (TECHNIQUE)

| CATEGORY | TOPIC | AGE | DIVISION | CODE |
|--|---------------------|---|----------|------|
| Passing | Technique | U8 | Micro | U8D |
| Exercise #1 | Organization | Coaching Points | | |
| Ball Gymnastics & In 2's: (see pg. 20 doc 310 94) Have players complete Ball Gymnastics first then go into passing exercise. Passing; players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches, 2 touches. <i>Time: 10 min.</i> | | Pass with the inside of the foot, toe above heel, and ankle locked. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Stay 4:1 on the positive to instructional comments throughout the session. | | |
| Exercise #2 | Organization | Coaching Points | | |
| 3v0 Box Passing: Use a 10 x 10 grid. Split into groups of three with a ball in a grid (set up enough grids for the group). Player with ball should pass to their left or right, free player must move to the proper corner to provide the player on the ball two passing options. <i>Time: 15 min.</i> | | Same coaching points as above. Pass and move. Be positive. | | |
| Exercise #3 | Organization | Coaching Points | | |
| 4v4 Windows: Four players are inside the grid checking to four players outside the grid who pass a ball to the inside player. The inside player controls the ball and passes it back to the outside player. After one minute players switch roles. After success with inside of the feet, have players use the outside of their feet. Grid Size is 20 x 30 yards. <i>Time: 15 min.</i> | | Same coaching points as above. Encourage players to concentrate and work on their passing technique. Move without the ball. Laugh and have fun with the players. | | |
| Exercise #4 | Organization | Coaching Points | | |
| Hockey Style: Players are allowed behind the goal but they must score from the front. Play a 4v4 game. For a group of 10 - 12 players have a group of four players resting, when a goal is scored have them switch with the team that was scored on. Field(s) size 30 x 40 yard grid; use one ball per field. <i>Time: 35 min.</i> | | Encourage players to pass and play the game. Same coaching points as above. Be a fan of the players (good job, well done, ect.). | | |



| | | | | | |
|------------------------|--|----------------------|--|-----------------|--|
| Light | | Dribbling | | Priority number | |
| Dark | | Dribbling with feint | | Nike ball | |
| Player making decision | | Ball movement | | Cone | |
| Goalkeeper | | Run | | Flag | |
| Grid | | Cross | | | |