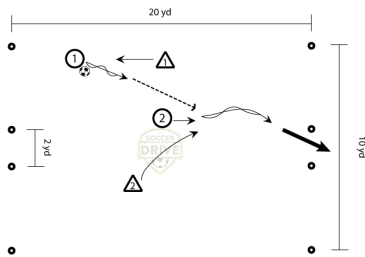




EMPHASIS ON PASSING

AGE LEVEL: U8 TIME: 60 MINUTES

20 X 10 2 VS 2 SCRIMMAGE



TIME 10 minutes

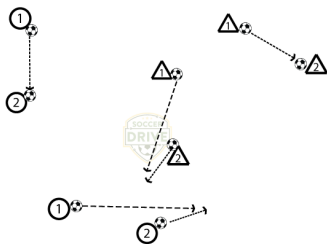
SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

SOCCER MARBLES



TIME 10 minutes

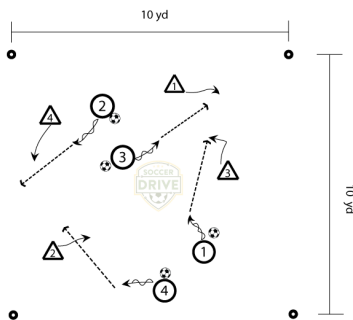
SETUP

- » Players are in pairs with one ball each (so, every-one has a ball).
- » Game starts with partners facing each other about 3yds apart from each other. Decide which partner gets to go first.
- » The first person kicks their ball and tries to hit the other person's "marble." If contact is made, that person gets a point. If they miss, then they don't. Both players must wait until both balls stop moving before it is the next person's turn. No stopping your ball!
- » Players only get one touch on the ball for a turn. They cannot move their ball after it stops rolling to set up a better angle.
- » Switch partners after each round and play again.
- » Progression: Challenge players to only use their non-dominate foot.

COACHING POINTS

- » Demonstrate how to lock the ankle (toe up, heel down)
- » Square hips towards target, and use inside of foot to be more accurate when striking the ball.

TEAM TAG



TIME 10 minutes

SETUP

- » When coach says go, the players with the balls try and hit (below the knees) as many of the other team as they can with their ball. If they hit someone, they get a point. If they miss, they get their ball and try getting someone else. Players without the balls are trying to stay away.
- » Play for 1 minute. At the end of the minute tally up how many points each person has and add their scores together to get their team score. Switch roles and play again.
- » Play for several rounds. Encourage teams to get a higher score then they did last time.
- » If players aren't able to get many people, make grid a bit smaller.

COACHING POINTS

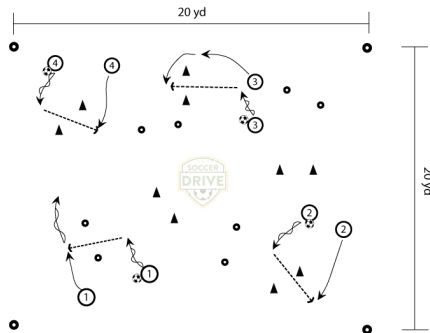
- » Talk about locking ankle when passing (toe up, heel down), and striking ball at equator or above.
- » Stress weight and timing of pass to hit a player. Can dribbling the ball better set up a pass?
- » Players need to lock their ankles (toe up, heel down) when using the inside of their foot to pass in order to be more accurate.



EMPHASIS ON PASSING

PRACTICE PLAN

COLORED GATES IN PAIRS



TIME 15 minutes

SETUP

- » Put your players in pairs with one ball per group.
- » Create a series of gates (two cones, 1yd apart) for the players to pass through
- » Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
- » Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their own score.

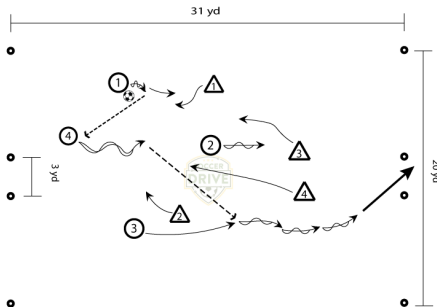
Progression:

Players have to beat their score, but give them a stipulation that they can only use certain parts of their feet to pass the ball. Example: only inside of feet, only left foot etc.

COACHING POINTS

- » Players need to lock their ankles (toe up, heel down) when using the inside of their feet to pass.
- » The non-kicking foot (the one you're balancing on when kicking) should be planted to the side of the soccer ball, a few inches away. You want your kicking foot, and non kicking foot to be about shoulder width apart from each other when passing.

31 X 20 4 VS 4 SCRIMMAGE



TIME 15 minutes

SETUP

- » Remove the four goals from corners and place goals in center to make a normal game field.
- » Cones for goals are 2yds wide
- » There are no goalkeepers

COACHING POINTS

- » None! Just sit back and let them play. Help remind them of your league's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.
- » Praise players who lock their ankle!

END OF PRACTICE QUESTIONS

- » What should our foot look like when passing? (toe up, heel down).
- » Why would we want it to look like this? (it creates a solid surface to pass with. Also, it keeps the ball from rolling over the top of our foot while passing).
- » Where should our non-kicking foot be when passing?
- » How much power should I put on a pass? (depends on where your target is. We want enough for the ball to get there, but not so much the it's hard for the other player to control).