PASSING FUNDAMENTALS

AGE LEVEL: U8   TIME: 60 MINUTES

20 X 10 2VS. 2

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.

BALL TAG

TIME  10 minutes

SETUP
» Every player has a ball
» Object is for players to hit other players' soccer balls with their own. If they can do so, they get a point.
» Keep playing for 1 minute. Ask players how many points they got, and repeats asking them to beat their own score. Play several rounds.

COACHING POINTS
» To be accurate, show players how to use the inside of their foot to strike the ball.
» Stress timing of pass. Can you pass to where the other ball is going, not where it was?
» Use peripheral vision while dribbling to see where you want to go next.
» Can players dribble the ball to better set up their next pass?

HOT POTATO

TIME  10 minutes

SETUP
» Divide a 15x15 yard grid into four areas. Only use one ball.
» One player per area (4 player total).
» Create additional grids as necessary.
» Coach yells “hot potato!” to start the game and players have to pass clockwise around grid. Each successful pass of the potato gets a point. If the ball goes outside the intended area on a pass, then the score resets to zero. Try to see how high of a score each group can get!
» Repeat game and ask groups to beat their high score!

COACHING POINTS
» Have fun!
» Encourage the use of the inside of the foot while passing to the next grid (Toe up, heel down)
» Encourage players to open up their body when receiving. Receive the ball with the inside of the foot in the direction you want to do next.

PROGRESSION
» Have players go counter-clockwise.
» Have players create a figure 8 with the passing.
PASSING FUNDAMENTALS

**ENDZONES**

**TIME** 10 minutes

**SETUP**
- Make a field 30x20yds, and add a three yard “end-zone” on the back of each endline.
- Teams play 4v4 - A goal is scored when a pass is played to someone making a run into the endzone and controlling the ball.
- A player can only move into the endzone after the ball is passed - A goal cannot be scored by dribbling into the endzone.
- When goal is scored, other team restarts game by kicking ball in from endzone.

**COACHING POINTS**
- Encourage players to lock ankle while passing, and use inside of their feet.
- When passing to someone to score, it’s important to play the ball into the space in front of them, rather to their feet.
- Player receiving the ball should be loud when calling for the ball, and show with their hand(s) where they would like the ball played to.
- Movement off the ball is key. Don’t stand still when attacking!

**END OF PRACTICE QUESTIONS:**

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:
- What part of our foot should we use to be accurate in a pass? (inside…there’s more surface area to strike with!)
- Why should we open our body when receiving a pass? (because it allows us to see more of the field. Seeing more of the field = seeing more passing options!)
- Why is kicking with the toe not a great idea? (it’s difficult to be accurate kicking with it since it’s the shape of a point).
- Why do we sometimes want to play the ball into space rather than to their feet? (if there is space behind the defenders, we want to attack that space!)
- Have a team cheer and dismiss the team. Great job, coach!

**4 VS. 4 SCRIMMAGE**

**TIME** 15 minutes

**SETUP**
- Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- Cones for goals are 2yds wide (same as for a game).
- There are no goalkeepers.

**COACHING POINTS**
- None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.