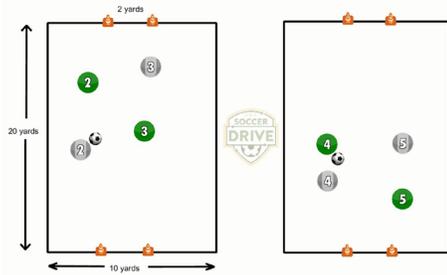




# PASSING FUNDAMENTALS

AGE LEVEL: U8    TIME: 60 MINUTES



### 20 X 10 2VS. 2

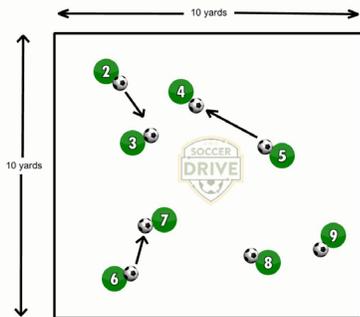
**TIME** 10 minutes

#### 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

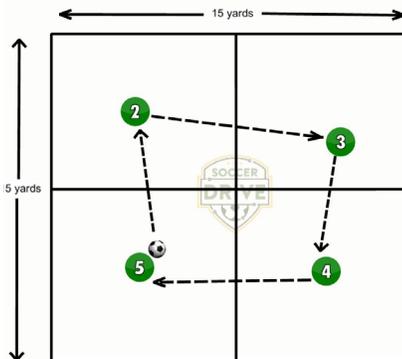
**TIME** 10 minutes

#### 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 the 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.

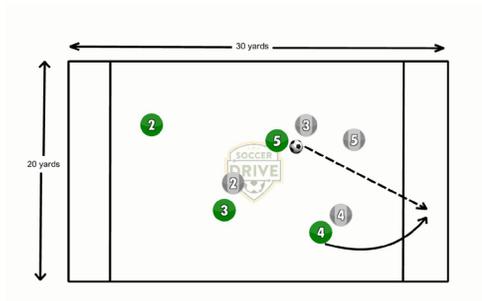
#### PROGRESSION

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



# PASSING FUNDAMENTALS

## PRACTICE PLAN



### ENDZONES

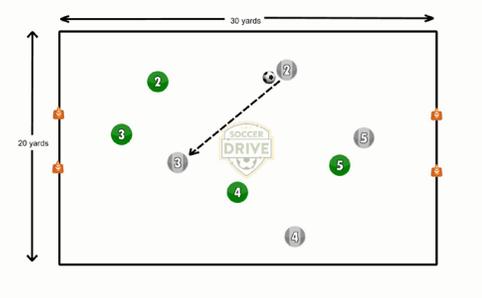
**TIME** 10 minutes

#### SETUP

- » Make a field 30x20yds, and add a three yard “endzone” 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!



### 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.

### 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!