

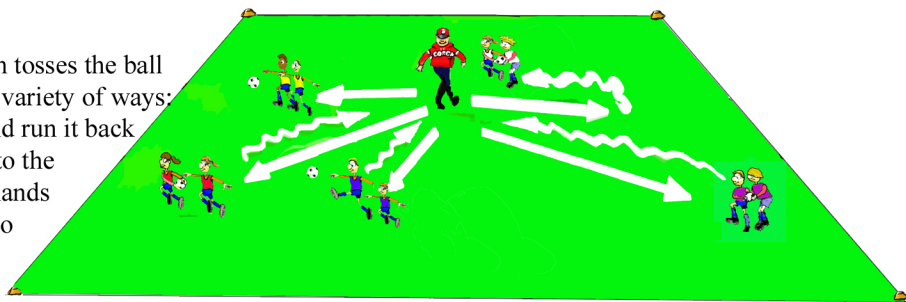
U8-U10 LESSON PLAN: PASSING-MAKING CONNECTIONS

Warm-up “Partner Retrieval Activity”

Pairs share one ball.

Each pair goes to coach and gives them their ball. The coach tosses the ball out for each pair to retrieve. Each pair brings the ball back a variety of ways:

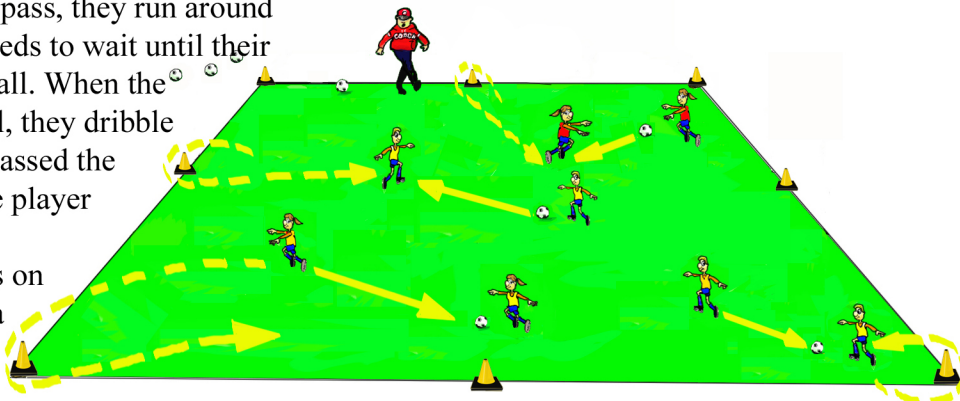
1) Run and collect the ball, with all four hands on the ball and run it back to the coach. 2) Run and collect the ball, but bring it back to the coach with the ball in between their foreheads and all four hands on the ball. 3) Run and collect the ball. Bring the ball back to the coach, but only use your feet. This will be the introduction to passing.



1st Activity (Maze Game) “Check-out Passing”

Cones are placed around the grid as shown.

Each pair now passes to each other. After they pass, they run around a cone (check-out). The player with the ball needs to wait until their partner is around a cone before they pass the ball. When the player that has “checked-out” receives the ball, they dribble the ball and wait for their teammate who just passed the ball to run around a new cone. This teaches the player with the ball to make eye contact with their teammate before passing the ball. It also works on getting them to move after they pass. Make it a game and see how many times they can “check-out”.



2nd Activity (Maze Game) “Gates Passing”

Now pick up the cones and make gates with them.

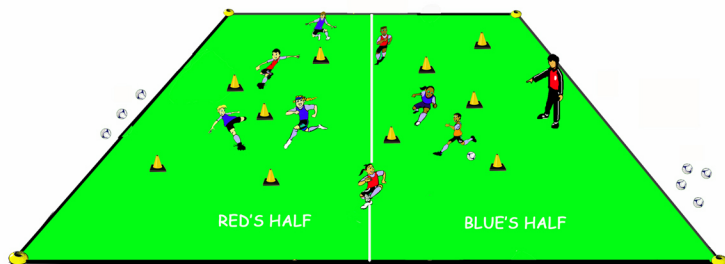
Now each pair work together and try and pass the ball between the gates to each other. They must go to a new gate every time. This gets players to think ahead a little bit in which a 8,9,10 year old player can start to do. See how many gates each pair can get in a certain amount of time.



3rd Activity (Target Game) “Storm the Castle”

Make two teams. Each team gets a collection of standup cones and spreads them all over their defensive half of the field. It is played like a normal game. You do need the cones that stand upright, not discs.

When a team knocks over a cone, whoever knocked over the cone picks it up and places the cone on their defensive half. When time is called, the team that has the most cones on their defensive half wins. If needed, play with two balls going at the same time.



4th Activity “The Game”

Play small sided soccer with or without goalkeepers depending on age group.

