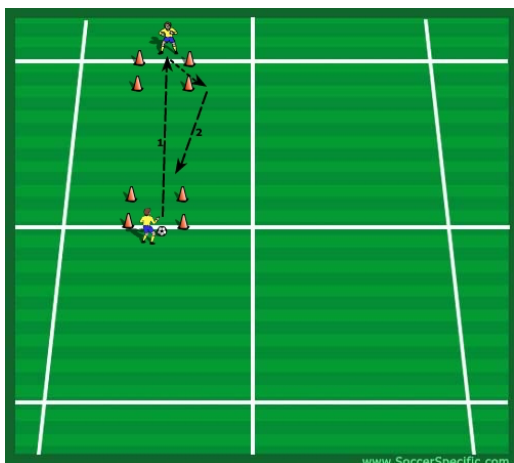




U8 Session Plan #6 Passing and Receiving



PREPARE IT, PASS IT

Emphasis: Accuracy and weight of passing. Also, the quality of the players preparation touch.

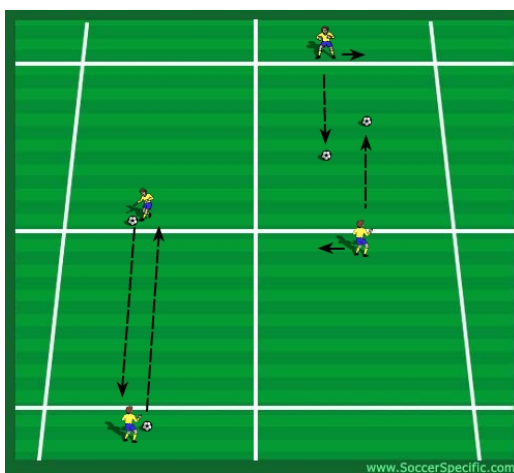
Set-up: 10 x 10 yard grid with 8 cones positioned as shown. The cones are placed to create a 2 yard square at each end of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

Objective: Both players must stand behind their square as shown. Player (A) must try to pass (1) the ball through the middle of his partners square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball diagonally through the side of the square before attempting to return the ball (2) to his partner in the same fashion. Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass. Points are awarded for each successful pass through the square.

Progressions: Reduce the size of the target squares as the ability level increases.

Coaching Points:

- Accuracy and weight of the pass are equally important.
- Strike through the middle of the ball with the inside of the foot.
- The preparation touch on a diagonal will enable players to have more success in their passing accuracy.



PRESSURE PASSING

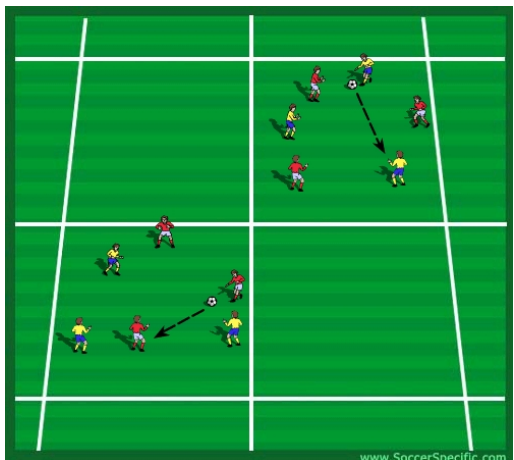
Emphasis: Accuracy, weight and timing of passing. Encourage players to correctly receive the ball into space prior to passing.

Set-up: 10 x 10 yard grid. Two players per grid with two balls. Players are positioned at opposite sides of the grid as shown.

Objective: Each player starts with a ball. On the coaches signal each player must pass the ball across the grid to their teammate. Both balls are passed at the same time. Players must quickly receive the pass and repeat the sequence. Since two balls are crossing the grid at the same time players must prepare the ball diagonally into space before attempting to pass to their teammate otherwise the balls will collide. Players must constantly adjust their position to receive the next pass. Play for a designated number of passes or for a predetermined period of time.

Coaching Points:

- Prepare the ball at an angle to avoid a collision when passing the ball.
- Players must constantly move laterally to receive the next pass – don't stand in one space.
- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.



3V3 POSSESSION PLAY

Emphasis: Passing & Receiving.

Set-up: 20 x 20 yard grid. Six players per grid with one ball per group.

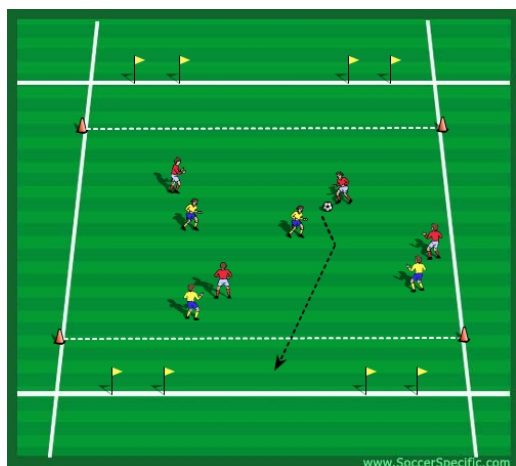
Repeat set-up to accommodate entire team. Two sets of colored bibs

Objective: The game is played in a 3v3 format. Players try to maintain possession of the ball by constant passing and moving. 1 point is awarded for 5 successful passes. Play for a designated number of goals or for a predetermined time.

Progressions: Play 2-touch.

Coaching Points:

- Constant movement.
- Communication is vital.
- Angles of support to receive ball.
- Pass must have appropriate weight to ensure that teammate can deal with it.



3V3 PASS IT, FINISH IT

Emphasis: Passing, Receiving, Finishing.

Set-up: 20 x 30 yard grid with a 4-5 yard area designated as an end-zone. 6 players.

Cones to make mini goals.

Objective: 3 v 3 game. Each team can designate a goalkeeper who can use their hands inside the en-zone area. Goalkeepers must become outfield players when their team is in possession. Goals are awarded for 5 consecutive passes or for shooting the ball into the mini goals

Progressions: Can only score with inside of the foot. Reduce the size of the mini goals and play with no goalkeepers.

Coaching Points:

- Lock ankle, keep ball on the ground when passing.
- Receive the ball and take into space with first touch away from defenders.
- Try to pass the ball into the corner of the goals.

ADDITIONAL NOTES