

U7/8 passing

Location: Burke School. **Date:** Apr 8, 2019 6:15 PM - 7:15 PM

Comments before Training

Use warm up games that promote passing, hit the ball, pugg goals in the corners etc. Line soccer with point scored by passing to a teammate in the end zone.



U7/8 Warmup



Warm-up - 15 min.

Objective: Play Practice Play. This gets players moving in the game. Guided instruction prior to start, can they find space to take a shot. Can they dribble to space and then shoot or pass before pressure comes.

Micro Games Setup: Multiple 15 X 15 Grids. Some with two puggs, some with one pugg and line soccer zone, some with weighted ball in the middle.

Execution: As players arrive set up in 2 V2 and 3 V 3 games. The two puggs are regular games, the two puggs line soccer one team shoots to goal, the other team tries to stop the ball in the zone at the end line. The ball, players pass and dribble until they can hit the weighted ball with their ball.

Spider Web Game Setup: Great game for dribbling and passing warm-up. Basic set up. 20 X 20 Grid. 2 players in the middle link arms. They are the spider/defense. All others are offense.

Dribbling rules: All offense players have a ball. Dribble around the box to avoid the spider. If tagged (preferably below the knee, if too hard below the chest), the player passes their ball to the coach and links arms with the rest.

Passing Rules: Half as many balls as there are offense. The spider (defense) tries to tag players with the ball. Player must pass to a teammate to avoid being tagged. If player passes the ball out of bounds he/she links arms as if he/she were tagged.

Comment

Use games that promote passing. Challenge players to complete the pass. Show me how to turn quickly when receive a pass.

U7_8 Passing and Recieving



Main phase - 25 min.

Setup: In the warm up game, emphasize space and passing over dribbling. 30 X 20 Grid divided in half. Split players into two teams of at least 5 players. Have 2 balls for every 5 players. Start with each team on their half of the grid, progress to both teams playing the full grid.

Execution: Players start passing, can only pass if a player calls for the ball by using the ball owner's name. Team's stay on their half of the grid. Complete a number of passes in a row.

Progression: Now invade the other side, attempt to cross the line with the pass, create a combination pass and get to an open player on other side. Then add 2 defenders on one side of the grid, attempt to get on the other side and pass on that side as long as possible. Use the side without defenders as safety zone and restart of play. If defenders still, complete a pass and pass to coach on other side of zone. Then add defenders on both sides, drop to one ball, and both teams play against for defenders with line soccer scoring zone on end lines. Play line soccer.

Objective/Coaching Points: Passes with inside of the foot should have locked ankle and toe high. Balance on opposite foot and can you strike through the ball towards your target. Can players pass with the outside of the foot, how should the toe point for outside of foot pass? The ankle should still be locked. Can you still strike through the ball to the target. Demonstrate combinations, wall pass, overlap, through pass. Can the players cross the line using a combination. When using defenders on one side, what is the difference (time, space) about passing between the two sides. When defenders on both sides, how can we create the same time and space to make good passes in to the endzone.

Comment

Build into the passing across zones and then the game. close with a 4 v 4 game. If they revert to dribbling, put a number of touch restrictions or challenge them (show me how you can cross the field quickly with only a few touches)

