



Following Passes in a Circle

Age: U8

Level: Warm Up with Ball

Objective: Short passing, and movement after a pass



Scan the code to see the practice:



Organization:

Set up a circle 20 yards in diameter.

Arrange your players in a circle with one player in the center.

The central player starts with the ball and passes to any player on the outside.

The central player must follow their pass to the outside of the circle and take the spot of the outside player.

The outside player must control the ball with their first touch and dribble towards the center of the circle before making a pass to a different player on the outside.

The new central player must follow their pass to the outside of the circle and replace the outside player, who again dribbles to the center before making their pass.

Progression:

Progress the drill, introduce two balls, or ask players to make one touch passes whenever possible.

Coaching Points:

1: Approach to the ball - Line up with where the ball is going

2: Type of pass: Inside push pass, driven pass or lofted pass

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "L"

4: Follow through on pass and use body to generate power



ONLINE CURRICULUM
(U8 Season 2 / Week 03)

Following Passes in a Circle

5: Focus on weight and accuracy of pass, both are very important

Keepball Inside Circle

Age: U8

Level: Technique with Full Pressure

Objective: Passing and possession



Scan the code to see the practice:



Organization:

Use a circle or square about 8 paces diameter. Position players around the outside of the area with one defender in the middle. The object of the game is for the attackers on the outside to keep possession within the area. If the defender intercepts a pass, they swap with the player on the outside and the game continues. The size of the area can be changed depending on the amount of players on the outside. Make the area small enough to challenge the attackers but not too big that the defender can never win the ball.

Progression:

To progress this exercise - add a second defender and make the area larger or limit to two touch.

Coaching Points:

- 1: Make the game look easy, easy pass will equal easy control
- 2: Passing for possession: weight and accuracy of the passes, angles and distance of support
- 3: Passing for penetration: Commit defenders and play into space, pass to leading foot of receiver
- 4: Passing options: Team mates need to create passing angles or passing lanes through or around defenders

3 Ball Passing Possession

Age: U8

Level: Technique with Passive Pressure

Objective: Possessing the soccer ball



Scan the code to see the practice:



Organization:

Set up a 40x40 playing area. Split your team into a numbers up situation with 3 defenders and 5 attackers. The attackers have two or three balls between them inside the grid and must pass to each other keeping possession. The defenders start on the outside of the grid, then on the command of the coach they enter the area and try to kick-out the attackers' soccer balls. If a ball is kicked out, the attackers try to keep possession of the remaining balls until they have all been kicked out of the area. Once the game has ended players can switch to give each player turns at both keeping possession and defending.

Coaching Points:

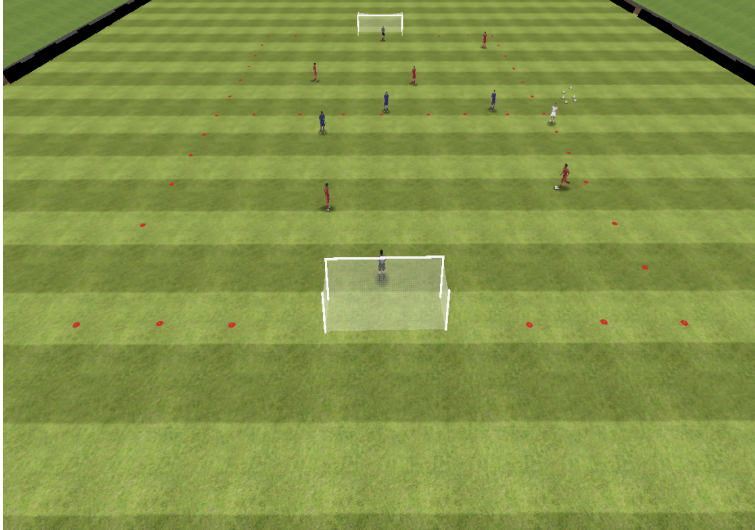
- 1: Make simple passing and control look easy - Concentration
- 2: Team mates need to create passing options using width and depth on the field away from defenders
- 3: Correct passing technique is important for accuracy and weight of each pass.
- 4: Players have to make the correct option, do not pass to somebody who has limited time.
- 5: Look for combination passing.

Goal Hunters vs Possession

Age: U8

Level: Small Sided Game

Objective: Passing in a game situation.



Scan the code to see the practice:



Organization:

Set out a 60x40 playing area, with 2 goals. Create 2 teams with 5v3 situation, plus two goalkeepers. The team of 5 players attempt to keep possession of the ball without trying to score. For every 5 consecutive passes the team receives one point. The team of 3 players must win the ball and can score in either goal without the need to pass. Each goal is worth one point. Coach the team of 5 players to create as many passing options as possible and move the ball around the grid to keep possession. Coach the team of 3 players to attack quickly, using as few passes as possible to get to goal and score. After 5 minutes, rotate the players so that each player sees the different role of each team.

Coaching Points:

- 1: Make the game look easy with effective passing and control. Weight and accuracy of passes
- 2: Passing options and angles from team mates - around or through defenders
- 3: Possession or penetration - selecting the correct option
- 4: Communication is key for the success in keeping possession.
- 5: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game