



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 8 - PRACTICE 1

KEEPING POSSESSION

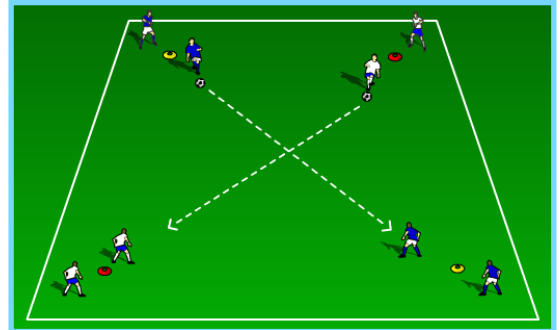
Activity 1 - Criss Cross Passing

Area: 15 x 15 yards.

Organization: Place players into groups of three or four, one ball per group. Place players as shown. Players pass back and forth within their group. After passing players should follow their pass to the back of the opposite line. Continue. Add fun activities if the ball hits!

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?
- Eyes up before you pass. Where is the other ball?



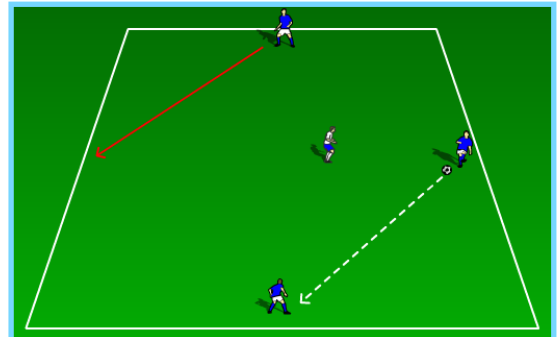
Activity 2 - Partner Strike Out

Area: 15 x 15 yards.

Organization: Place players groups of 4. One grid per group. Designate one player as the defender. Play 3 v 1. Five consecutive passes gets the attacking team a point. The defender must win the ball to get a point. First team to get 3 points wins, rotate defender.

Coaching Points

- Passing & Receiving Technique.
- Movement off the ball to support your teammate.
- Can you keep a triangle shape and always give the player with the ball 2 options.



Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

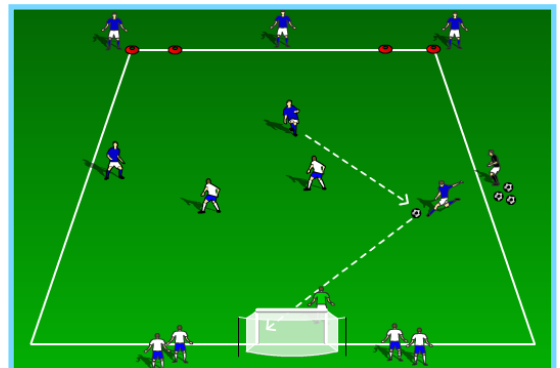
Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Ways to Score? Teams can score by passing into a goal or by getting 4 consecutive passes. Encourage keeping the ball!

Coaching Points:

- All technique under pressure.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.

