



Juniors Passing and Receiving U8's

Category: Small-Sided Games

Difficulty: Beginner

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Partner passing (20 mins)

Organization of Session

-Size 30x40

-2 players standing about 8-12 yards apart

-start with 2 balls per group before progression to 1 ball

1st progression - 1 of the players start with both balls, one in the hand and one at the feet. They must toss the ball upward, at the same time pass the ball to their teammate, then catch the ball. The concept behind this is that just hitting the ball with the proper technique, will deliver a firm pass, the plant foot controls all accuracy.

2nd progression- each player has a ball, one side has the ball in their hands the other side has the ball on the ground. At the same time the players play a ball on the ground with their feet while tossing it underhand to their partner.

3rd progression- 1 ball to each pair of players, we focus on playing the ball and receiving the ball with the same foot/opposite foot/ or combination of both feet(receive with one foot play back with other).

4th progression- building on the third progression we can incorporate movement, playing the ball and backing off, then moving towards the ball when its played to us(pendulum)

to increase difficulty, you can place a gate between the players and require the ball to travel through it every time in all activities.

Key Points

Introduction of the "FishHook" creating that shape with your foot allows you the proper surface to hit a ball and receive a ball correctly. The "FishHook" is having your toe pointed up while your heel is pointed down. This is often referred to as "locking your ankle" younger players have trouble understanding this concept but asking them to make a "FishHook" with their foot hits home and is easy to duplicate.

As we progress through the activities the technical elements become more important while players focus on accuracy

Coaching Points

During all activities, have the players look at their feet, not the target. The feet tell the whole story, if the plant foot is not placed correctly aimed at the target, it won't be accurate.

Did the player make a "FishHook" when striking the ball?

Can the players receive/play the ball on a hop?

Can they or you as a coach hear a rhythm to the passing and receiving?



passing Squares Level 1 (15 mins)

Organization of Session

-space 12x12 square per group of 3

-Players play the ball and move to the open space

-3 minute rounds how many passes can they complete?

-Minimum of 2 touches, progress to 1 touch if applicable.

Key Points

-playing the ball and knowing where to move,

-playing the ball with the proper technique and weight,

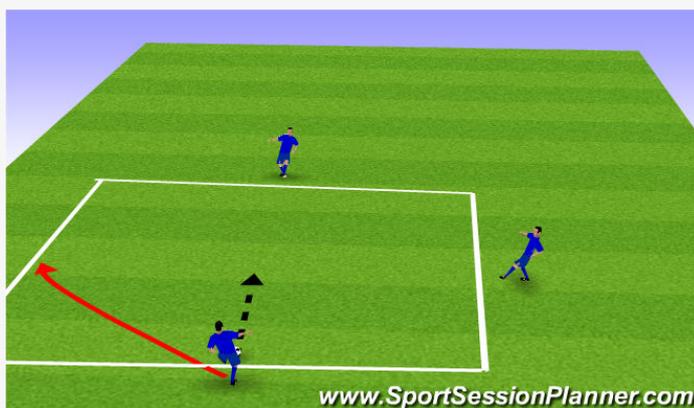
-anticipation of next move,

Coaching Points

We want the players to really focus on the technique behind passing,

Listen for that rhythm,

how do we prep for the ball coming at us?



4v1 vs 4v1 (15 mins)

Organization of Session

-size 2 equal spaces roughly 15x20

-2 teams of four

-team with ball plays 4v1 counting passes until ball goes out of bounds or defender wins it then switch sides

-person who makes last error defends next

Key Points

Playing the ball and moving to space

proper technical ability

finding a rhythm

Coaching Points

This is where we focus on the technical side but can introduce the concepts of creating width and depth,

teams that are successful at this will be the ones who can use the most space when they have the ball while focusing on sharing.



4v4 to little goals (25 mins)

Organization of Session

4v4 to goals, 30x40

all rules apply, coaches can use new ball if needed

Key Points

Coaching Points

