Organization: **Challenger Sports** Week: **Spring - Week 2**

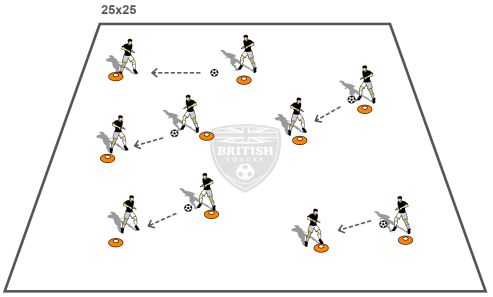
Age Group: **U8s** **60** Minutes

Category: **Recreation**

Topic: Passing & Receiving

Objective: To understand how to use different surfaces to receive the ball and pass with the inside of the foot.

Session Part: Warm-up



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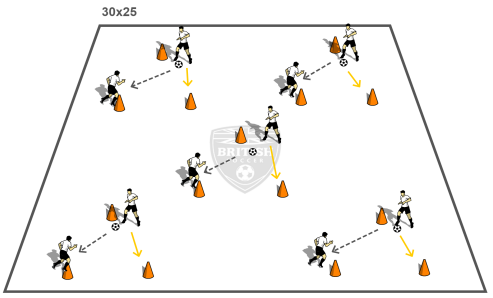
Organization	Time: 10
Area:	25x25
Numbers:	10 Players

Players split into pairs - 1 ball between 2.
Each pair will be set up between 2 disc cones 5-10 yards apart.
Players will pass the ball back and forth using the inside of the foot.
Players will receive with inside or outside of the foot before passing the ball.
Players will progress to passing and moving within the area between different cones.

Progressions	Coaching Points
Increase/decrease distance of cones. Use of both feet. Set challenges - how many passes in 1 minute? 1 touch passing depending on success.	Ready position to receive the ball - on your toes. Control with the inside/outside - keep the ball moving at all times. Head up and eye contact with partner. Plant standing foot & lock ankle when passing.

Session Part: Technical Fundamentals



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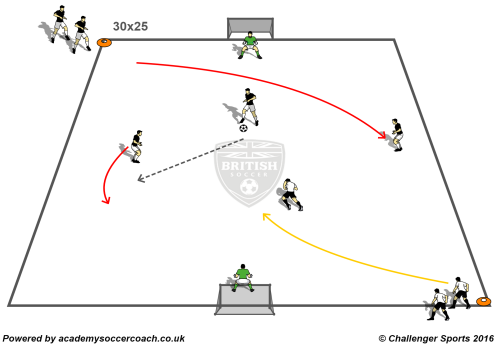
Organization	Time: 15
Area:	30x25
Numbers:	10 Players

Players remain in pairs - 1 ball within a triangle of cones.
Player with the ball passes to their partner before moving to the free cone in the triangle which is 5x5x5.
Player who receives the ball will pass to their partner then move to the free cone.
The practice continues with players always on the move after playing a pass.
Encourage players to communicate both verbally and visually.

Progressions	Coaching Points
Increase/decrease dimension of the triangle. Limit touches - begin 3 touch, gradually decrease. Restrict players to specific foot to receive & pass. Set challenges - number of passes in a set time limit.	Communication with partner. Awareness of partners movement. Good first touch in direction of where the next pass is going- keep the ball moving. Clean passing technique.

Session Part: Game Scenario



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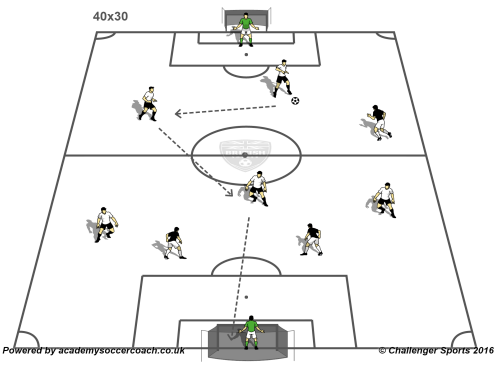
Organization	Time: 20
Area:	30x25
Numbers:	10 Players

Split players in 2 groups - 5 attackers - 3 defenders. 2 goals with goalkeepers.
3v1 in favor of the attacking team who begin with the ball.
Attackers are set a time limit to beat the defender and score a goal.
Attackers can use the goalkeeper for a pass if needed. Defenders can transition and score in the attackers goal if they steal the ball.

Progressions	Coaching Points
Increase/decrease overloads. Set amount of passes before scoring - start low, gradually increase as players improve. Decrease time limit to score. Attackers and defenders switch roles.	Body shape to receive & movement off the ball. Awareness of ball, space, teammates. Positive mind-set - can we play forward? Correct passing technique.

Session Part: Small Sided Game



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Organization	Time: 15
Area:	40x30
Numbers:	10 Players

6v4 with 2 goalkeepers.
Goalkeepers have a healthy supply of soccer balls behind the goals.
Team of 6 players aim to complete 5 passes before they can score a goal.
Team of 4 players aim to steal the ball and complete 2 passes before they can score.
Play always restarts with the goalkeepers rolling the ball out to their team.

Progressions	Coaching Points
Rotate team of 6 & 4. Limit amount of passes for team of 6. Increase/decrease number of passes needed. End with free play.	Encourage short passing to team-mates. Awareness of space and penetration. Good weight of passes and first touch control. Communication and movement off the ball to create angles to receive a pass.

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