

# TRAINING PLAN U-8 PASSING

CREATED BY  
Kuntz  
UC Irvine

## TECHNICAL WARM-UP

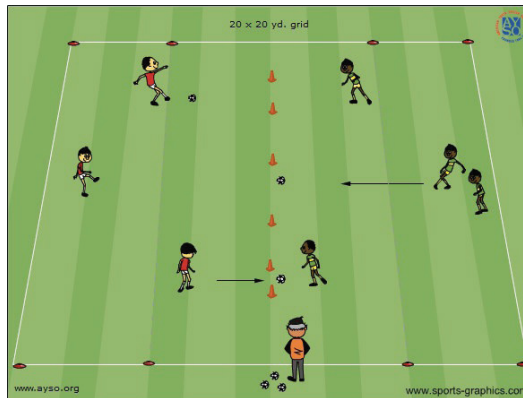


To see this activity in action visit <http://bit.ly/WNGoPo>

### ORGANIZATION/RULES

- 20x20 grid. 2 players play against each other and share a ball.
- They place 2 cones anywhere from 2-8 yards apart. They choose! Players pass back & forth to each other (inside of foot).
- Ball must never stop, must always stay on ground, & must go thru the 2 cones w/out touching them.
- Whenever an error occurs, other person receives a point. Keep score.
- Because the ball must never stop, players have to play 1-2 touch. The closer the 2 cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally.

Player leads stretching (v. light at this age, more habit forming and introduce proper form).



### COACHING POINTS

- Quality push pass technique (placement of plant foot, preparing to strike ball, swing of leg and pace of pass).
- Quality of receiving/controlling the pass (preparing body, cushion ball on contact, move in path of pass).
- Movement off ball.
- Suitable weight, timing and accuracy of pass.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

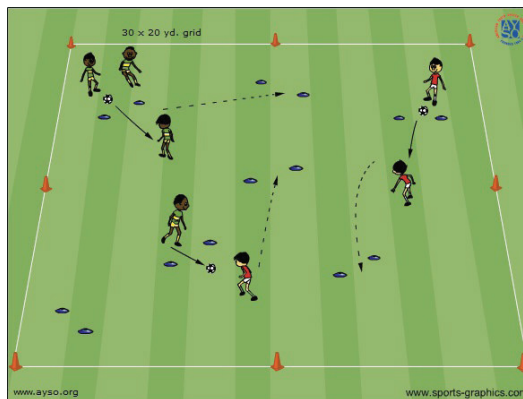
Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3



To see this activity in action visit <http://bit.ly/WNgsP7>

### ORGANIZATION/RULES

- 30x20 grid, players in pairs, 1 ball per pair. Place 6-10 small cones/ gates (have more gates than pairs) randomly in grid.
- Players pass ball through gate using inside of foot passing and receiving technique and move onto spare gate.
- Pair w/ most gates in 1 minute win.
- > L foot, R foot control & passing.
- > Increase number of times pair must pass ball through gates before moving on.
- > Change speed/time, number and size of gates.



### COACHING POINTS

- Quality push pass technique (placement of plant foot, preparing to strike ball, swing of leg and pace of pass).
- Quality of receiving/controlling the pass (preparing body, cushion ball on contact, move in path of pass).
- Movement off ball.
- Suitable weight, timing and accuracy of pass.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)

Most Game Aspects



To see this activity in action visit <http://bit.ly/UWdCYf>

### ORGANIZATION/RULES

- 30x30 playing area. mark four small goals (1 yard wide), 5 yards in front of each corner.
- 2 teams 3v3 score in any of the four goals (only from the front).
- Score by passing through (retaining possession).
- When ball goes out of play, restart with throw-in.



### COACHING POINTS

- Quality push pass technique (placement of plant foot, preparing to strike ball, swing of leg and pace of pass).
- Quality of receiving/controlling the pass (preparing body, cushion ball on contact, move in path of pass).
- Movement off ball.
- Suitable weight, timing and accuracy of pass.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

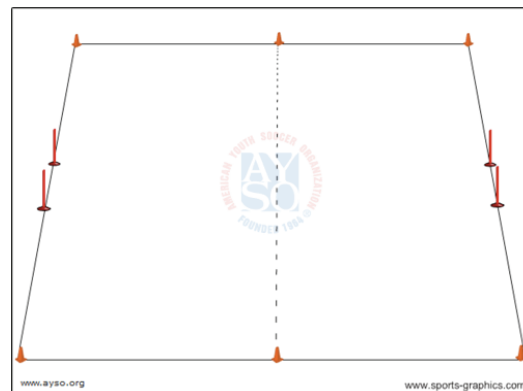
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

- Small-sided match with general rules.

Player leads stretching (v. light at this age, more habit forming and introduce proper form), *brief* review on lesson and any announcements.



### COACHING POINTS

- Emphasize quality passing & receiving techniques but let them play.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL