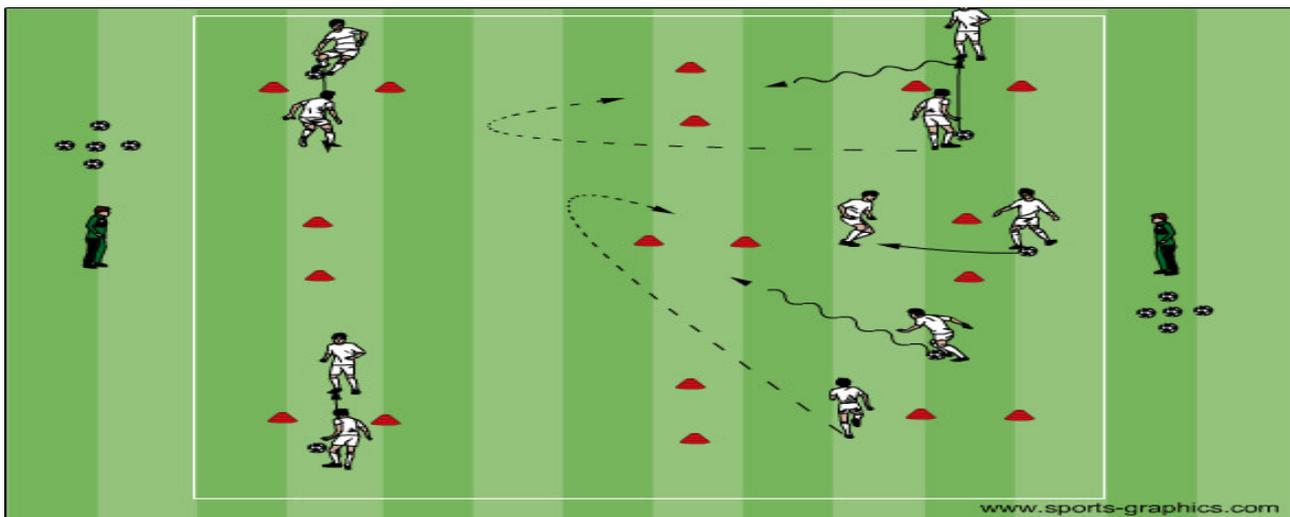


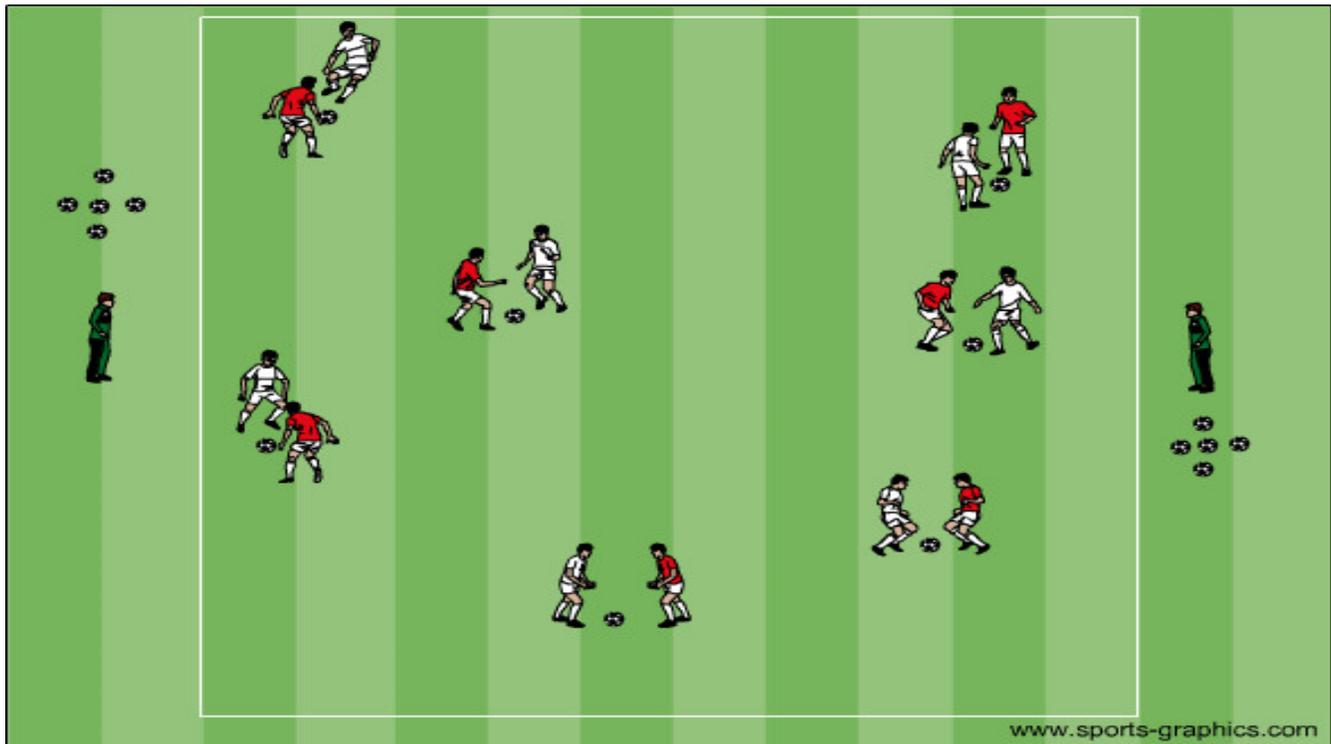
U8 SESSION#5

In week five the emphasis will remain on the technical aspects of passing. Players will have correct body positioning in preparation for the ball to arrive by; 1) bouncing on the balls of their feet, 2) their hips will face their target. When striking the ball, players will; 1) balance on one foot, 2) will use the inside of the foot as the correct surface that contacts the ball, 3) will point their kicking foot toe up and out at a 45 degree angle to the ball, while keeping the kicking leg knee bent, 4) will point their non-kicking foot in the direction they are passing the ball. Additionally, players will be able to; 1) contact the ball in the top half, 2) follow through in an upward direction before their kicking foot goes to ground. Players will also be able to receive the ball with the inside of the foot, with a first touch that moves the ball forwards and away from their body at a 45 degree angle to either side.

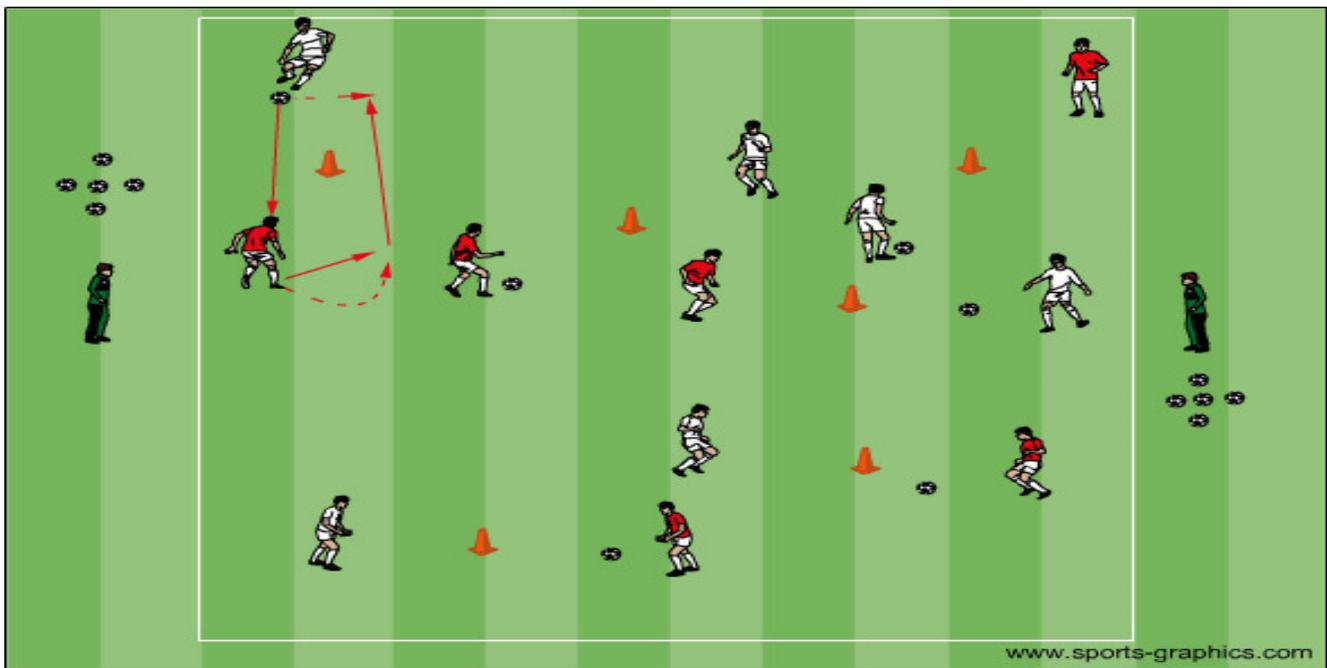
- 1. Gates Passing---**This game will start out as a review of dribbling. Dribble through as many gates as you can in an allotted amount of time. Then, a similar game will be played, where the players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. **Version 2:** Have players pass only with their left foot or right foot. They cannot go back through the same gate twice in a row. **Version 3:** Have the players fake like they are going to receive the ball before it comes through the goal, and then let the ball run onto their back foot, or through their legs. **Version 4:** Receive pass with outside of foot, and use both left and right. **Version 5:** have players wall pass around goals as if they were defenders. **(15 minutes)**



2. **Quick on the draw**---In this game, two players have one ball between them. Each player stands within reach of the ball (so that they don't have to move to ball), on opposite sides of the ball. When the coach shouts out an odd number, the players reach with the bottom of their feet to pull the ball back for a point. Quickly they'll learn that they need to be on their toes literally in order to act the quickest. When an even number is called, neither player should go for the ball. If they touch the ball, it's a point to their opponent. **Version 2:** fruits and vegetables can be substituted or added to odds and evens. **(10 minutes)**



3. **Cone in the Middle**---In this game, two players are working together by playing two touch around a ball or cone that is placed between them. Each player should be at least 5 yards away from the object in between them. The goal is to have a positive first touch so that the passer, can see past the object in the middle and make a pass to their team mate without hitting the ball/cone in the middle. Their team mate then returns the ball in the same fashion with two touches and not hitting the object. The ball can go around either side of the object. Pairs count the number of passes without a mistake to compare to the other pairs. The pair with the highest number of consecutive passes gets to take on the coaches in front of the whole group. **(10 minutes)**



4. Game: 4 v 4 to goals. --- Dual Field--- 4V4 with no goal keepers. (25/30 minutes)

