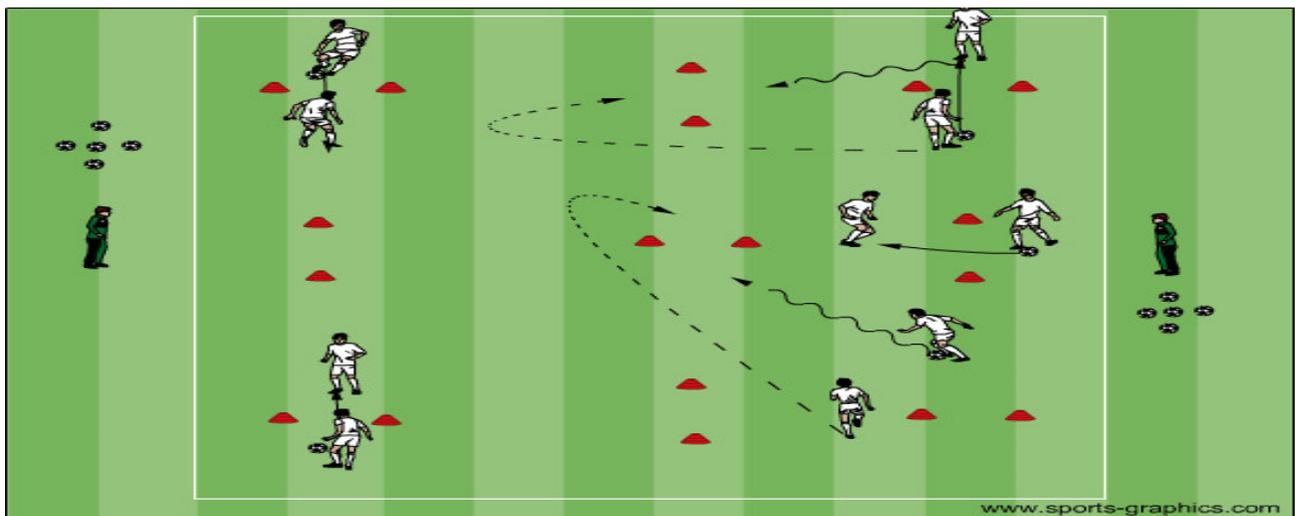


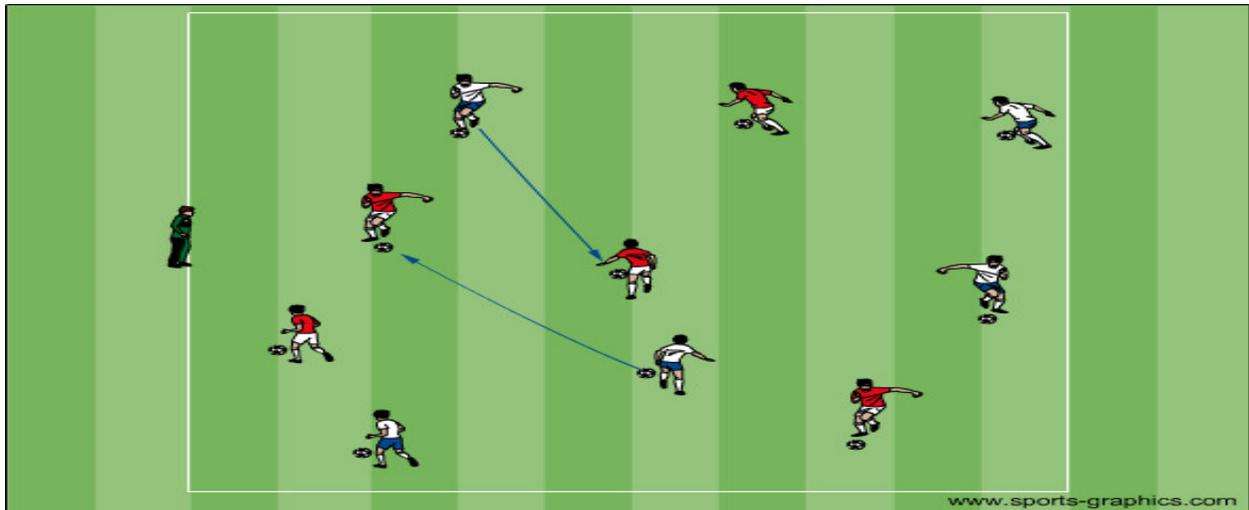
U8 SESSION#7

During week seven, the players will be asked to review passing skills that they covered earlier in the program. The top three topics for players to learn at this age are locomotor movement/balance, dribbling/comfort on the ball, and passing. By re-focusing on passing, we hope to further cement the skills learned, and provide a stronger foundation for the fall program, rather than go onto new/more advanced topics (remember the old adage, “technique before tactics”.) At this time, make observations as to how the players have improved over the program, and make small adjustments of player’s techniques so that they are more comfortable and confident on the ball. Please note all previous coaching points for passing practices, and utilize them in this practice today.

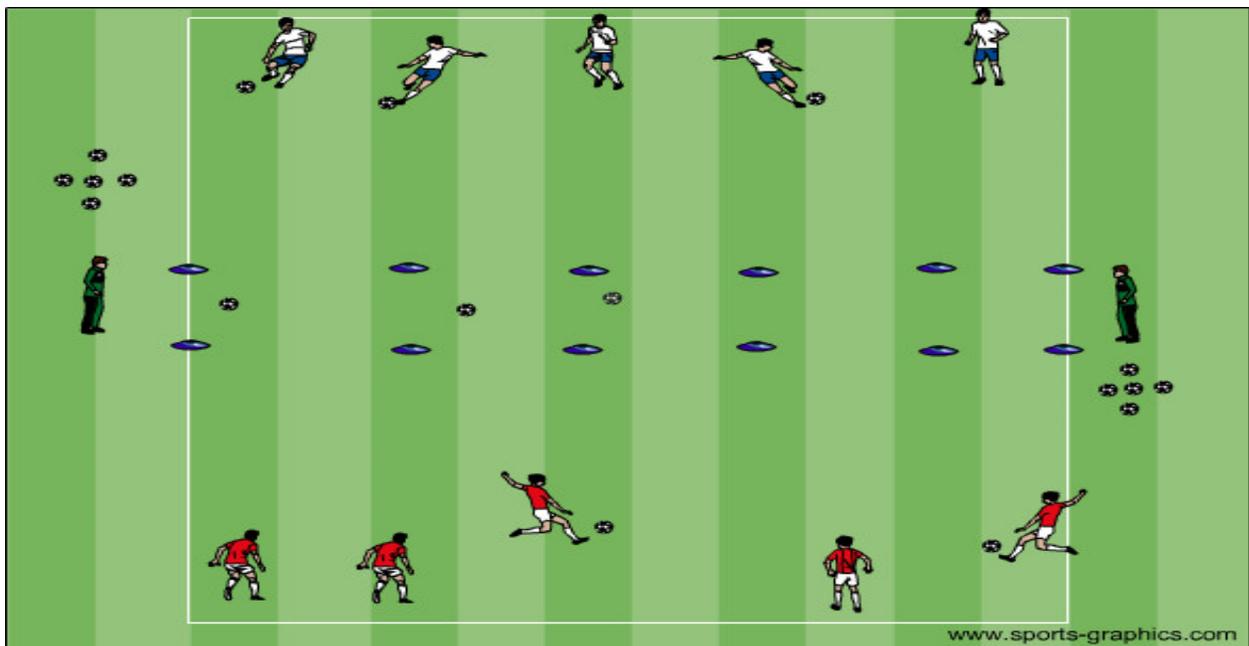
- 1. Gates Passing---**This game will start out as a review of dribbling. Dribble through as many gates as you can in an allotted amount of time. Then, a similar game will be played, where the players are now paired up and must successfully pass the ball through the cones to their teammate to earn a 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 can not 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. **(10 minutes)**



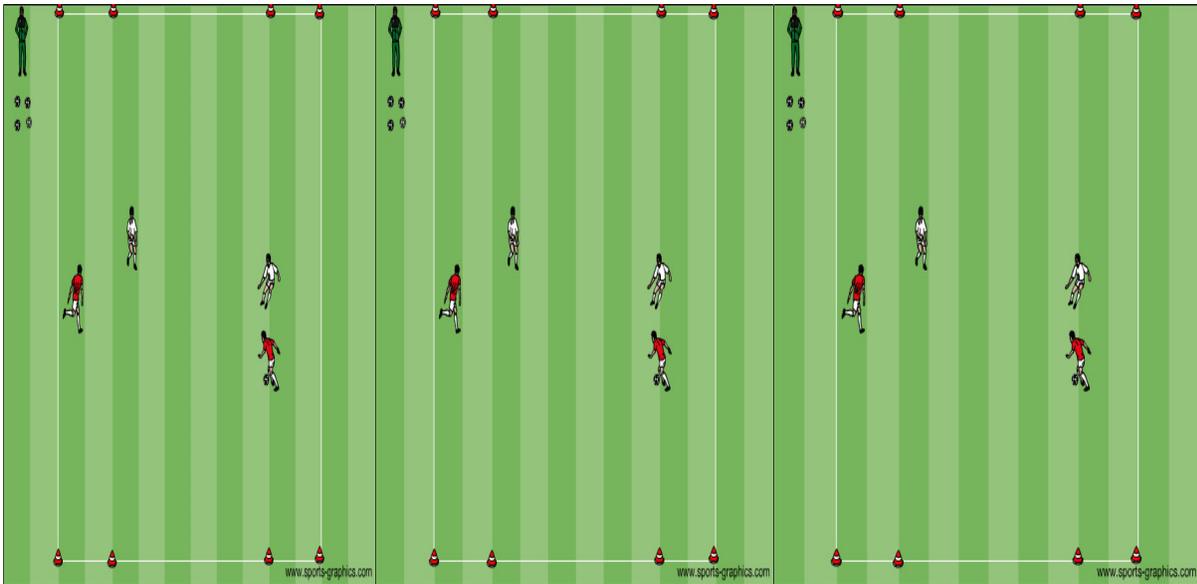
2. **Ball Tag**---In a space about 40yd X 30yd give every player a ball. Each player can pass (with the inside of their foot) their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. **Version 2:** beat your score from last time by two points. **Version 3:** use your weaker foot. **Version 4:** Put people in pairs. One person is being chased while other does the chasing. Once the chaser hits the ball of the chase with their ball, the roles reverse. **Version 5:** make two teams to make more dynamic and see which team has the least chasers at the end. **(10 minutes)**



3. **Keep Your Yard Clean**---Break group into two teams and have each team stay only on their half of the field. Place a 4 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Both teams pass with the inside of their feet into the other team's half in an attempt to have the ball stop in the other team's half (not go out of bounds). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and the team with the least number of balls in their half at the end of each 1 minute game is the winner. Play 2 or 3 games and have teams re-strategize between each game. **(5 minutes)**



4. **2v2 Four Goals game --- Three Field Format** --Teams defend two goal and have the opportunity to score on the other two, you must dribble through a goal to score a point. The goals are on the opposite end line in a grid roughly 15yards by 10 yards. Stress finding open space, and attacking it with speed. **(10 minutes)**



5. **Game: 4v4 to goals. --- Dual Field---** 4V4 with no goal keepers. **(25/30 minutes)**

