



MASSACHUSETTS YOUTH SOCCER

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Age Group

U8

Topic

Passing

Who: Attacking players with the ball

What: Passing and Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball by defenders and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

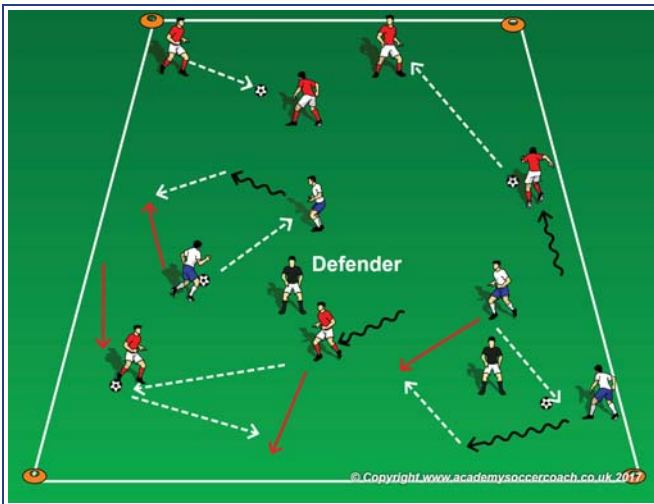
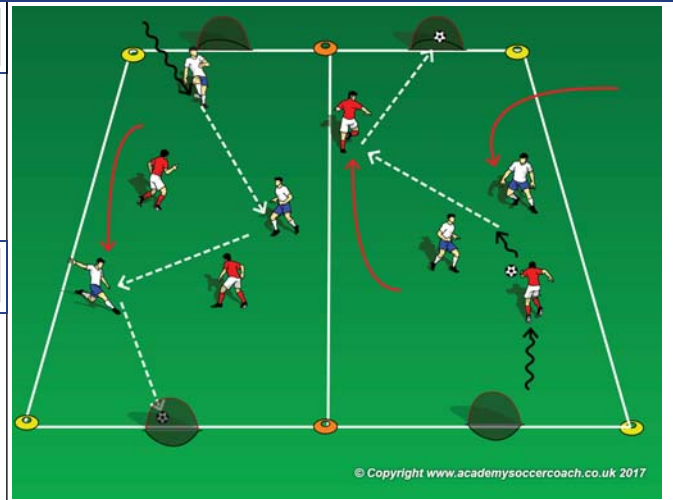
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to pass to a teammate
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to pass to teammates and are successful, and for successfully receiving a pass



Practice Pairs Passing

Duration 24 min

In a 15Wx20L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field. **Variations:** 1. How many passes in 1 min, beat your score 2. How many w/your non-favorite foot, 3. Add defender(s), repeat #1 & 2.

Coaching Points

Activity Time 1 min

Rest 30 secs

Intervals 4

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?

Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.

