

◆ U8 Activities for Week 4 ◆

Coaches,

Here is the practice for the week 4. We would like to really **focus on the Technical side of Passing. Let's make sure that we STOP the Toe-ball and any other incorrect way of passing.**

We will club demo the push and instep pass.

Week 4,.....

Staff session – 15 min

Exercise 2 (Passing #1-4) – 8 min

Keep Away – 10 min

Counter Attack – 12 min

Scrimmage 4v4 – 15 min (Must make 2-3 passes before shooting on goal and all team players must be in a diamond shape while on offense).

◆ U8 Activities for Week 4 ◆
Keep Away

Age Appropriate: 7-18

Function: Dribbling, Passing & Awareness

Equipment:

- Entire team
- 1 ball
- Vest for half the team
- 4 cones

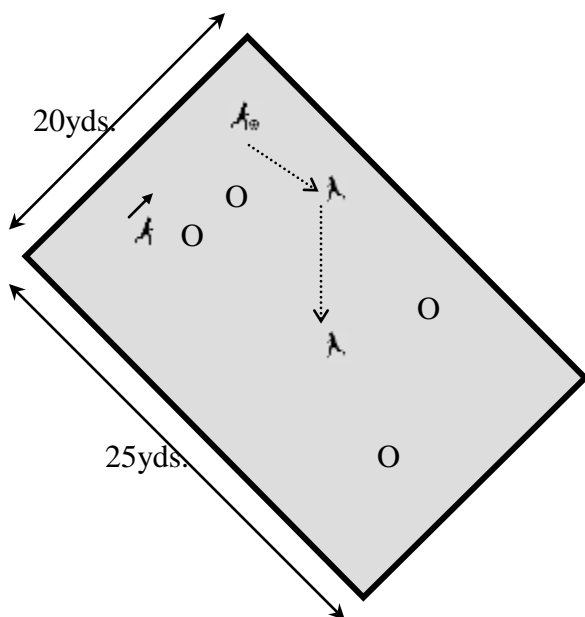
Objective: For each team to maintain possession of the ball for as long as possible.

Description:

- Divide your players into two teams. With one ball between both teams, they are to pass, dribble & work as a team to keep the ball away from the other team. When the ball is stolen the team must go and retrieve it back.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Give a point for every 5, 4 or 3 consecutive passes without losing possession
3. All passes must be 5 or 10 yards apart
4. Limit the number of touches on the ball per player to 3, 2, or 1



Key Points for game success!

- Give players a way to earn points during the game.
- Even out the team's playing ability.
- Find easier ways to earn points if frustration sets in.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Getting rid of the ball quickly before pressure
- Quality of passes
- Spreading out into open space

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Counter Attack

Age Appropriate: 7-18
Function: Passing

Equipment:

- 6 players
- 1 ball
- 3 vests
- 10 cones

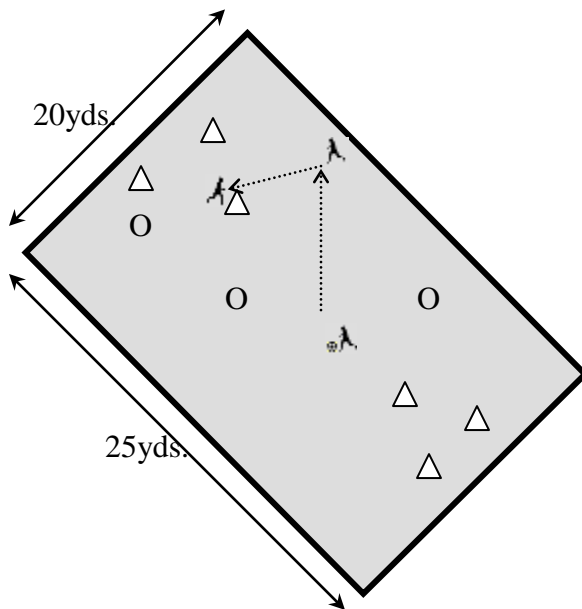
Objective: To pass the ball to a teammate who receives it at any triangle.

Description:

- Divide your players into two teams of three. Each team tries to pass the ball to their own teammate who must receive it inside one of the triangles for a point. Either team may play on either of the two triangles.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Limit the number of touches
3. One point for dribbling in or five points for passing and receiving in the triangle
4. Can only score in one triangle



Key Points for game success!

- Demonstrate how to score.
- When the ball goes out of bounds, the coach immediately puts a new ball in.
- Coach uses an enthusiastic tone.

Coaching Points:

- Quick transition
- Quality of passes
- Spreading out into open space

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PASSING

Passing is the art of manipulating the ball to a specific area of choice. There is a variety of possible passing styles (*For examples:* push pass, instep, volleys, chipping, outside of foot pass, etc).

Push Pass:

A push pass is the most basic of all passes. In this pass, a player uses the inside of his foot to strike the ball. Because it is the most basic, it is the easiest way for a player to learn to kick a ball with control.



Fundamentals in Push Passes (Inside of foot pass):

- You should approach the ball from an angle, as this will help you gain accuracy.
- The plant foot (foot not striking the ball) will step right next to the ball. This foot will point in the direction the ball will go. This is because the body will swing and get in alignment with the foot's position.
- The striking foot will open up and will make contact in the middle of the ball with the middle of the inside of the foot. Toes up/heal down approach is used when making contact with the ball.
- Follow through the kick straight through the ball.

5 Basic Fundamental Steps

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

- Generally the further back the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

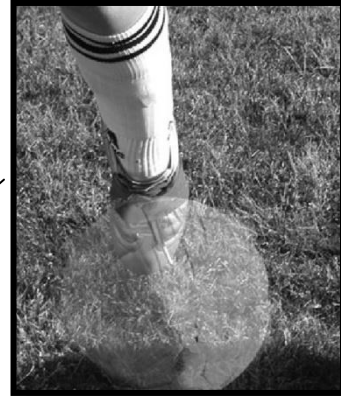
Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.

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Passing

Instep Pass:

An instep pass is when the ball is passed with the instep of the foot. This type of pass drives the ball to a specific area. This is also known as a power shot. This pass is utilized when a player wants to shoot the ball like a bullet at the goal. The only difference between the instep and power shot is the amount of power you put behind the ball.



Fundamentals:

Instep Pass:

- Approach the ball from a small angle. The body will be just to the side of the ball.
- Your plant foot will be to the side of the ball and the toe will just cross the ball's plane.
- The striking foot will swing just slightly out with the toes pointing straight down as the laces make contact with the center of the ball.
- Follow through, going straight through the ball.

5 Basic Fundamental Steps

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2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

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