

Week 4 U8 Practice

Passing

1. Set the kids up in two lines, facing each other. Keep a couple of balls close by and have them be ready to help with errant kicks. We want each kid to have the chance to receive a good pass, then move to the end of the line. Other side receives the pass, then kicks it back.

See how many passes the kids can complete. If they have good control, try with the opposite foot.

Questions:

- What part of the foot should kick the ball when you pass? Inside of the foot
 - What part of the foot do you want to stop the ball with? Receive it on the inside of your foot
-
2. Set up a three-player triangle. Players pass around the triangle shape, pass for 30 sec, then reverse direction. Make sure that everyone is receiving a good pass.

Modify this to account for the number of kids you have, add a defender for 4 kids or make it a rectangle, add a defender for 5. Set up 2 triangles for 6, etc.

Things to think about while passing:

- Look at the target before making the pass.
- Eye on the ball during contact.
- Good first touch when controlling the ball.
- Use the appropriate surface when striking the ball (inside, outside, or top of foot).
- Follow through towards your target