



U8 Player Development Program: Training

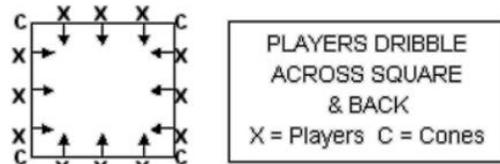
Week 6

Topic: Passing/Receiving

Skill: Push Pass/Movement off the ball

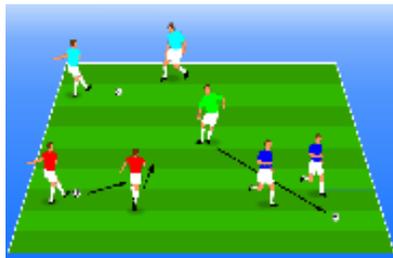
Coach correct technique during all exercises: Passing (Push Pass) & receiving with the inside of the foot

1. Warm-up – Dribble Across the Square



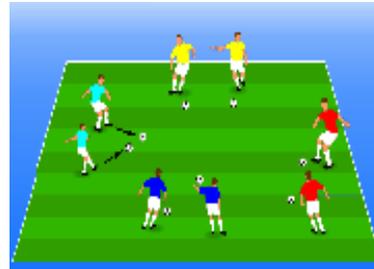
Please refer to Week 3's practice plan if you need to remember the details.

2. Warm-up 2



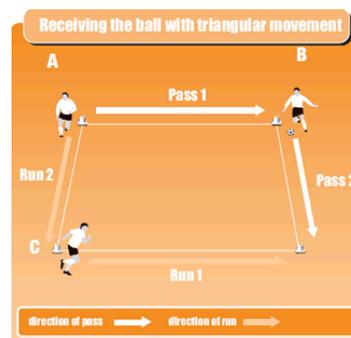
1. Divide players into pair with one ball per pair
2. Every pair gives their ball to coach who serves each ball to space, to be retrieved by each pair.
3. After X number of passes between each other, they look for coach to give him/her the ball back.
4. The coach moves around – each pair has to keep looking for him/her between touches and passes.

3. Marbles



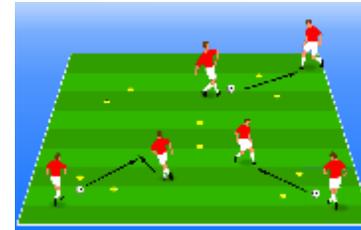
1. Players remain in pairs but they each have a ball.
2. One player starts by passing his/her ball out in front.
3. The other player then attempts to hit the first ball with his/her ball to score a point.
 - a. Remind them technique of inside of foot, toe pointed up for best control of ball direction.
4. The players take turns trying to score every time a ball is hit.
5. Two points for striking a moving ball.

5. Triangle Passing



6. Play scrimmage last 5 – 10 minutes

4. Gates Passing



1. All players have a ball
 2. Players dribble and pass the ball through as many gates as time allows (30 – 60 sec).
 3. Do this 5-6 times.
 4. Cannot pass through same gate twice.
- Progression**
5. Players work in pairs who must pass the ball through a gate to their teammate who is on the other side.
 6. Do this 5-6 times.
 7. Cannot pass through same gate twice.

1. Set up a 5 yd x 5 yd grid with 4 cones.
2. 3 players per grid (standing as shown – A,B,C)
3. Player A passes to player B and immediately sprints to the position vacated by player C, who has run to the spare cone.
4. Player B receives the ball and passes to player C with no more than two touches.
5. Player B sprints to the space created by player A.
6. The pattern continues as player C receives the ball and passes to player A who passes back to B.

Notice the ball is going one way, while the player runs the other. It will take a few times doing this drill before they get it but will do wonders on movement off the ball.

Progression

7. Start ball with Player A and they can pass to either B or C. Whoever does not get the pass has to immediately run to the vacant cone to give their teammate a second option to pass to.
8. Receiving player can pass to whoever and the movement repeats. Non-receiving player immediately runs to the vacant cone.