



# U8 Player Development Program: Training

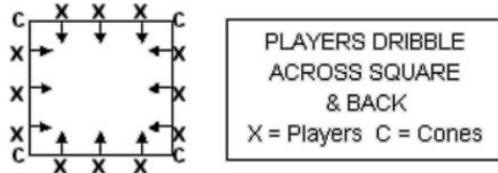
# Week 4

## Topic: Passing/Receiving

## Skill: Push Pass

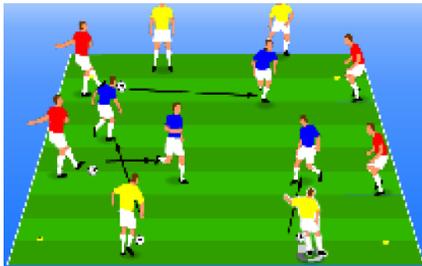
Coach correct technique during all exercises: Passing (Push Pass) & receiving with the inside of the foot

### 1. Warm-up – Dribble Across the Square



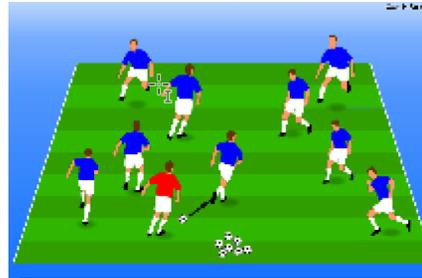
Please refer to Week 3's practice plan if you need to remember the details.

### 2. Hit the Coach



1. Continue with same size square from Dribble Across the Square.
2. All players stand around square with a ball.
3. Coach walks/runs inside square and players try to hit the coach's feet with a pass (remember to correct technique).
4. If a player can hit the coach with a ball while you try to dodge them, they get to choose what animal the coach has to imitate. Have fun with it and be animated to keep kids entertained.
5. Anyone else can be a target.
6. Kids love this game!

### 3. Cops & Robbers

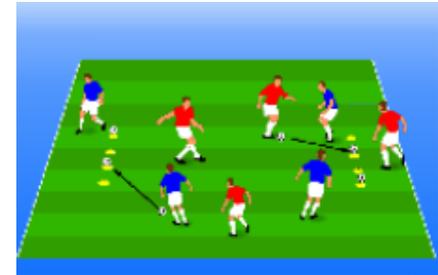


1. Cop chases any of the robbers with his/her ball and aims to strike one below the knees by passing the ball ON THE DRIBBLE.
2. When a robber gets hit he/she becomes a cop taking a ball from the side of the playing area and then aiming to play a PUSH pass ON THE DRIBBLE.
3. Game continues until all the robbers are caught.
4. The last player to get caught begins the next game as the cop. Play this 3 or 4 times.

#### Coaching Points

5. Emphasize proper passing technique
  - a. Inside of the foot.
  - b. Plant foot in-line with the ball
  - c. Hips square to the direction of the pass.

### 4. Knock-Off



1. Begin the game with four cones close together (2-3 ft apart), at each end (2 sets of cones) with balls placed on two of the cones.
  - a. Gauge distance apart based on what the players can do on a proper pass (no toe balls or in-step kicks)
2. Each team has to attempt to knock the balls off the opponents' cones.
  - a. Remind proper pass technique (inside of foot).
3. When a player knocks a ball off he/she has to pick it up, run with it and place it on one of his/her team's cones.
4. The game is over when either team has all four balls placed on their cones.
5. One ball per player. Players are stationary between cones and cannot block the other team's passes. Focus is on passing not defending for this drill.
 

#### Progression
6. One ball per team. Players can now defend against other team and dribble.
  - a. Using two balls (one per team) will reduce crowding around goals.

### 5. Play scrimmage last 5 – 10 minutes