



U7-u8 Recreational Program week 8

Category: Technical: Passing & Receiving
Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

3v3/4v4 (10 mins)

Small Sided Game: 3v3 or 4v4 as the players arrive. Place the players into the game. start 1v1 and then add as they arrive to ens up with 2 games happening.

Organisation:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

Emphasis:

Having fun



Passing Gates (10 mins)

Organization:

Set up a 25x25 yrd area

Place pairs of cones around the area.

Have players pair up with one ball between each pair.

Procedure:

Players pass and move inside the area and avoid hitting the red cones (gates). When the coaches call "shopping" players have to move to a gate and make 3 passes back and forth through the gate, after 3 passes the move to a different gate. Players have 90 seconds to get through as many gates as possible. After completing each gate the players score 1 point.

Players play the game several times and it becomes a competition to see how many points each pair can score.

Coaching points:

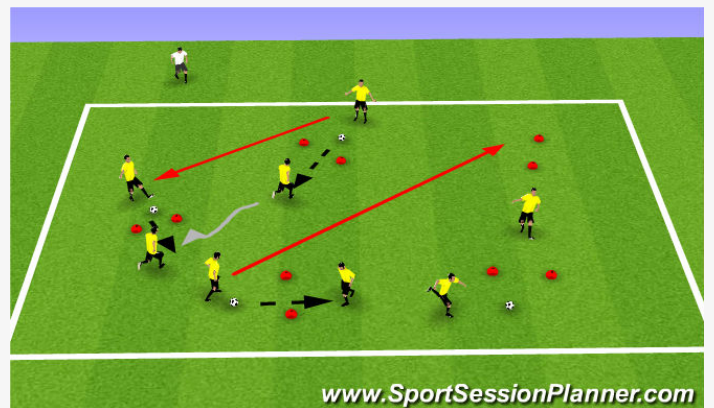
Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball

FUN.



2v2 SSG (10 mins)

Organization:

10-12 players

see diagram for set-up and equipment

area approx. 16x16

Procedure:

On coach's call (red yellow) 2 players for each team must react, touch that colour cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net.

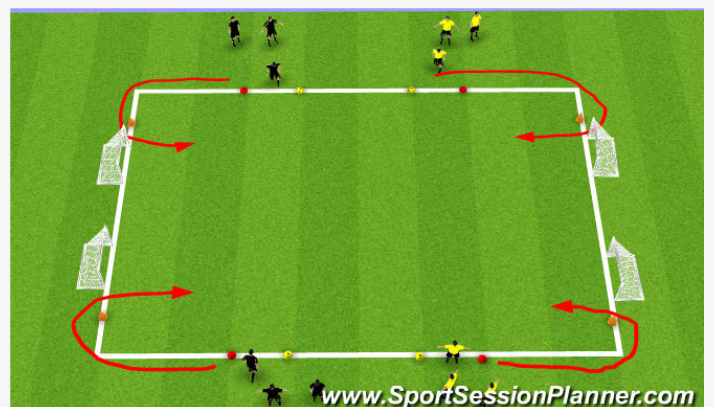
Questions to ask your players.

How can you help your team mate on the ball?

What are you doing when your team mate has the ball?

Can you receive a pass on your back foot to enable you to go forward?

Once you have made a pass, what do you do?



2v2 or 3v3 (20 mins)

Organization:

Set up two fields 35 x 25 yds. Depending on numbers have 2v2 or 3v3 with retreat line.

Procedure:

Players play 2 games of 2v2 or 3v3 with the objective of the game focusing on players making good decisions when passing and receiving the ball. Encourage players not to panic when in possession and be positive by trying to look for a supporting player to pass to.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you do a move to beat the player?

Use all parts of both feet

Have FUN

Emphasis:

1v1 attacking, dribbling, competition

