



## u7-u8 Recreational session week 9

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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

### 4v4 (10 mins)

**Organization:**

As the players arrive organize them into the small sided games. Start with 1v1 and then go from there. Once you get to 4v4 start the next game.



### 3v1/4v1 Keep-away (10 mins)

**Set up:**

All player grouped into 4 or 5s for the u11-u12 instead of playing 4v1 you could play 3v1 if you feel its appropriate. 8x8 area. Set up as many grids as needed.

**Instructions:**

3v1/4v1 (depending on numbers) keep-away game. Attacking players try to keep possession of the ball inside the area, without the defender getting the ball. 5 passes equals a goal. If defender gets the ball or a bad pass is played, then that player becomes the new defender.

**Coaching Points:**

Accruacy of the pass  
Pace of the pass  
Part of foot/part of ball  
Follow through  
1st Touch decision  
Body behind the ball



### Numbers up (10 mins)

**Organization:**

10-12 players  
see diagram for set-up and equipment  
area approx. 20x30

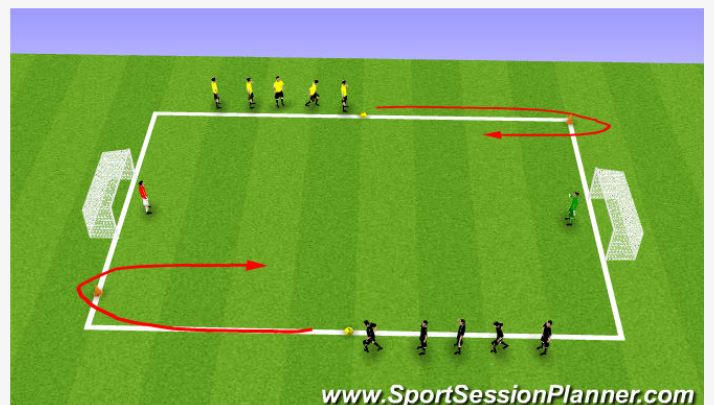
**Procedure:**

The coach will call out a colour and a number. For example if the coach calls out yellow 3, 3 yellow players will run around the red cone as shown. The blacks will then send 1 player less than the number shouted out, so 2 black players would run around the cone to create a 3v2 game situation.

Another example would be black 4, yellows would then send 3 players to create the 4v3.

**Coaching Points:**

What does the First player do when they receive the ball?  
How does this effect the movement of the attackers?  
When do you support the player in possession?  
Can you create an angle to support the player in possession?  
Decision making of attackers?  
FUN.



## 3v3 and/or 2v2. 2 separate Games (10 mins)

### Organization:

2 games are set up in either a 2v2 or 3v3 to target players.

### Procedure:

Players play 2v2 or 3v3 to target players with the focus on their movement off the ball and the way they receive the pass.

### Questions to ask your players to help guide them.

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?

