

◆ U8 Activities for Week 9 ◆

Coaches,

Here is the practice plan for week 9. We would like to go back to **Basic Passing Techniques and STOP the Toe-ball Tendencies of Passing.**

Please see diagram of the **Push Pass** on the last page.

Week 9,.....

**Staff session** – 15 min

Can you do what I do (with a partner so they can pass) – 9 min

Changing of the guard – 9 min

Coaches Choice – 8 min

**Scrimmage** 4v4 – 19 min

Make 2-3 passes before shooting on goal, and all team players must be 10+ feet apart on offense.

**You can also use the Pass Back to Goalie (or last defender) with feet to help open up field space and create a deeper learning of possession.**

## ◆ U8 Activities for Week 9 ◆

### Can You Do What I Do

**Age Appropriate: 4-6**  
**Function: Coordination**

**Equipment:**

- Entire team
- One ball per player

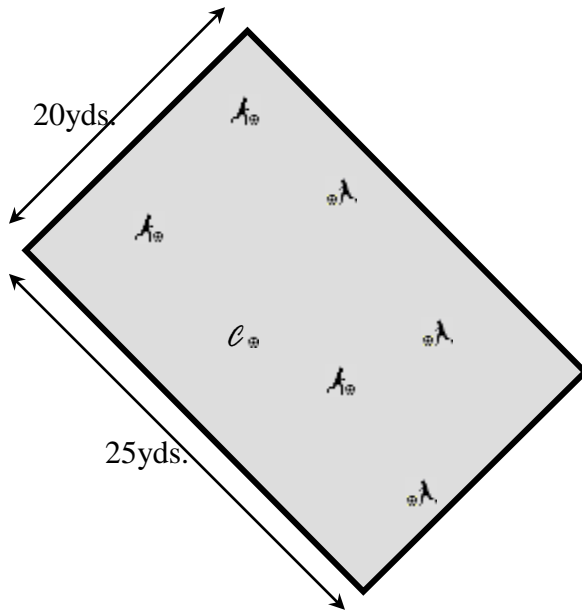
**Objective:** To see if the player can do what coach does.

**Description:**

- This works on the player's motor skills. Have the players spread out, but make sure you can see them all. Always use the phrase "Can you..."
- *Examples:* Can you throw the ball in the air and catch it? Can you throw the ball in the air and clap once or twice before catching it? Can you move the ball around your waist? Can you make a figure eight pattern on the ground with the ball (between legs)? Can you dribble? Can you stop...
- Be creative in what you are doing.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Do more soccer related skills. *For example:* passing, shooting, turning, moves...
3. Have each player come up with something



**Key Points for game success!**

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Using hand/eye coordination
- Movement with the ball
- All players engaged in the activity

◆ U8 Activities for Week 9 ◆

Exercise 2

Function: Passing

Equipment:

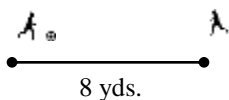
- Entire team
- One ball per player

Description:

1. Divide players into pairs with one ball between them. Have them pass 5 yards away to start with.
2. Move the players to 8-10 yards away from each other with continuous passing.
3. Move the players to 3 yards away with continuous passing.
4. Switch between steps 2 and 3 every 30 seconds. (You can also see which group can complete the most passes in 10 seconds)
5. Players are to receive, control and pass all within 2 touches.
6. Players are allowed only 1 touch to receive and pass the ball back.

Focus On:

- Toe up, heel down when passing and receiving a ball
- Taking at least one step into the ball before passing
- Passing with the instep and inside of foot. (Vary between the two)



◆ **U8 Activities for Week 9** ◆  
**Changing of the Guard**

**Age Appropriate: 4-8**  
**Function: Dribbling & Shielding**

**Equipment:**

- Entire team
- One ball per player
- 4 cones

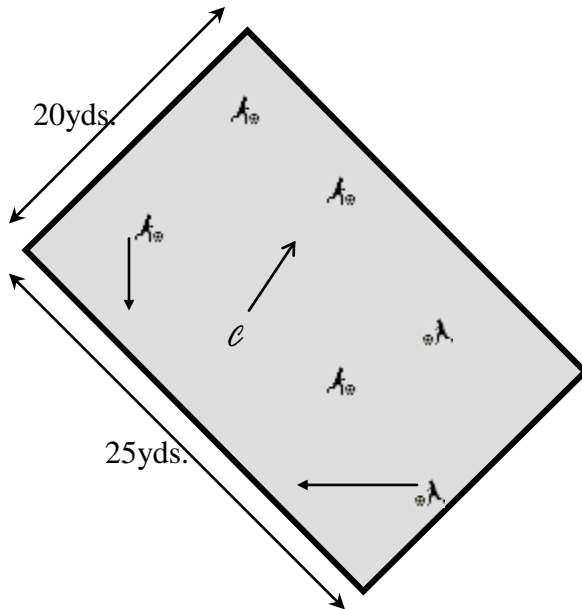
**Objective:** Not to let coach steal my ball.

**Description:**

- All players are dribbling around on the court (grid). When the coach says “change,” all players must stop their ball and find another ball to dribble. Throughout the game the coach tries to take the ball away from the players. The player must guard the ball he is dribbling and not let the coach take it. If the ball is taken, then the player must recover the ball.
- The coach dribbles a stolen ball till the player recovers it.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have more than one coach trying to get the balls
3. Have one or two players be the person who is trying to take the ball away from the other players



**Key Points for game success!**

- Don't wait too long for players to switch balls.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Technique on shielding & dribbling
- How to steal a ball from an opponent

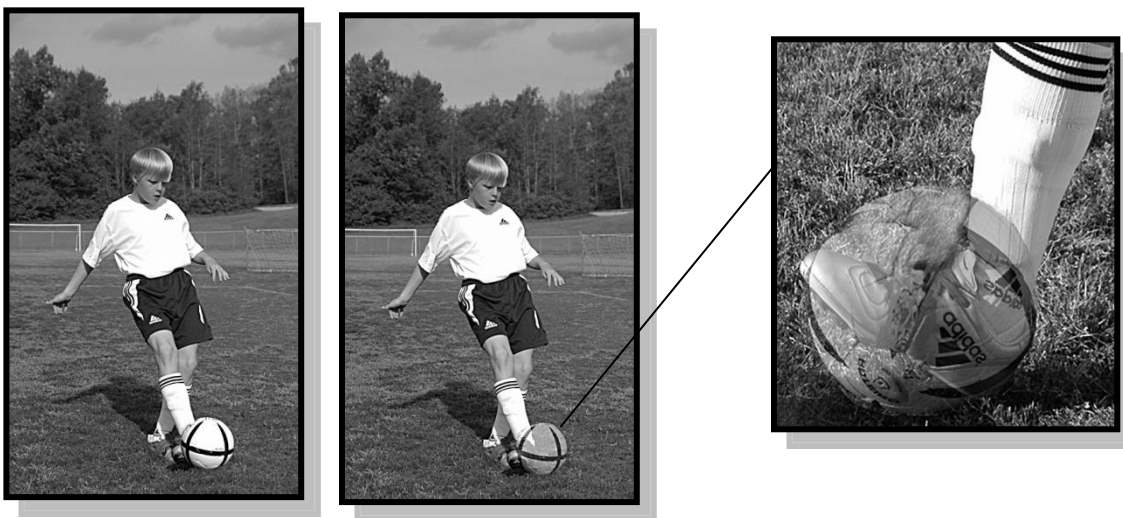
## ◆ U8 Activities for Week 9 ◆

### PASSING

Passing is the art of manipulating the ball to a specific area of choice. There is a variety of possible passing styles (*For examples:* push pass, instep, volleys, chipping, outside of foot pass, etc).

#### **Push Pass:**

A push pass is the most basic of all passes. In this pass, a player uses the inside of his foot to strike the ball. Because it is the most basic, it is the easiest way for a player to learn to kick a ball with control.



#### **Fundamentals in Push Passes (Inside of foot pass):**

- You should approach the ball from an angle, as this will help you gain accuracy.
- The plant foot (foot not striking the ball) will step right next to the ball. This foot will point in the direction the ball will go. This is because the body will swing and get in alignment with the foot's position.
- The striking foot will open up and will make contact in the middle of the ball with the middle of the inside of the foot. Toes up/heal down approach is used when making contact with the ball.
- Follow through the kick straight through the ball.

#### **5 Basic Fundamental Steps**

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

#### **Helpful Hints:**

- Generally the further back the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

#### **Always Tips:**

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.