

Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 year olds



Season II, Part 4

Passing

Key Factors:

1. Pace/timing/weighting
2. Accuracy – eye on ball
3. Part of foot and ball
4. First touch/decision-making

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, cones and bibs.

Warm-Up: (10 minutes)

Set-Up:

Four players in one box. Ball between two.

Receiver comes forward to accept the ball. Passer moves back to regain space. All practices alternate right and left feet.

Coach, stress underweight passes to make the receiving player come forward.

Sequence:

- “3 touch”: Ball is received with the inside of the foot, outside touch to change angle, inside push pass.
- “2 touch”: Ball is received with inside of foot, slight angle, head up. Head down, inside pass.
- “2 touch”: Ball is received with outside of foot. Return pass with inside push – same foot.
- “1 touch”: Vary from inside to outside.
- random passing: Practice putting it all together.

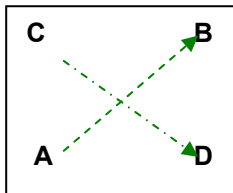
Coach, encourage your players to:

- ***get comfortable the “weak” foot.***
- ***“shovel” the outside foot pass until they get comfortable.***
- ***move to the ball when receiving and away from it after passing.***
- ***make early decisions to prepare body positions for receiving/passing.***
- ***develop a “feel” for the ball.***

Technique (10 minutes)

Set-Up:

Four players in pairs in a box. One ball between each pair.



A and B pass to each other across diagonal of the box.
C and D pass to each other across diagonal of the box.

Coach, encourage your players to:

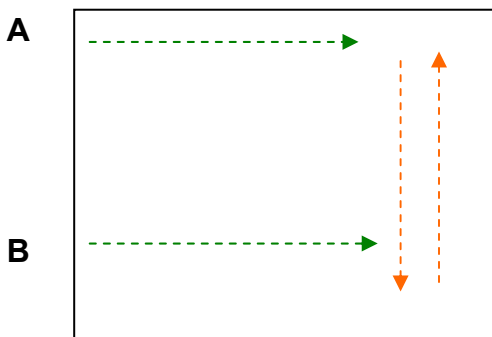
- *be aware of the other ball and players' movements.*
- *take a touch of the ball when needed for timing.*
- *be aware of the weighting of the pass.*

Technique: Passing with the inside of the foot (10 minutes)

Set-Up:

Four players in a box, 10m x10m, two balls.

Two corner men each have a ball which they serve with a straight pass towards the receiver. As receivers run back and forth across the box, they receive the ball and pass it straight back with the inside of the foot, alternating right and left feet.



The two receivers run back and forth controlling the ball with the inside of the foot furthest away from the feeder.

The first touch is made at an angle towards the feeder. The second touch is the pass with the inside of the same foot.

The passers then turn and run back to the other side where they use the inside of the other foot to control and pass the ball.

Coach, stress:

- *timing of run*
- *weight of pass*
- *first touch out of feet*
- *look at target, then at the ball, keep head still when contacting the ball.*

Technique: Passing with the outside of the foot (10 minutes)

Four players in a box, 10m x10m, two balls.

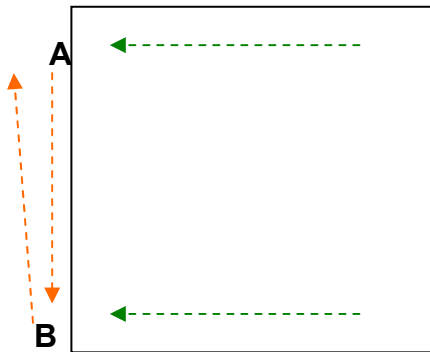
Two corner men each have a ball which they serve with a straight pass towards the receiver. As receivers run back and forth across the box, they receive the ball and pass it straight back with the outside of the foot, alternating right and left feet.

Two receivers run back and forth controlling with the outside of the foot closest to the feeder.

Player controls the ball towards the feeder. Then the passer strikes the ball with the outside of the same foot back towards the feeder.

Shovel the ball until the movement becomes more natural.

The passer then turns and runs back to the other corner where he/she uses the outside of the other foot to control and pass the ball.



Coach, stress:

- *reaching for the ball*
- *feeders play the ball early*
- *first touch gives “room to play”*
- *trying to “shovel” the ball back at first comfortable.*

Small-Sided Game (20 minutes)

Set-Up:

Two 25m x 35m fields. Play 4v4 using small goals.

Play with keepers. Keepers rotate every time a goal is scored.

Coach, encourage the use of both the inside and outside of foot.

Rotate teams every five minutes.

Remember! The single most important factor in creating skilled soccer players is to simply let the children play!

Warm-Down (5 minutes)

Follow the established routine for warm-down. This should now be a habit!

Players gather around the coach at the end of every practice to receive final comments, instructions and announcements. ***No one just runs off!***

Practice is over!

Did everyone have fun? If children are not enjoying your practices, they may not return for another!

Coach, do not spend practice time on team strategies, rigid defensive patterns or player positions, or working without balls.

LET THE CHILDREN PLAY!



If you have any questions, comments or feedback about this document, or anything involving the Coaching Centre, please send an email to: ray_clark@soccercan.ca