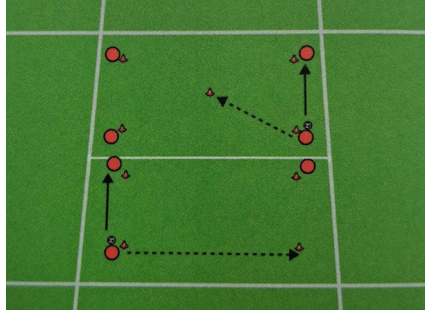
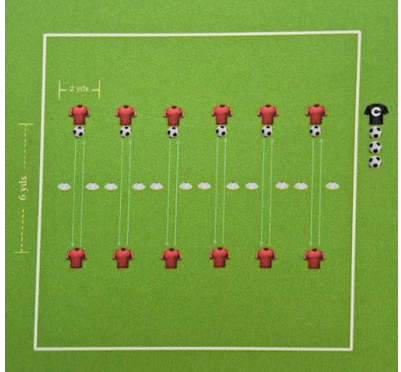
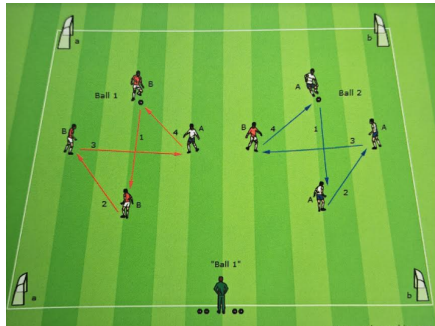


## Bedford Youth Soccer U8 Week 3

### Short passing to feet

Warm up: Pass and Move	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> <li>• Players in groups of 3 or 4 with 1 ball for each group</li> <li>• Each group has one ball, and at least 1 more cone than the number of players</li> <li>• Cones are marked into a square about 7 yards on each side, with an optional (depending on numbers) cone in the middle</li> </ul>	<ul style="list-style-type: none"> <li>• One player starts with the ball and passes to a teammate.</li> <li>• The player who made the pass then makes a run to one of the open cones</li> <li>• The sequence is then repeated by the receiving player</li> <li>• After a practice period, whichever team can make the most passes in 1 minute, or whichever team can be the first to 15 passes, wins each round.</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>• Have the players move the cones they are using into a random shape to create different angles and lengths of pass.</li> </ul>	<ul style="list-style-type: none"> <li>• Try to receive and make the pass with the inside of your foot.</li> <li>• Once you make a pass, quickly move to the open cone so you can be available to receive again.</li> <li>• Which parts of your foot can you pass with? How can you play quicker? Are there different techniques you can pass with?</li> </ul>
	<ul style="list-style-type: none"> <li>• Sets of 2 yard cone "goals" are placed in sequence across the playing field.</li> <li>• Players are placed about 3 yards back on either side of the goal, facing their opponent.</li> </ul>	<ul style="list-style-type: none"> <li>• Players make passes through the cone "goal" to their opponent.</li> <li>• The receiving player has 2 touches to return the ball - one touch to receive, one touch to pass.</li> <li>• Players take a step backwards everytime they make a good pass (through the "goal"), or a step forwards if the pass was unsuccessful</li> <li>• The player who is furthest from the goal after 1 minute, wins the round - players then find another opponent for round 2</li> </ul>	<ul style="list-style-type: none"> <li>• Receive with the inside of your foot.</li> <li>• Lock your ankle when passing the ball.</li> <li>• Be on your toes and try to keep the ball in front of you.</li> <li>• What should a good pass look like? - It should be firm, it should roll and it should be on target!</li> </ul>
	<ul style="list-style-type: none"> <li>• A 20x30 field is set up with 2 goals at either end (one goal would work too)</li> <li>• Teams are set up in a diamond shape, each in their own half, with one ball for each team.</li> <li>• Teams are named or numbered by the coach</li> </ul>	<ul style="list-style-type: none"> <li>• Each team passes their own ball amongst themselves while maintaining their diamond shape.</li> <li>• Coach will call out the name or number of one team, and the ball that team was using becomes the game ball in a 4v4 scrimmage.</li> <li>• The team whose name/number were not called out must pass their ball to coach and transition to defend the attacking team.</li> <li>• If a goal is scored or the ball goes out of play, the game begins again with both teams passing their own ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Try to react quickly to the transition from passing sequence to game</li> <li>• Try to keep your diamond shape - <u>don't</u> all get drawn to the ball!</li> <li>• Try to find an open pass - if you are in possession and more than one defender is pressuring you, There is an open teammate somewhere on the field!</li> </ul>