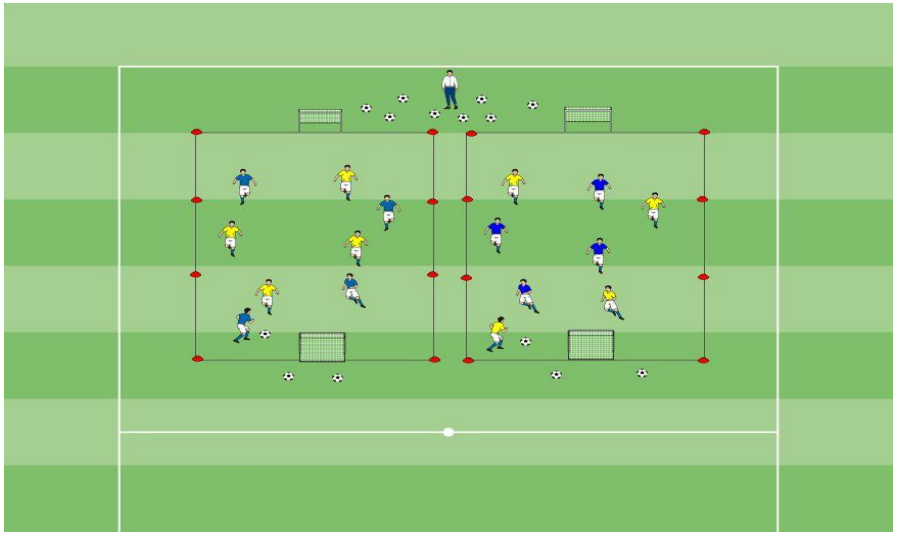
Week 3 and 4 - Players U7 – U9 Passing

Play – 2 x 4 v 4 (3 v 3) 8 minutes 2 minutes break

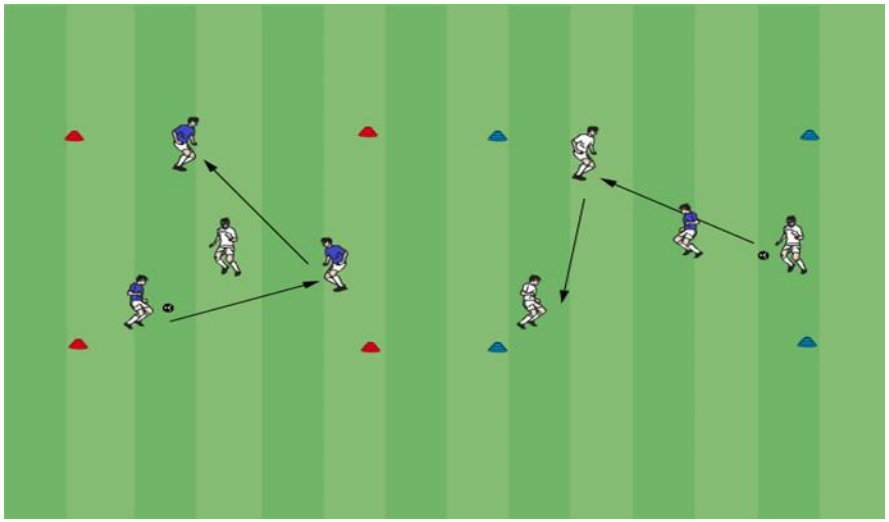


Objectives:
Improve the ability of passing and receiving

Description:
On two fields 20 x 30 (size according to the number of players) 4 teams of 4 (3) players per team play small-sided games

Key Coaching Points:
Accuracy of the pass, weight of the pass, open your body, support.

Practice 1 – Keep Away (3 v 1 – 3 v 2) 8 m (2 m break)

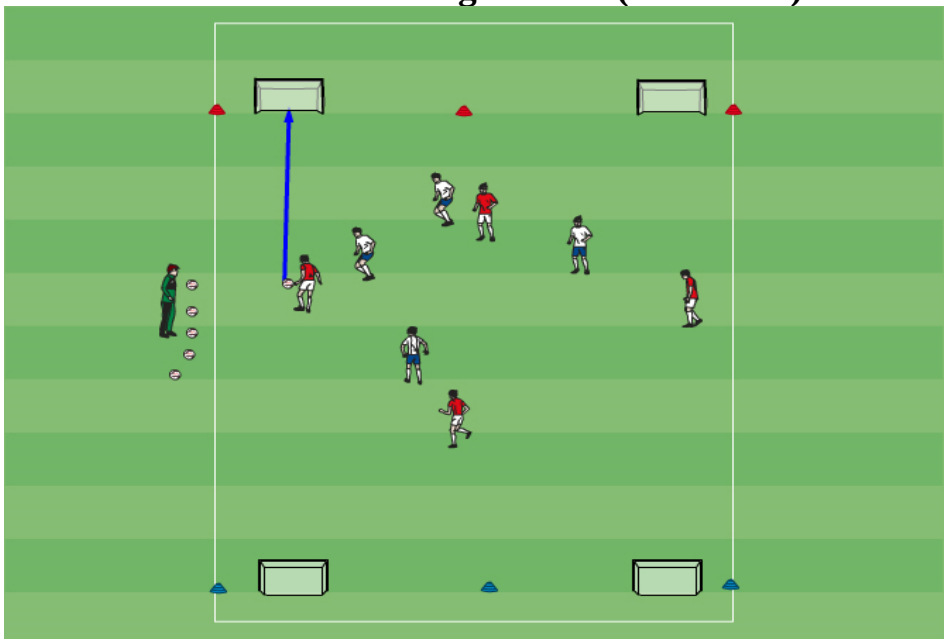


Objectives:
Improve passing and receiving, accuracy, redirecting the ball.

Description:
Two (3) grids, 4 players on each grid, 3 v 1 (3 v 2) keep away, adjust number of players as you need, alternate defenders every 2 minutes. If the defender gets the ball players can dribble out of the grid.

Key Coaching Points:
Pass on the ground. Receive and pass with inside part of the foot. When receiving redirect the ball to an open space. After pass move to an open area to support.

Practice 2– Game to 4 small goals 8 m (2 m break)

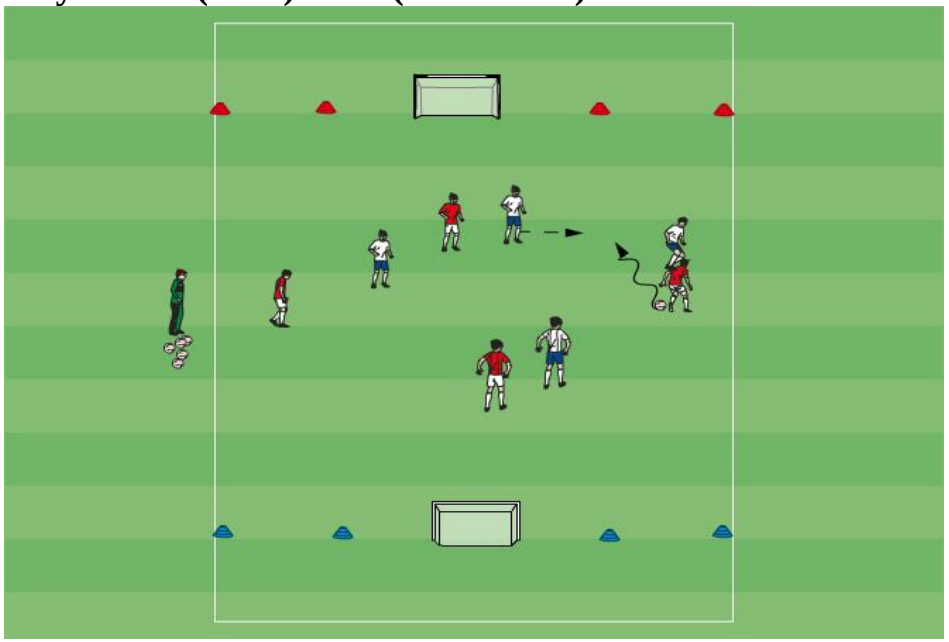


Objectives:
To improve passing and receiving technique
To develop attacking principles: Penetration, support, width, depth.

Description:
Two teams, two small goals on both ends, each team attacks two goals and defends two goals.

Key Coaching Points:
Received and pass with the inside part of the foot. Open your body. Pass on the ground. When receiving the ball-redirected-to an open space. Remind them they can score on two goals.

Play – 4 v 4 (5 v 5) 28 m (2 m. break)



Objective:
To improve passing and receiving

Description:
Two teams, no goalkeepers.
Number of players on each team: adjust to what you have, prefer 4 v 4.

Key Coaching Points:
Application of passing technique, receive and pass with the inside part of the foot, accuracy, weight of the pass, open your body when receive the ball.