

Interactive Session Plan TM

Coach

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Session date

8/9/2015

Team/Age Group

U8

Theme

Passing for U8 teams

Time available

6-7:15



NOTES

Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball back to the coach. The coach walks around while the players dribble the ball back to them

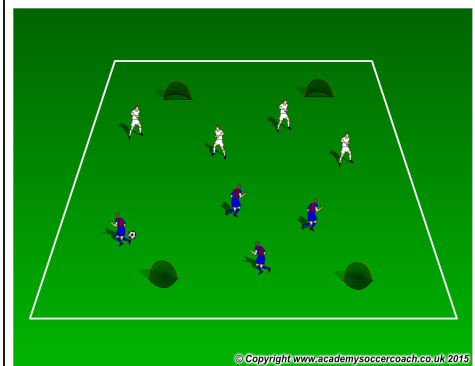


Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break". Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.

Coaching Points
 - inside of the foot
 - On your toes
 - First touch must be good



Coach has a supply of balls to keep match flowing
 Encourage passing and moving

Coaching points
 - Awareness
 - Head up
 - Communication