



ACADEMY

PRESENTED BY  United
Healthcare

U8 4v4

CURRICULUM

WEEK 7

PASSING AND RECEIVING

On your toes | Head up | Scan

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 7

Tech Toolkit :
Passing/Receiving

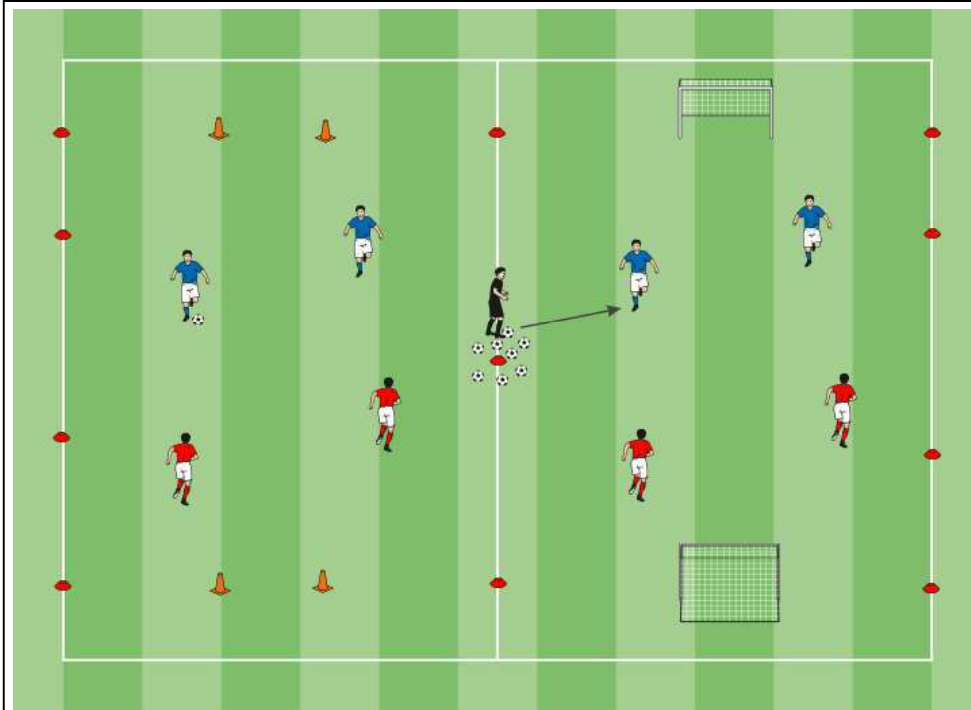
Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 1 – PLAY

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

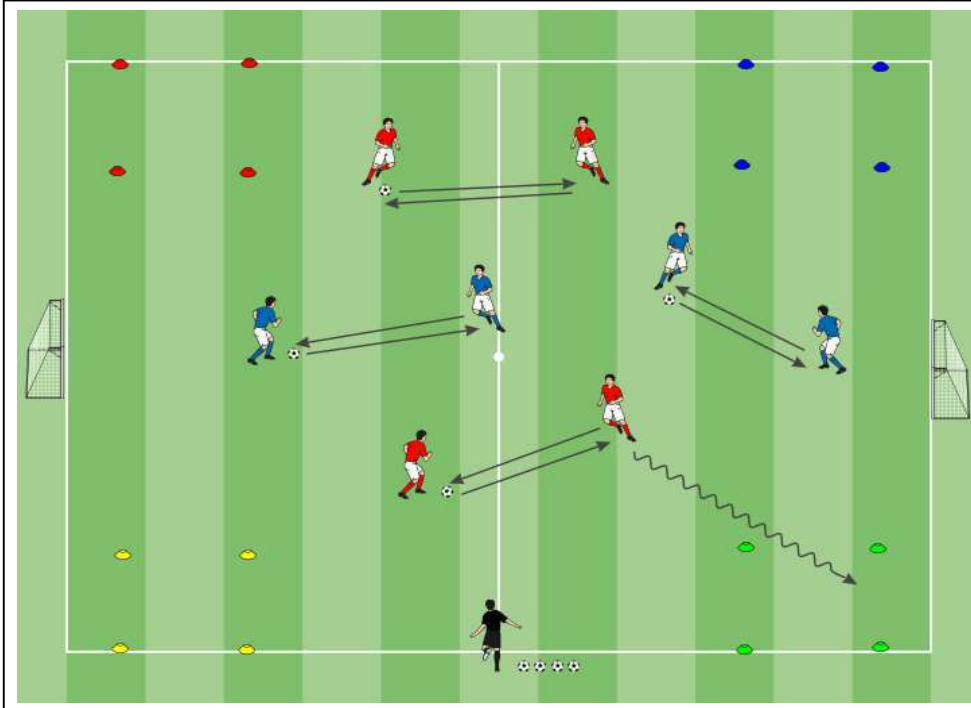
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – PASS & MOVE SQUARES

12 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20x30 area w/ 5x5 squares corners, Two goals.

DESCRIPTION

- Passing in two's working on technique of passing / receiving.
- Now make 3-5 passes before taking the ball to an open square by dribbling.
- Repeat by asking players to pass ball to teammate in an open square encouraging movement off ball to find open square.

PROGRESSIONS

- Extra point for scoring on goal after taking ball to a square.
- Competition by asking players to find as many squares in 2 minutes as possible.
- Groups of 3-4 players passing with 1 ball.

COACHING POINTS

1. Lock ankle, point toe up for inside of foot pass
2. Lock ankle, point toe down for laces pass
3. Plant non-kicking foot by side of ball in direction
4. On your toes when waiting to receive pass

GUIDED QUESTIONS

1. How do you know where to pass the ball?
2. How can you help your teammate find you with a pass?

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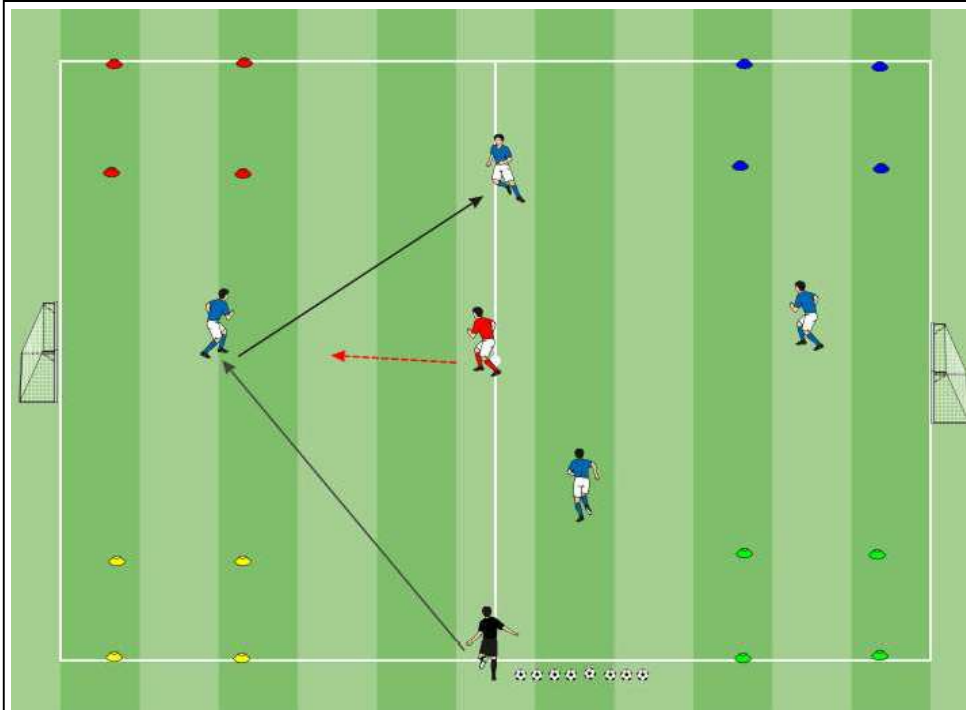
Action : Pass or dribble forward / Spread out / Finish / Create passing options

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PHASE 3 – 3v1 to Goal

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 x 30 yard area with 5x5 squares in each corner. Two goals

DESCRIPTION

- Play a 4 or 5 v 1 to start
- Ball that is passed in from coach. Red defender tries to win ball and score on mini goals.
- Blue players score a point for every pass they receive in one of the four squares.
- Players can't stand in square for longer than 5 seconds.

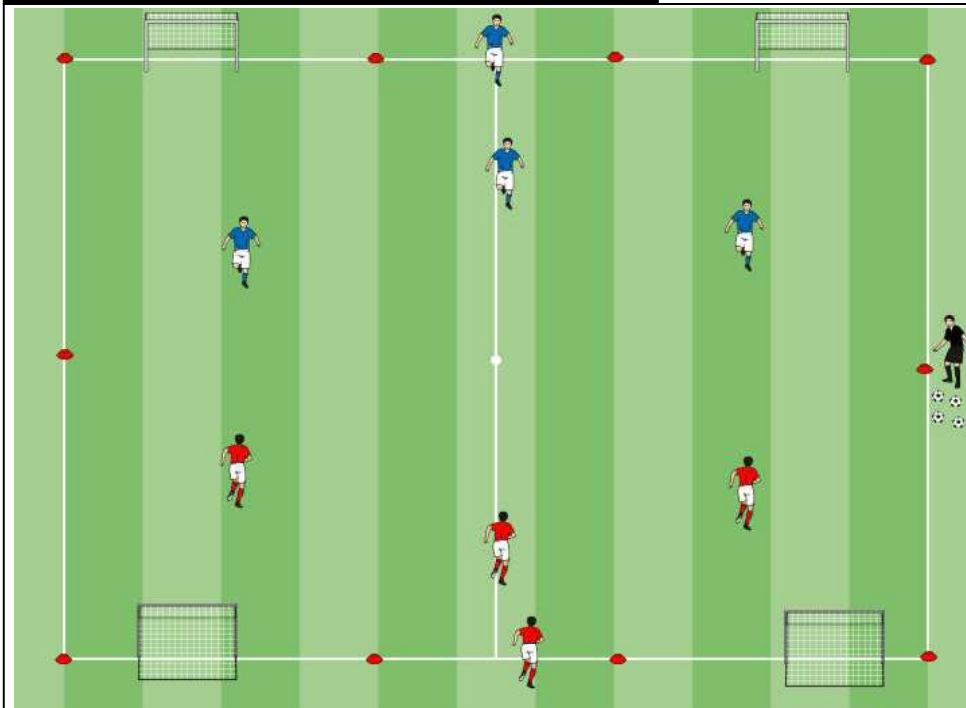
PROGRESSIONS

- Add another defender to make is 4 or 5 v 2.
- Add a 3rd defender

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

20 wide x 30 long field with four goals

DESCRIPTION

Play 3v3 to 4v4 full field game with 4 goals placed to make a wide field to encourage passing, moving and spreading out.

Supply of balls at halfway line

Start with pass to different player each time

Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

Score a goal by passing into one of the two goals defending team win ball and attack opposite two goals.

Finish with a regular 4v4 game.

COACHING POINTS

1. Plant non-kicking foot by side of ball in direction of pass
2. On your toes when waiting to receive pass
3. Spread out
4. Get open, find space

GUIDED QUESTIONS

1. How do you know where to pass the ball?
2. How can you help your teammate find you with a pass?
3. What should you do after you pass the ball? (move to open space)