

U-8 Session-Passing

Warm-up-“Roxborough Square”

Half of the players are inside a rectangle without a ball, half outside with a ball. Players from inside dribble and then pass to an outside player. After passing to an outside player they run around them and back inside the square where the outside player will pass them the ball back. The player continues this until time is called upon they switch with their partner who is outside the square.



1st Activity-“Pong”

This is a simple game. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!



2nd Activity- Moving Marbles

All player s have a ball and are inside a playing area. Each player tries to pass and hit another players ball while they are moving. If a the pass and hit someone else’s ball they get a point.

Variation: Divide into two teams. One team is trying to hit the other team’s ball. One team is designated as the passing team; the other is the dribbling team. After time, they switch roles. Play 3 rounds and see which team has the most total amount of hits.



3rd Activity-“Gates”

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

“CELEBRATE”

