

U7 - U8 Passing and Receiving Session #1

Technical Element



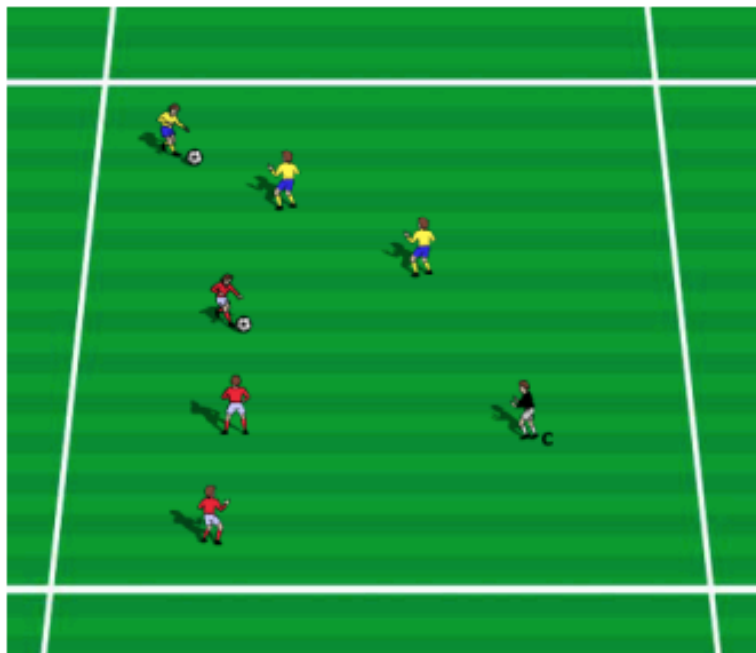
Marbles

Organization: 20 x 20 yard box. Each player has a ball. Player A passes their ball 10-15 yards out. Player B passes his/her ball in an attempt to hit Player A's ball. Alternate attempting to hit the other's ball. For each hit the player receives one point. The first player to 10 points wins.

Coaching Points:

- Toe up, heel down.
- Plant foot
- Follow through
- Weight of pass

Small Sided Game



Splits

Organization: 20 x 20 yard box. Groups of 3, 1 ball. Player in the center splits feet. The object is to make a pass through the players legs. The successful player then becomes the Splits Player. 1 minute. Count number of successful passes. Change objective to be the person in the middle when the time runs out.

Coaching Points:

- Passing technique
- Accuracy of pass