

## U-8 Session-Passing

### Warm-Up

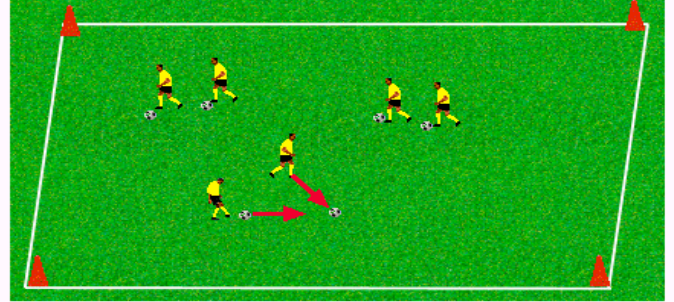
*Retrieval Activity in Pairs-getting them to work together*

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 the ball back to the coach. The coach walks around while the players dribble the ball back to them.



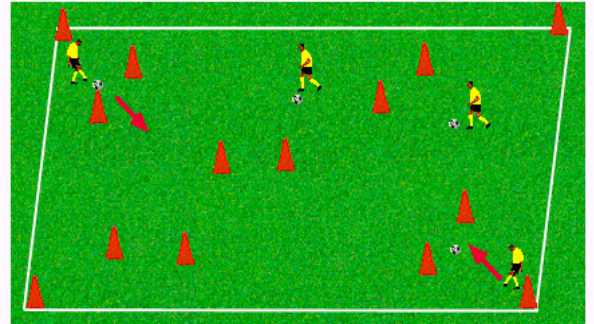
### “Marbles”

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.



### Gates Passing

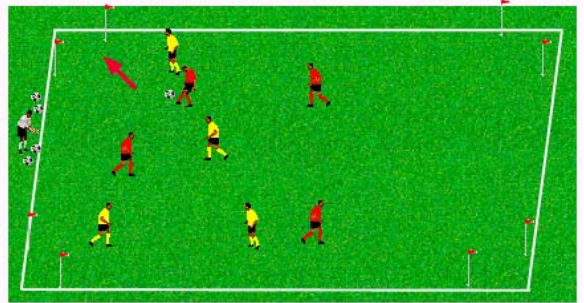
All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



### 3<sup>rd</sup> 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.

#### Cool Down

“Edge of the World”

