

Session Plan U6 – U8 – Passing



Players jog around inside the grid. When the coach shouts TIME BOMB the players need to move in to an open space. When the coach shouts FREEZE all the players must stop.

There are many ways you get the players to move around –

- Skip
- Hop
- Jump
- Side Step

Introduce soccer balls



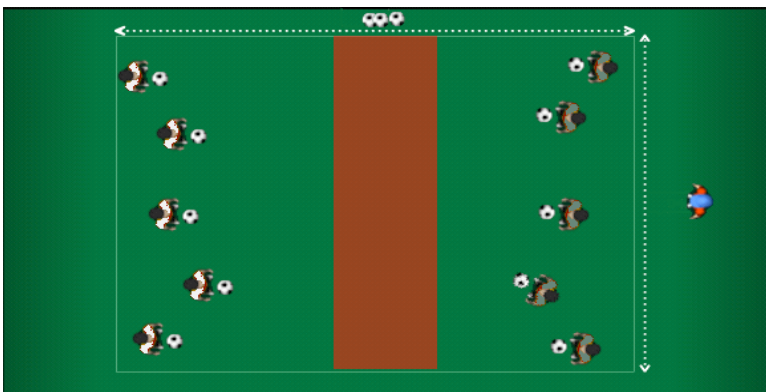
Players dribble around inside the grid. Two players start without balls and attempt to tag the players. When tagged the player are STUCK IN THE MUD and must hold their balls above their head and stand with their feet apart.

Other players try to free the tagged players by passing their soccer ball through the tagged players legs to set them free

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

Players pass with right foot / left foot only

Players that are trying to tag have soccer balls and must dribble when trying to tag.



Half of the players stand on one side of the grid, the others on the opposite side. Mark a NO MANS LAND in the centre of the grid.

On the coaches command the players pass their ball in the opponents half and then keep passing every ball that comes over, back in to the other side.

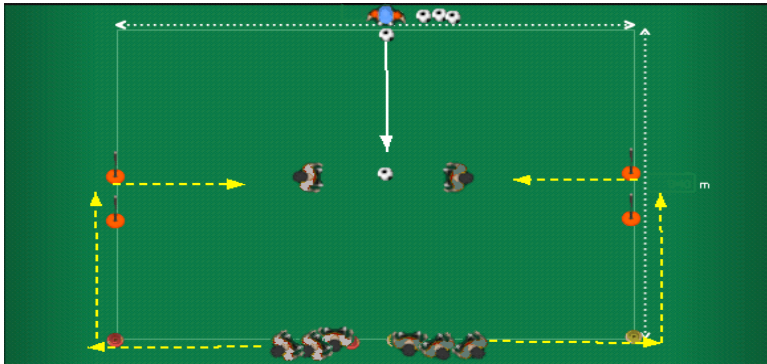
This game can be developed according to players ability – Introduce players to use

Left foot only, right foot only

Control with one foot and pass with the opposite

Black = Organisation

Red = Progression



Players are divided in to two teams and line up behind 2 discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage

Black = Organisation

Red = Progression

Demonstrate correct passing technique

A - Approach

B - Balance

C - Contact

Mickey Mouse option

Step on Mickey's ears

Kick Mickey in nose