

Session Plan U6 – U8 – Passing



Players jog around inside the grid, start with one or two balls and with the players holding the balls in their hands. Players pass the ball to a teammate by throwing the ball, calling out their team mate's name before they pass.

Players pass the ball by -

Passing the ball through their legs to a teammate.

Passing the ball over their head to a teammate.

By performing one juggle on their thigh and then a throw pass.

By heading the ball to themselves and then a throw pass.

By juggling the ball once with their foot and then a throw pass.

Increase number of juggles before pass.

Add more balls



Split the players in to two teams, every player with a ball. Players pass their soccer balls and aim to hit a disc. If the player is successful they run out, pick the disc up, perform a turn and dribble back to their line. If they miss they run out, perform a turn, dribble back and try again.

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

Players pass with

Right foot only, Left foot only



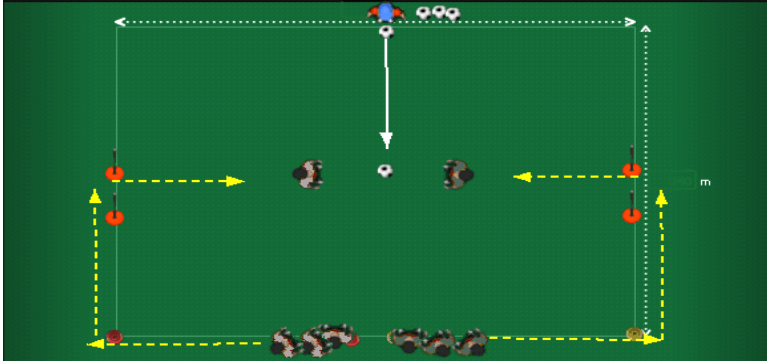
Split the players in to two teams. One team starts the game with soccer balls and the other without. The players with the soccer balls dribble around inside the grid and aim to pass their balls and hit the opposing team.

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

Turn the game in to a time trial to add competition

Black = Organization

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

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