

SoccerPracticePlans™

From Coerver Coaching

Practice No. 208



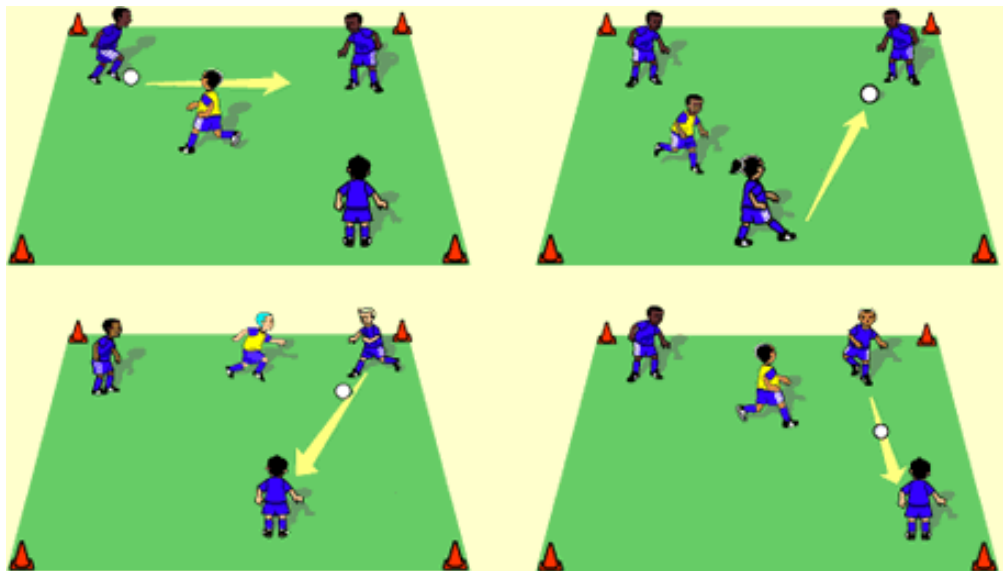
TEAM PLAY For 8-10 year olds

Passing 2

WARM UP

3v1 Keep Away

1. Create 15- by 15- yard square grids. Each group of players has a ball.
2. Players move and pass within the grid
3. One defender tries to intercept pass
4. Players must keep moving.
5. Stretch every four minutes.



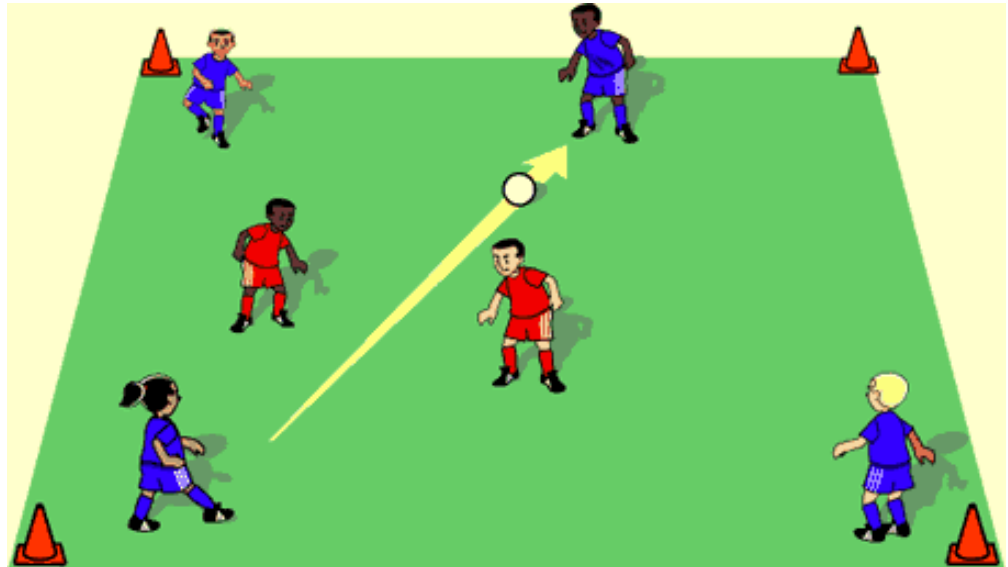
MAIN POINTS:

1. Heads up.
2. Good communication.
3. Accuracy of passes.
4. Move to receive a pass.

MAIN TOPIC A

Quality and Timing of Passes

1. Create a 20- by 20-yard square grid.
2. 4v2 possession game.
3. Give points for 5 or more successful passes in a row.
4. Change defenders every few minutes.



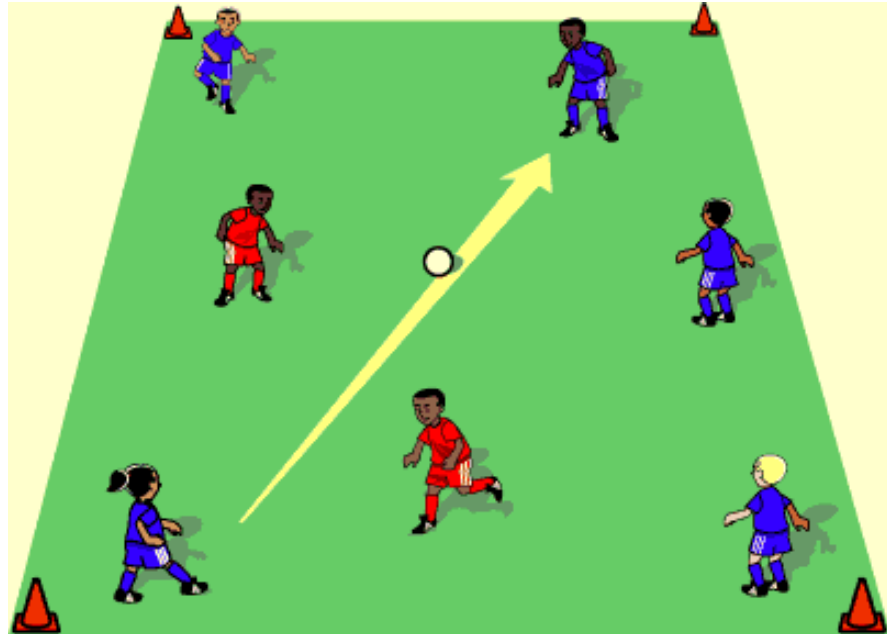
MAIN POINTS:

1. Quality and timing of passes.
2. Wait for the defender to commit before passing the ball.
3. Emphasize player movement.
4. Communication.

MAIN TOPIC B

Quality and Timing of Passing.

1. Create a 30- by 15-yard rectangular grid.
2. 5v2 possession game. Play as before, but with the option of using a long pass.
3. Give points for 5 or more successful passes in a row.
4. Change defenders every few minutes.
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MAIN POINTS:

1. Always have two short pass options available.
2. Always have one long pass option available.
3. One pass to a link.
4. Keep moving to receive a pass.
5. Quality and timing of pass.

GAME PLAY

6v6 Passing

1. Two teams of six players each, including one goalkeeper. One team starts with the ball.

2. Five successful passes in a row equals 10 points.

3. Five successful passes in a row followed by a goal equals 25 points.

4. Ten successful passes in a row equals 15 points.

5. Ten successful passes in a row followed by a goal equals 50 points.



MAIN POINTS:

1. Good communication.
2. Timing of pass.
3. Draw in a defender before passing.
4. Move to receive a pass.

COOL DOWN

- 1. The whole team dribbles the ball *slowly* around the field, stopping to stretch and loosen up occasionally.**
- 2. Coach reviews the session and its main points before assigning homework.**

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