

SoccerPracticePlans™

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Practice No. 213



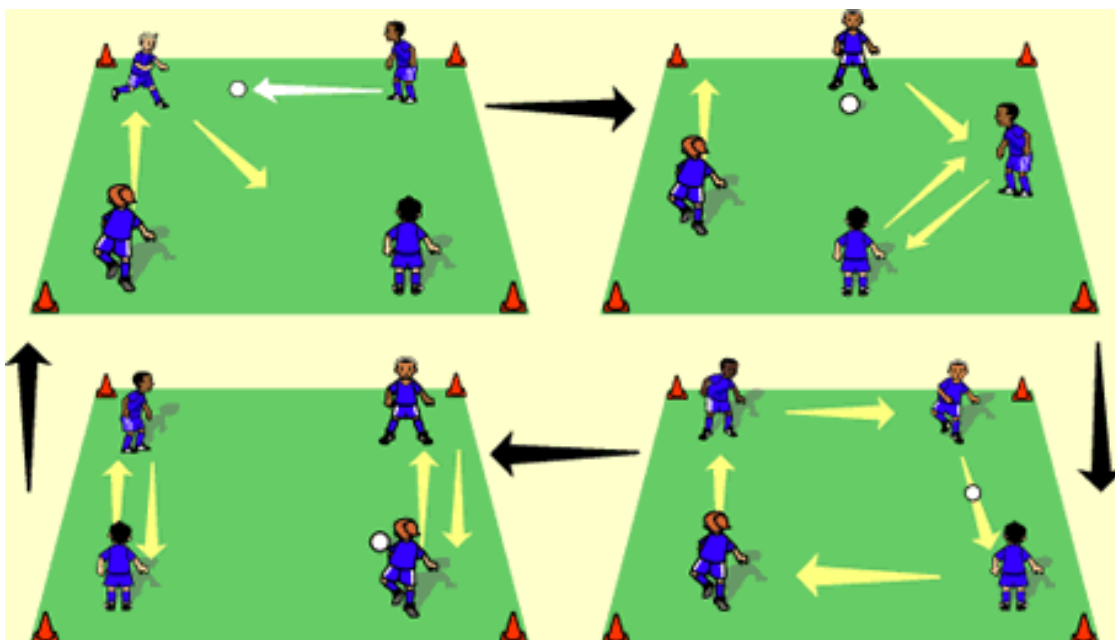
TEAM PLAY For 8-10 year olds

Passing and Moving

WARM UP

Passing and Stretching

1. Four 15 x 15 yard grids with four players in each grid.
2. Players numbered 1-4 move around the grid passing in number order.
3. Stretch every three minutes.



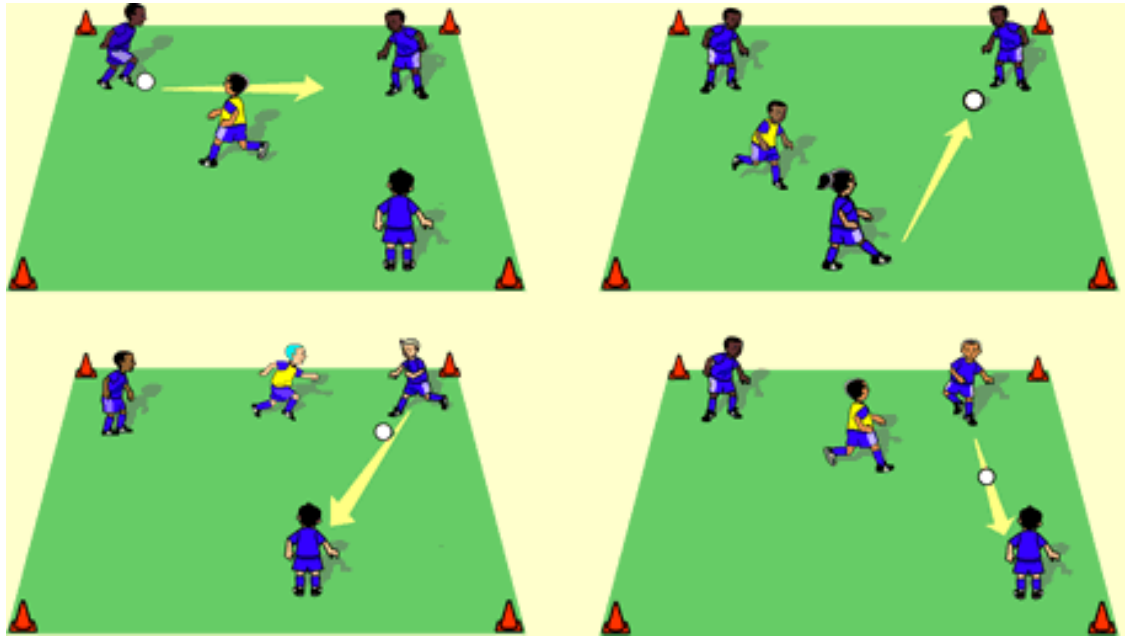
MAIN POINTS:

1. Good communication.
2. Head up to receive the ball .
3. Move off the ball to receive a pass.

MAIN TOPIC

Passing and Moving

1. Four 15 x 15 yard grids.
2. Players numbered 1-4 passing and moving.
3. On coaches command the number called becomes a defender.
4. Defender counts how many times he wins the ball in one minute.
5. Progression:
When number is called defender runs to next grid to try to win the ball.
6. Groups take a knee as soon as their ball is knocked out of their area. Last group playing wins.



MAIN POINTS:

1. **Quality** of pass.
2. Movement **off the ball** .
3. **Draw defender in** before playing the ball.

GAME PLAY

4 v 4 Plus 4 targets

1. Make five passes to score a goal.
2. Five passes plus a return pass from a target player counts as three goals.
3. Target players in the corners so wall passes are introduced.



MAIN POINTS:

1. Communicate.
2. Movement off the ball.
3. Quality of pass.
4. Target players to demand the ball

COOL DOWN

1. Short passing and movement moving across the field and stretching every two minutes.
2. Coach reviews the session.