

# SoccerPracticePlans™

From Coerver ClubMax

Practice No. 203



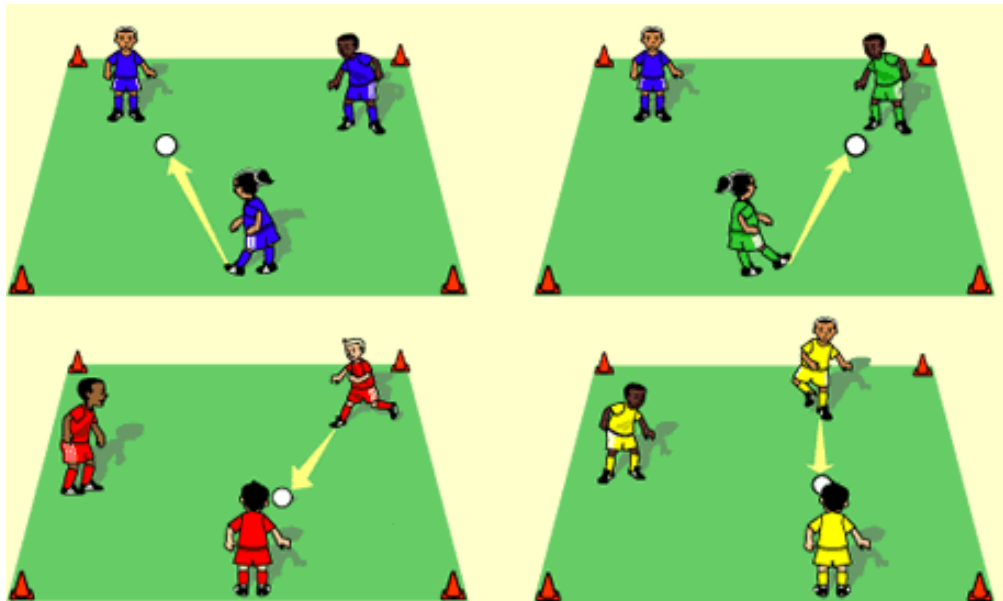
## TEAM PLAY For 8-10 year olds

### Passing

## WARM UP

### Passing and Stretching

1. Four ten-yard grids with 3-5 players in each.
2. Players move around their grid passing by hand.
3. On coach's signal, ball is passed clockwise to next group.
4. Use feet instead of hands.
5. Stretch every three minutes.
6. Passing players follow their pass to next group.



### MAIN POINTS:

1. Good communication.
2. Heads up and look for the ball from the next group .
3. Move off the ball to receive the pass.

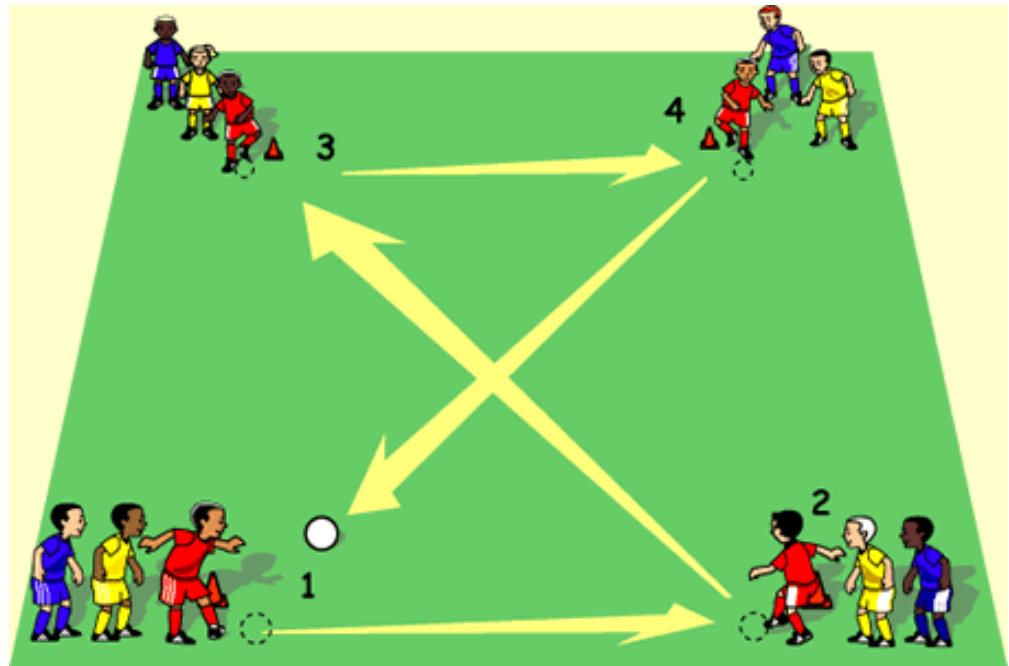
## MAIN TOPIC A

### Quality of Passing

1. 20 yard by 20 yard area. Pass and follow pass.

2. Passing sequence is straight, diagonal, straight, diagonal... without interruption.

3. Use two touches to start, and then use one touch.



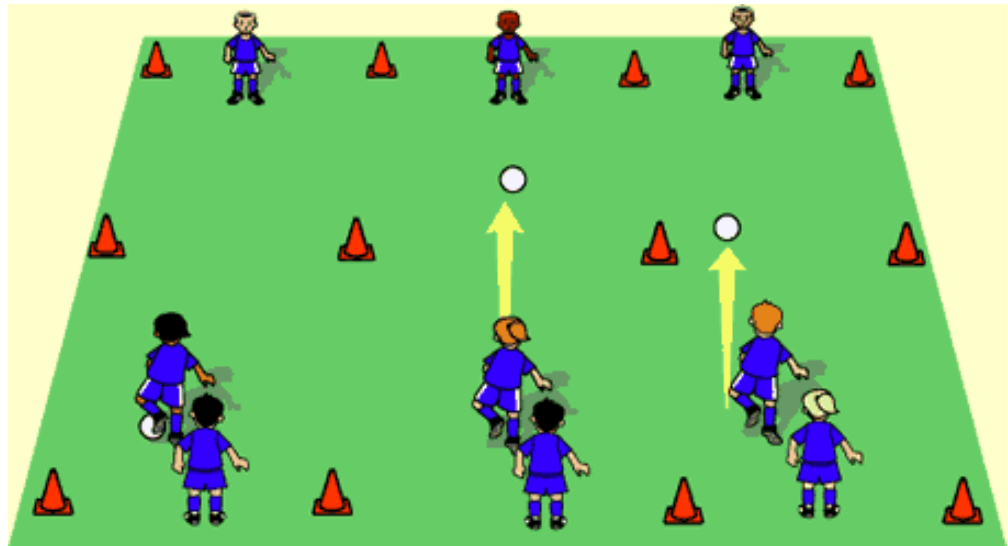
### MAIN POINTS:

1. **Quality of passing and first touch passing.**
2. **Be aware. Don't run across the next pass.**

## MAIN TOPIC B

### Receiving and Passing

1. Groups of three players.
2. The ball is always put in play by the group of two players.
3. Pass the ball to the opposite player and follow the pass.
4. Give points to group with the most accurate passes.
5. how many accurate passes can we make in one minute?



### MAIN POINTS:

1. Receive with the **inside of the foot** and "sweep" the ball to the side..
2. Pass on the **second touch**.
3. **Receiving player calls** to get the ball.
4. Go to one touch passing if appropriate.

## GAME PLAY

### 3v3 to Two Targets

1. Pass to "target players" to score a goal.

2. Players along sidelines can be used for Give and Goes.



### MAIN POINTS:

1. **Communication.**
2. **Move if you do not have the ball.**
3. **Target Players be active and call for the ball.**
4. **Quality of passes.**

## 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.