

Passing Practices Comp U-8.,

Prepractice - Triangle passing (coaching points - keep ball under control / non kicking foot pointing in direction of pass and sweep at the middle of the ball) add a cone in the middle of the triangle and tell the kids not to hit it.

progression: pass free form (any way they want)

one touch across the body to the strong foot (right foot for all but Nick)

one touch across the body weak foot

one touch right

Tuesday Practice -

Warm Up - Ball Touches

20 - Toe Taps

20 - Pendulums (tic tocs)

20 pull packs (right foot - make sure they rotate with the right shoulder first)

20 pull backs (left foot - make sure they rotate with the left shoulder first)

10 pull back / chop combo right

10 pull back / chop combo left

Activity - Triangle Passing with Pressure (or square if you have an extra kid) - set up with 3 cones in the shape of a triangle, (4-5 yds apart) start with 1 cone in the middle of the triangle and tell the kids to avoid and complete passing free form, one touch across the body strong side and then weak side. Ask the kids how many they can do in a row while keeping control of the ball and avoiding the cone. demonstrate that it gets easier if they spread out.

progression - add another cone about 3 feet apart do the same

add a defender (coach or player) that just stands there until being hit (whoever hit them rotates into the middle)

Match Related - play 3 v 1 with a goal - show the attackers the triangle (passing lanes either side of the defender - "the guns"). This can be set up as a game choose up 3 teams and keep score where one of the teams sitting out can offer up a defender.

progression - coach defends by shadowing (no attacking)

opposing player defends by getting in the way (no kicking)

add an actual defender

Scrimmage - focus on passing lanes.

Thursday Practice - (Prepractice above) Review Tuesdays practice , make them act out the correct positions of open passing lanes

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Repeat some of Tuesdays practice depending on success.

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