<table>
<thead>
<tr>
<th>Topic</th>
<th>Introducing Passing U7-U8</th>
<th>Coach</th>
<th>Adrian Parrish</th>
</tr>
</thead>
</table>

### FUNDAMENTAL - WARM UP

- Select two players to be the taggers
- Every other player has a soccer ball and dribbles around
- If the dribbler gets tagged, they pick the ball up, open up their legs and remain still.
- To be unfrozen another player that has not been tagged must pass their ball through the frozen players legs and collect it on the other side.

### ORGANIZATION

- Head up while dribbling
- Keep the ball under close control
- Weight of pass through the legs

#### Guided Discovery Question
Which part of your foot can you use to make a controlled pass?

### SMALL SIDED GAME

- Players work in pairs, with a ball each
- One player leads on a dribble, with the other following slightly behind
- When the player at the back shouts pull, the lead player passes the ball out in front.
- The following player then passes their ball and attempts to hit the lead players ball.
- Switch roles after three attempts.
- Players can compete against each other and other pairs

### KEY COACHING POINTS

- Dribbling with the head up
- Weight of pass
- Ankle locked
- Watch the moving ball, then put head down over the ball as the pass is being executed

#### Guided Discovery Question
When can we dribble the ball and when should we look to pass?

### EXPANDED SMALL SIDED GAME

- Two teams of four
- The coach plays in two soccer balls
- Teams score a point by dribbling the ball over one of the sidelines
- Teams score a point each time they dribble a ball over but they score two if the received a pass from a team mate and shout out their name as they dribble over.
- The opponents can stop the other team from dribbling over

### KEY COACHING POINTS

- Recognition when to dribble and when to pass
- Field Awareness

#### Guided Discovery Question
When can we dribble the ball and when should we look to pass?

### GAME

- Play 4 v 4 with four goals
- Let the players play
- Keep encouraging a diamond shape and passing
- Let them play

### KEY COACHING POINTS

- Players
- Ball
- Pass
- Goal

<table>
<thead>
<tr>
<th>= Players</th>
<th>= Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>= Coach</td>
<td>= Cones</td>
</tr>
<tr>
<td>= Dribble</td>
<td>= Goal</td>
</tr>
</tbody>
</table>

### COOL DOWN

Players pass and move in pairs. Stretch

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