# Kentucky Youth Soccer Association

## Coach Education Lesson Plan

**Topic = U8 Passing Connections**

### Coach = Adrian Parrish

### FUNDAMENTAL – WARM UP

- Players work in pairs with one ball
- Coach throws the ball out and has the players work together to go and retrieve the ball.
- They can run and collect and do a number of passes before dribbling it back.
- Run and collect and pass it back to coach in a set number of touches
- One player gets it and passes a long ball back.

### ORGANIZATION

- * Encourage players to pass through the middle of the ball
- * With shorter passes, encourage the players to use the inside of their foot.
- * Coach needs to move around to encourage the players to look up.

### KEY COACHING POINTS

- As the player comes back to receive the pass their team mate should pass it, once eye contact has been made.
- * Encourage communication
- * When receiving the ball, players must touch the ball into the area they want to move into.

### MATCH RELATED ACTIVITY

- Players remain working in pairs with one ball per group
- One player passes to their team mate, then runs around one of the cones
- They check back into receive ball back from their team mate whom waits in the grid
- The player that then remained in the grid passes it to their team mate and runs around a cone.
- To start the player remaining in the grid is stationary and then progresses to dribbling around.

### MATCH RELATED ACTIVITY

- 4 v 4 on a 20 yard x 30 yard grid, divide in half
- Teams place an equal amount of the standup cones in their own defensive half.
- Players around allowed to move around the whole area
- The aim is to try and knock down a cone in your opponent's defensive half by passing the ball against it.
- When the cone has been knocked over the player that knocked it down picks it up and takes it over to their defensive half
- Game is won when all the cones are in one half

### MATCH

- 4 V 4 no GK's
- Normal soccer rules
- Little to NO coaching

### KEY COACHING POINTS

- Encourage a different range of passing.
- Show players how to support

### MATCH

A second ball can be added to speed up the game and to keep all the players involved.

### COOL DOWN

Players pass and move in pairs. Stretch

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