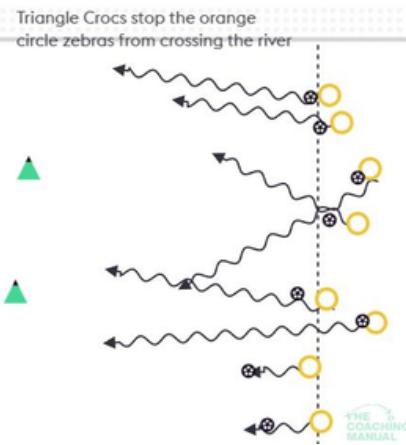


# Practice Plan: Dribbling and Passing

Age U 8

## Attacking

Time 60 min.



## Zebras vs. the Crocodiles

Time 10 minutes

### Setup

Field/space 20x25

All players with a ball

Coaches will act as the crocodiles and defend

Player who lose their ball will help the coaches

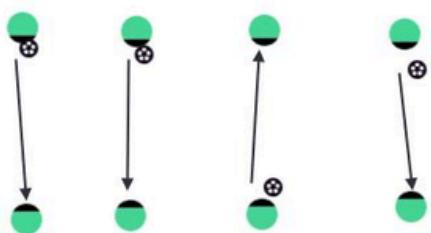
## Dribbling

### Coaching Points

Keep the ball at a good distance where you can always reach it to stop, or change direction

Reward them if they do last weeks move (inside cut)... you will let them pass

## Water Break



## Partner Passing

Time 10 minutes

### Setup

Get a partner and share a ball

4 or 5 yards apart

Must be 2 touch or more... no 1 touch passing.

### Progression

Pass, control, 5 toe taps, pass back

Pass, control, 1 push up pass back

## Passing

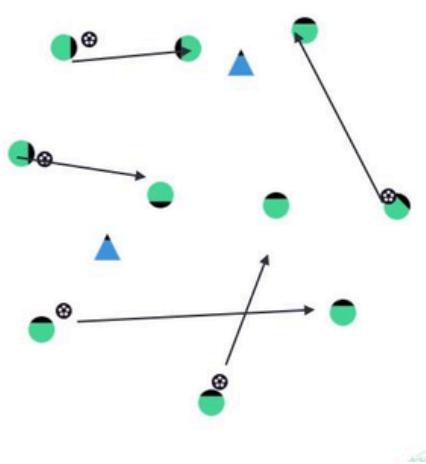
### Coaching Points

Inside of foot at this range

Take a step back and approach the ball instead of standing still!

Struggling to hit the target? Point your finger at your partner and swing your leg through following where your pointing

## Water Break



## Keep It From The Coach

Time 10 minutes

### Setup

Half the amount of balls as players

15x15 or 20x20 grid

2 Coaches to help pressure the ball

Player do not need a partner, all players working to keep the ball from the coaches

Coaches steal a ball? Kick it just out of the grid for the player to retrieve

## Passing

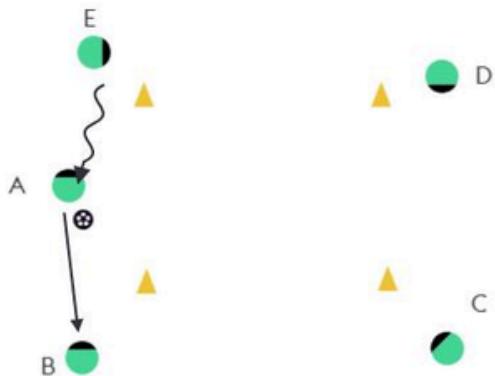
### Coaching Points

Must keep the ball moving or the coach will steal it

When you don't have the ball try to help your teammate by getting open and calling out for the ball



## Small Square Passing



**Time** 12 minutes

### Setup

Square should be 7x7x7x7 +-  
5 players in a group  
Always stay on the outside of  
the square as you receive(back  
foot) dribble 3 yards and pass  
to next player 4 yards

### Progression

Change directions so you use each foot

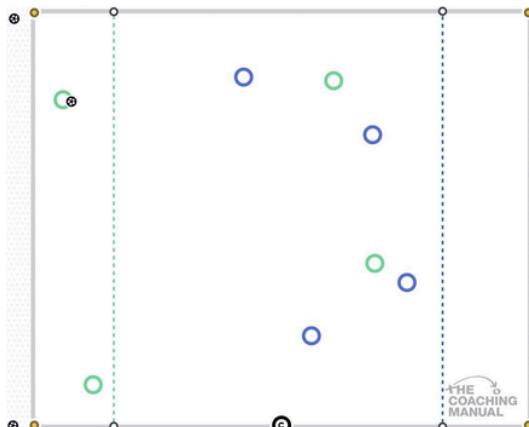
### Coaching Points

Stand out away from the cones body  
facing into the square

Let the pass come across you and  
receive with back foot

When passing the ball should go  
near the cone but outside the  
square to your teammate's back foot

## Water Break



## Passing Into The Endzone

**Time** 15 minutes

### Setup

Field should be 20x20 with  
endzones to play into  
Equal numbers on both teams  
2 coaches can run this but having 3  
makes it better. 1 playing the ball in  
and 1 in each endzone to receive  
the ball

### Progression

Play two balls in at one time. Use this to get a player  
who may be struggling to find success

## Passing and Attacking

### Coaching Points

Quickly get your eyes up and find a  
teammate or a coach to pass to

Endzone coaches should move side  
to side and call for the ball at the  
right time

You cannot dribble into the end  
zone to score it must be a pass

## Water Break

## Turns And Burns



Please watch a few of the many soccer turns  
out there. Start to think about what turn you  
feel is appropriate for your team's ability  
level. Find one you or a player can  
demonstrate and add it to practice.