



<b>Name:</b> Fabien Lewis	<b>Team:</b> U8	<b>Day:</b> 1	<b>Duration:</b> 60 Minutes
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**Description:** In this session, we introduce basic passing and receiving technique to your players.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Warm up – 15 minutes</p> <p><b>Organization:</b> 25 x 20 yard grid, players pair up and would practice stationary passing, as well as, a moving ball. <b>Phase I:</b> Stationary passing back and fort. <b>Phase II:</b> Passing and moving in designated area. <b>Phase III:</b> Soccer bowling. Form two teams and each team have one ball. The first person in line dribbles forward and would try to pass their ball to hit the ball placed on top the cone. After they pass, they must place ball on cone (if they hit the ball) and retrieve their ball quickly to the next person in line. The team that hits the ball on the cone the most wins.</p> <p><b>Coaching Points:</b> (1) Standing leg next to the ball (2) Use middle part of your foot (3) Follow through to target (4) Receiving ball with inside part of foot</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> '2v1' – 15 minutes</p> <p><b>Organization:</b> 2 v 1 in 15 x 10 yard grid. Play starts when the attacker starts dribbling on the field.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points. (2) When to dribble, when to pass (3) Receive the ball across your body to attack the goal.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Small sided Game – 20 minutes</p> <p><b>Organization:</b> 3 v 2 in 25 x 20-yard grid. Play starts when the attacker starts dribbling on the field.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points. (2) Communication (3) Supporting angles from 2<sup>nd</sup> and 3<sup>rd</sup> attacker.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage – 20 minutes</p> <p><b>Organization:</b> 5 v 5 in 35 x 30 yard grid going to pugs. Use modify small sided game rules.</p> <p><b>Coaching Points:</b> (1) Reinforce all points. (2) Have fun.</p>