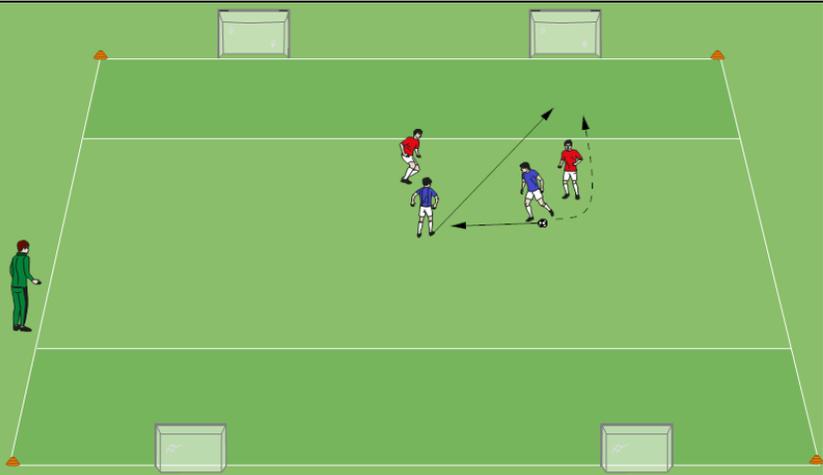
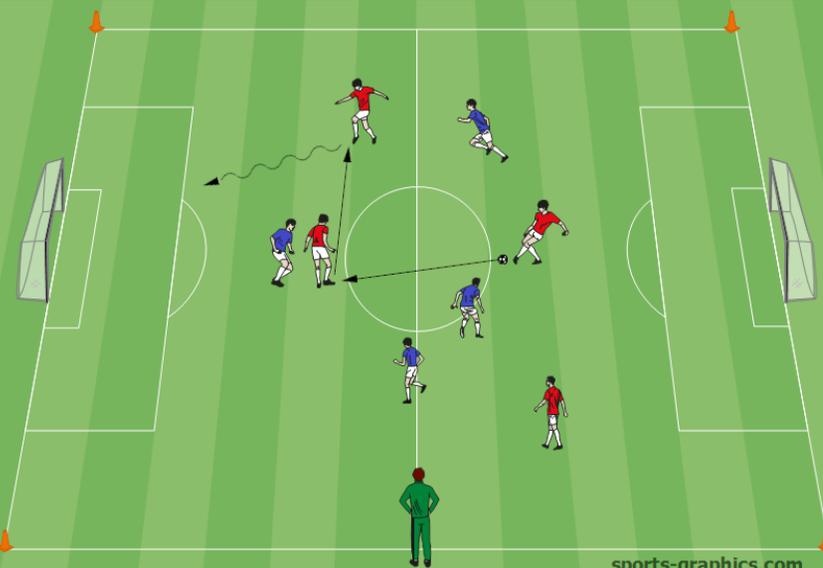


Activity Name	Description	Diagram	Coaching Points
1 Technical Warm-up			
<p>Use 1/3 of the field</p>	<p>Four players stand in the grid with feet apart. The remaining players get into pairs. The pairs pass around & through the stationary players' legs when they can. Players switch roles each minute.</p> <p><i>Variation:</i> 1. Players not in possession take giant steps around the grid. The pairs pass between the strides.</p> <p>2. Pairs without a ball use a training bib to be a moving goal for the pairs with a ball to pass/shoot through.</p>	<p>Variation:</p>	<p>Tech: 1. Quality of passes <i>Q.:</i> How do you decide the part of the foot to use for your pass? <i>A.:</i> Based on my distance & angle to the receiver.</p> <p>Tact: Partner moves to get into the field of vision of the passer. The support player does the hard work. <i>Q.:</i> How does your run to where your partner can see you make the pass easier for both of you? <i>A.:</i> Passer can make quicker & cleaner passes. Receiver can control a good pass easier.</p>
2 Small-Sided Activity			
<p>Use 1/3 of the field</p> <p>Use cones to mark 'gates' to pass through – adjust the width between the cones according to players' abilities larger gate for less skillful / smaller gate for more skillful</p>	<p>Use one ball per pair to begin. Make a straight pass forward to your partner without hitting any cones. Next pass and then switch ends. Final round use only one ball to pass forward then square, then forward and so on. Players switch spots every 30 seconds without stopping.</p>	<p>Passes can be made forward (solid black line), square (solid-dash blue line) or diagonal (double solid red line).</p> <p>The blue solid and dashed arrow line is the possible square pass. Forward or square passes can be made between pairs facing each other or beside one another.</p>	<p>Tech: Pace of pass <i>Q.:</i> How do you decide on the pace of your pass? <i>A.:</i> Based on the distance from my partner. <i>N.B.:</i> the same coaching point can be made on the angle of the pass.</p> <p>Tact: Target for the pass. <i>Q.:</i> Where do you want your pass to go so it's easy for your partner to get it? <i>A.:</i> I should pass to his feet if he's standing or a little bit in front of him if he's running.</p>

<p>3 Expanded Small-Sided Activity</p>			
<p>4 Goal Game Grid = 20 yards long x 30 yards wide. Use small goals or cones or coaching sticks or corner flags. Four players per grid; make several grids. At least one team needs to wear training bibs to designate teams.</p>	<p>Play 2 vs. 2. Switch sides after 2 minutes. Switch opponents after four minutes – one pair from each grid moves clockwise.</p>		<p>Tech: Game situation choices of passing to keep possession & then penetrate. <i>Q.:</i> How hard should you pass the ball? <i>A.:</i> It depends on how far away my partner is.</p> <p>Tact: Support <i>Q.:</i> How do you know when to pass forward? <i>A.:</i> When there's space or my partner gets open.</p>
<p>4 Match</p>			
<p>4 vs. 4 Play according to the US Youth Soccer Modified Rules for the U8 age group.</p>	<p>Encourage the players to make forward & square passes to each other.</p>		<p>Tech: Match speed execution. Tact: Match speed thinking.</p> <p><i>Q.:</i> Are you trying what you learned earlier today? This is a reinforcement question without an answer truly necessary. Predominately observe the players' decision making.</p>