



## U8/U9 Academy Session 2

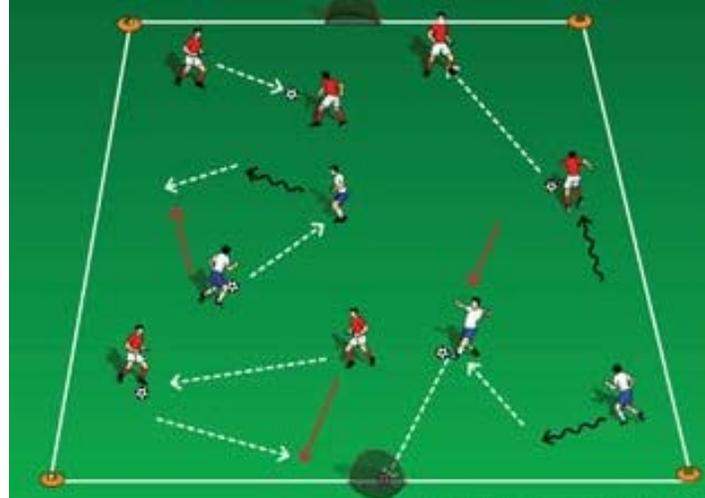
**Main Topic: Passing and Receiving** Passing and Receiving. Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving and under close control. Encourage players to keep the ball moving/rolling when receiving and guiding it in the direction they wish to move. Do not have the players stop the ball “dead” when receiving.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<b>Warmup Activities</b>		
<p><b>1<sup>st</sup> Activity – Warm Up Passing</b></p> <ol style="list-style-type: none"> <li>1. All players jog in the grid w/out a ball for about 1-2 min</li> <li>2. Coach has up to 5 balls outside the grid. Passes one ball into the grid and players begin to ask for the “pass” from whomever has the ball</li> <li>3. Coach continues to add a ball every 2 minutes until all balls are in motion</li> <li>4. Players with a ball dribble in the grid until a teammate “asks” for a pass</li> </ol>	<p>20 X 20 yard grid</p>	<ol style="list-style-type: none"> <li>1. Players keeping the ball close</li> <li>2. Ball continues to be moving</li> <li>3. Receiving player, calling for it</li> <li>4. Passes are leading passes or right on the foot; explain sending a pass that is behind a player results in a lost ball or wasted time/effort for the player to switch direction and retrieve it</li> <li>5. Have receiver take 3 or 4 quick dribble steps once receiving the ball before they look to then pass</li> </ol>
<p><b>2<sup>nd</sup> Activity – Basic Push Pass and moving pass receipt</b></p> <p>Pair up player with one ball per pair Have them face one another about 8 yds apart. Have them properly push pass a ball to their partner and then take 3-4 jogging backpedal steps to prepare themselves for the return pass</p>	<ol style="list-style-type: none"> <li>1) Pair players with a partner with one ball between them; about 8 yards apart from each other.</li> <li>2) Facing one another, have the players push pass the ball back and forth to one another</li> <li>3) After sending the pass have the player backpedal (easy jog) 3-4 steps so they are constantly moving. As they get ready to receive the ball again – they are stepping towards the ball.</li> <li>4) When receiving the ball – have the player touch the ball slightly away from them with one foot and use the other foot to return the pass</li> </ol>	<ol style="list-style-type: none"> <li>1) Be sure players are using both feet to receive and pass the ball</li> <li>2) Make sure their hips are facing the way they want the ball to go.</li> <li>3) Ask them to look up for their teammate before passing the ball</li> <li>4) Have players increase the pace on the ball without losing passing and receiving control</li> <li>5) Players should never be standing, this drill has them constantly in motion.</li> </ol>

**3<sup>rd</sup> Activity – Pairs Passing no defenders:** Pairs pass and move & scores by passing over the end-lines.

**Rules:** Players in pairs w/a ball. Pass & move w/the ball. Score by passing the ball over the end-line to their teammate under control. Then pass w/partner & pass over the opposing end-line to your partner under control. How many goals might a pair get in 1min, beat your score. Pass w/favorite foot, non-favorite foot, both feet.

20 X 20 yard grid



- 1, Players move to space for passes
2. Look for leading/accurate passing
3. Listen for players calling for the ball
4. Players are using the inside of their foot to make accurate and firm passes

**4<sup>th</sup> Activity – Pairs Passing w/2 Defenders**

In a 20Wx25L yd grid, players are in pairs w/a ball. Designate 2 defenders (can be a coach(es).

**Rules:** Pairs will pass & move w/ their partner and ball. Score by passing over the end-line to partner; next "goal" has to be a pass over the opposite end-line. Repeat. If a defender steals the ball, steal it back. How many goals in 1min. Beat your score. Bonus score: Number of completed passes equals number of pts. i.e. 10 passes to get over the end-line equals 10 pts (add an extra defender if needed)



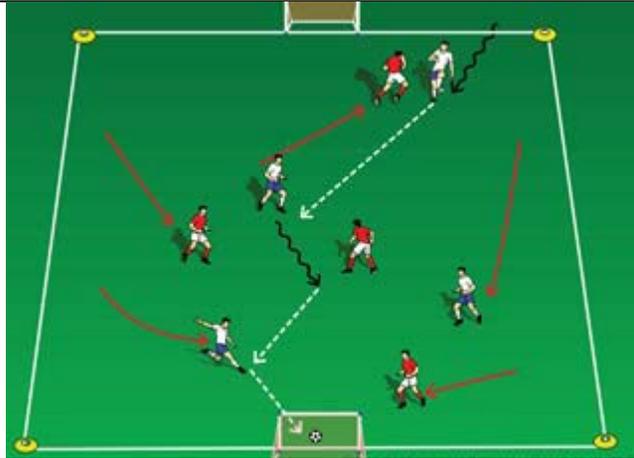
**Coaching Points:**  
Spread out. Pass to beat a defender and move to a goal. Dribble until you need to pass. Player without the ball in the pair works on their positioning to receive once dribbler has pressure.

**Guided Questions:**  
Where should the player w/out the ball go to help their partner to pass to them? Show players w/out the ball where best supporting areas are near their teammate - away from defenders, into open space.  
When is the activity working? When players are making multiple passes that reach their partners.

**5<sup>th</sup> Activity – Small Sided Game**

**3v3 or 4v4 or 5v5 or 6v6**

Small sided game format  
Let the players play for 15 minutes with little coaching correction. Observe if they work on the topic covered. Use cones or pugs for goals.



**Coaching Points:**

Recognition of moments in the game when they should dribble, pass, or shoot. Spread out.

**Guided Questions:**

How do you know players understood the practice topic? Players with the ball are trying to pass to teammates more frequently. Players without the ball are trying to Spread Out.

**Cool Down**

**Cool Down - Juggling**

The purpose of this activity is to develop Hand-Eye Coordination. Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.

Players pick up their ball and gently drop it to juggle it once using their foot or thigh. Repeat alternating feet/thigh. Juggling is a great activity to end every session. Work towards players being able to juggle a ball a few times using either foot, without it touching the ground. See if players can beat their # of juggles each week.