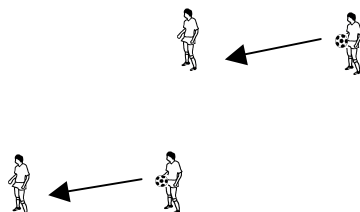
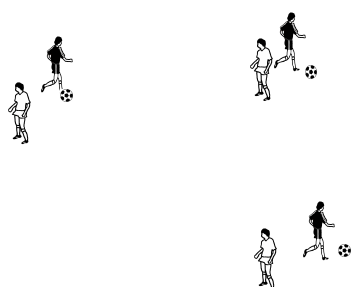
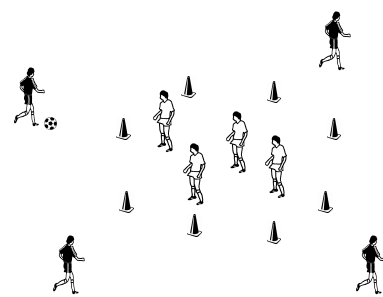




Club:	Weyburn Soccer Association
Session:	5
Team:	U8
Session Topic:	Passing and Receiving

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
<b>Field Demo</b>  	<b>Implementation</b> – Players are stood with a partner and stand facing each other. One ball between two, the player with the ball gently throws the ball underarm for his partner who controls the ball with the inside of their foot and then passes back to their partner's feet. Progress that player follows their pass, runs around partner and back. Switch roles.	
	<b>Coaching Points</b> <ul style="list-style-type: none"><li>• CALL FOR THE BALL. 'PASS *NAME*'</li><li>• Encourage players to control and pass using inside on their foot – Encourage first touch/control out of feet</li><li>• Placement of no kicking foot – alongside ball</li><li>• Face where you want the ball to go</li><li>• Good weight of pass, NO TO THE TOE!</li></ul>	
Stage 2: Opposed		7 Minutes
<b>Field Demo</b>  	<b>Implementation</b> – Players are in partners again. One player without ball has to run around whilst other has a ball and must dribble around after their partner and try to pass/kick the ball and hit their feet. (Can make partner hop to make it easier for kicker). The player without the ball has to try and last minute without being hit. Encourage changes of direction.	
	<b>Coaching Points</b> <ul style="list-style-type: none"><li>• Using inside of foot to pass</li><li>• Correct weight of pass</li><li>• Good dribbling, head up, using all parts of foot</li><li>• Strike through the ball, like when hitting a golf ball</li><li>• Aim in front of where the player is running</li></ul>	
Stage 3: Fun Game/Game Related		10 Minutes
<b>Field Demo</b>  	<b>Implementation</b> Players are set into 2 teams, similar to dodge ball. 1 team in a defined area with the other team surrounding them. Players are eliminated if hit below the waist with the ball. 1 ball is used at first with others being introduced at coach's discretion. ENSURE BELOW WAIST ONLY – Only use side foot. Switch roles.	
	<b>Coaching Points</b> <ul style="list-style-type: none"><li>• Must use side foot to keep the ball down.</li><li>• Get body over the ball to keep the ball down, DO NOT LEAN BACK as this makes ball go in the air</li></ul> Players in the centre remain aware of surroundings by having head up.	
Game Time		