



# U8 Passing Session

Category: Technical: Passing & Receiving  
Difficulty: Beginner

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## Description

Topic: Passing | U8

## Warmup

### Passing Gates

Simple drill to improve passing and teamwork!

Organization:

Split team into 2 groups (yellow & blue or whichever colors you have). All players pair up with a player in the opposite group. One ball per pair. Set up gates (coned goals) around your field.

How to Play:

Game starts with every yellow player having a ball. The blue player runs to a gate, yellow player follows. Yellow passes to blue in between the gate. On the release, yellow runs to a new gate, game continues.

Coaching Points:

Proper technique of passing - plant foot next to ball & pointing at target (teammate), ankle locked, pass with inside part of foot, follow through

Variations:

Pass ball twice at each gate (player that starts with ball is player dribbling from gate to gate)

Receive and pass with same foot | Receive across body and pass with opposite foot



## Skill Development

### Who's Open

Passing and Moving drill

Organization:

Split team into 2 groups. One ball per group.

How to Play:

Your team is passing and moving within the grid. Player with the ball needs to pass to the closest open player. If you do not have the ball your job is to move to a space on the field to receive a pass. After completing a pass, continue to move in order to get the ball back.

Coaching Points:

Complete passes to your teammates feet

Have proper body shape when receiving a pass

Use both your left and right foot when passing

Move with a purpose - either to receive a pass or create space for a teammate



## Final Game

### 2 v 1

Great way to end a practice with game-like situations that encourage passing.

Organization:

Team divides into 2 groups. Coach serves balls to the attacking team (offense). Offense starts up top. Defenders start near the goal.

How to Play:

Once ball is played onto field, 2 attacking players and 1 defender plays 2v1 to goal. This is a rapid fire continuous game. Once a goal is scored, defender gains possession, or ball goes out of bounds; next game begins.

Coaching Points:

Complete accurate passes

Receive the ball effectively under pressure

Penetrate by dribbling or passing

