



Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016

Duration: 00:30 min

Time: 18h 00m

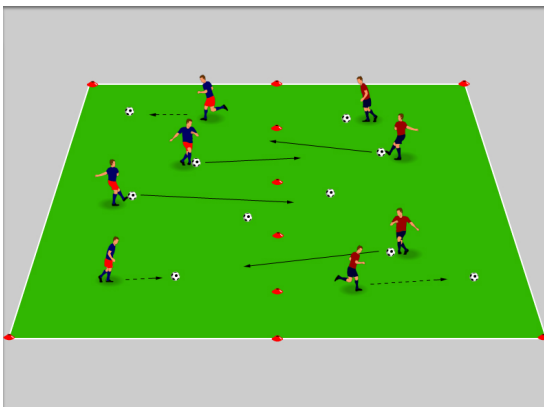
Age/Level: U8 - U10

Session Passing, Shooting

Objective:

U7/8 Week 8

Clean your Room



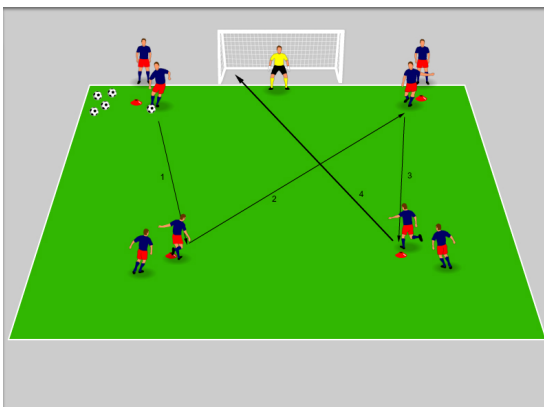
Description:

The players are split into two teams. Each team stands either side of the marked out line. Tell players that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins. When you shout GO! the players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again strike it back. After one minute stop the players and see who has the least balls in their area and therefore the tidiest room!

Coaching Points:

1. Eye on the ball
2. Follow through
3. Use inside of foot or laces

Hourglass pass and shoot



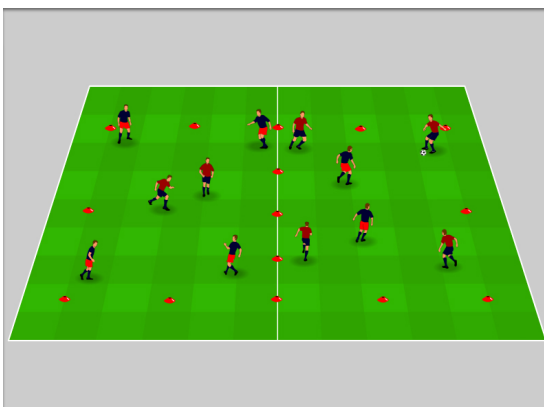
Description:

Set up field as shown. Passes and shot should be about 10-15 yards depending on the players. Player 1 passes to 2, 2 to 3, 3 to 4 and 4 shots at the net. Players follow their pass to join the next line.

Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through

4 V 2 Rondo



Description:

Set up 2 game grids in your half of the field. Players play 4 or 5 against 2 keep away. The team with the larger number gets a point for every 4 passes completed in a row and a point every time they make a pass that splits the defenders. Defenders get a point for taking the ball and making 2 passes. Switch the defenders every 2 minutes.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through
 Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders