



Week 1: U6-8- FUNdamentals - Passing

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (Warmup) (10 mins)

Ball starts in hands. Players throwing and catch the ball. Every time they throw the ball, they yell their favorite food or color.

Progression: Move to passing with their feet

1 ball between two players

Cones for area (20 by 20 area)

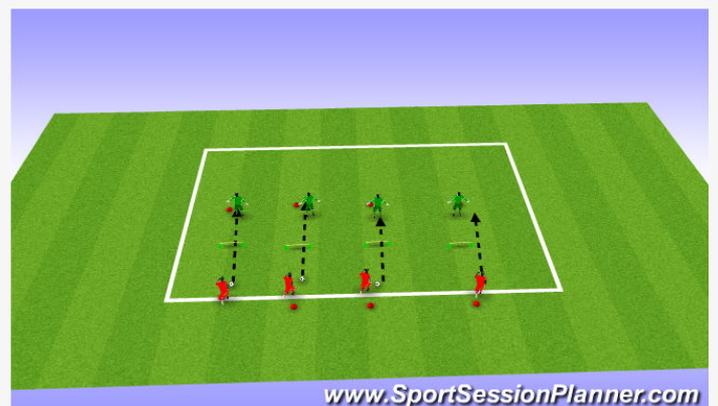


Gross Motor Skills and Coordination (10 mins)

Make gates with different colored cones (3 different colors) players in their partners try to pass through the gates (5 yards apart)

Progression: switch feet

Soccer Balls, cones (3 sets of colors), make an area (20 by 20 yards)



Movement and Coordination / Soccer technique "LOVE" the ball (10 mins)

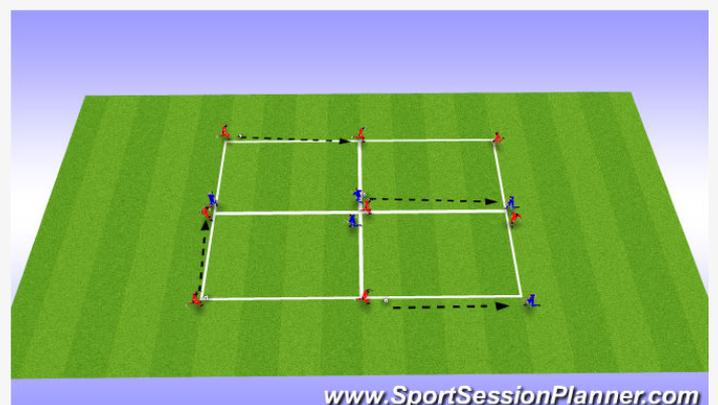
Make a square about 10 by 10 yards apart. 6-8 players for each square. Players pass on the outside of the square to the next player and follow their pass. * If this area is too big encourage the player to dribble then pass when closer.

Progression: switch feet/ sides

Pug Nets, Soccer Balls, Orange Pylons

Movement and Coordination / Soccer technique

"LOVE" the ball



Small Sided Game (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing/ dribbling with both feet

SSG

Free Play and FUN!

