



An Introduction to Short Passing

Appropriate for players ages 6-8.

Session Aims: To introduce the correct technique of passing the ball with the inside of both feet towards a target, weighting the pass appropriately.

Warm Up: Soccer Marbles

Set up an area approx. 20x20 yards. Players should dribble around the area using both feet. Encourage players to use all parts of the feet and experiment. Upon the coach's command, players are allowed to try and hit their ball against other players' balls. Players must use the inside of the foot to kick the ball.

Coaching Points:

- 1) Non-kicking foot should be placed to the side of ball pointing at the target.
- 2) Use the inside of the foot to kick the ball. Toes should be pointed up and heels down.
- 3) Lock the ankle whilst kicking the ball and follow through with your kicking foot.

Variation:

- 1) Use your other foot (players of a young age should not have a weaker foot).
- 2) Award points for every direct hit. Lose points every time your soccer ball goes out of area, encouraging the correct weight of the pass.



Fundamental/Individual: Soccer Ball Exchange

Players can dribble around the area and exchange their soccer balls with anyone they see. Players should explore various ways to exchange soccer balls from various distances using the inside of their feet only. Progress stipulating that players must pass/exchange the ball at a distance of at least 5 yards and/or players must use their right/left foot. It is important that all players use the same foot to make the pass.

Coaching Points:

- 1) Look at the target and communicate visual & auditory.
- 2) Pass to the open foot (right foot pass, passes to targets left foot & vice versa).
- 3) Use a visual cue of the target player lifting their kicking foot back to time the exchange.

Variation:

- 1) Increase distance to 10 yards.
- 2) Soccer ball cannot stop moving. Receive the ball with different parts of foot and away from pressure.



Game Related/Group (Incrementally adding pressure): Four Goal Soccer

Place four goals at the points of a cross. Using two teams, goals can be scored in any of the four goals and through both sides. A goal is scored by dribbling OR passing the ball through any of the four goals. Emphasize the difference between a pass and a shot (passing the ball is when someone on your own team 'receives' the ball). Play is continuous.

Coaching Points:

- 1) All coaching points from warm up (technical correction).
- 2) Look at the target and communicate (visual & auditory), keeping your head up!
- 3) Encourage the use of both feet. More importantly, the most appropriate foot is usually closest to the ball.

Variation:

- 1) Add multiple soccer balls.
- 2) Increase/decrease the size of the goals and the number of points awarded for each goal.
- 3) Award points for 2, 3, 4 consecutive passes.



Game Condition (Small-sided/Conditioned)

Two goals without goal keepers. Make goals a large target for players. Award a point for a pass or shot at the goal. A goal can also be awarded for a designated number of passes completed. Make the number small due to the age of the players.

Coaching Points:

- 1) As above.

Variation:

- 1) Add goalkeepers.
- 2) Goals only awarded for correct technique (no toes).

Game (All conditions removed)

Allow players to play, but encouragement is very important complimented with praise of positive behavior.

