



November 27th - January 7th

First Kicks: U7/8 # 4

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Category: Technical: Passing, progression

Whole

Objectives: Pass and move forward

Organization:

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

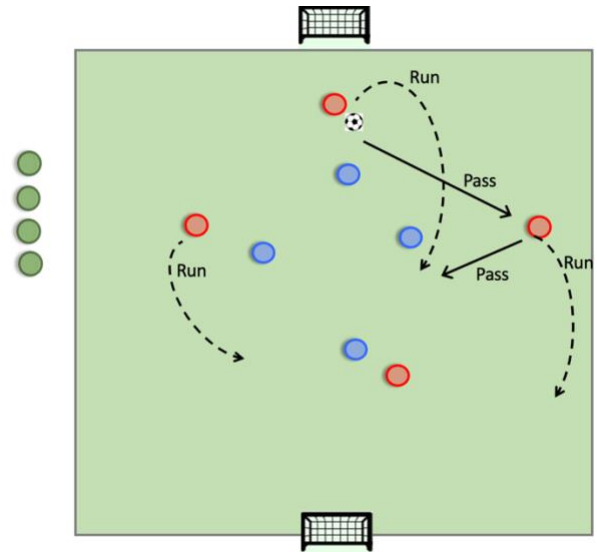
Coaching point:

Pass and move: emphasize the importance of moving forward after passing the ball.

Reminder!

Team shape: remind players to adjust their position to keep their team shape (diamond) as moving forward.

Duration: 10-15 min



Part (team base)

Objectives: Pass and move

Organization:

Divide players into two groups: Reds and Blues. Each group will take one side (i.e., up or down). For each team, only players in one corner have balls. Move the pugs to the middle and assign a pug to each group.

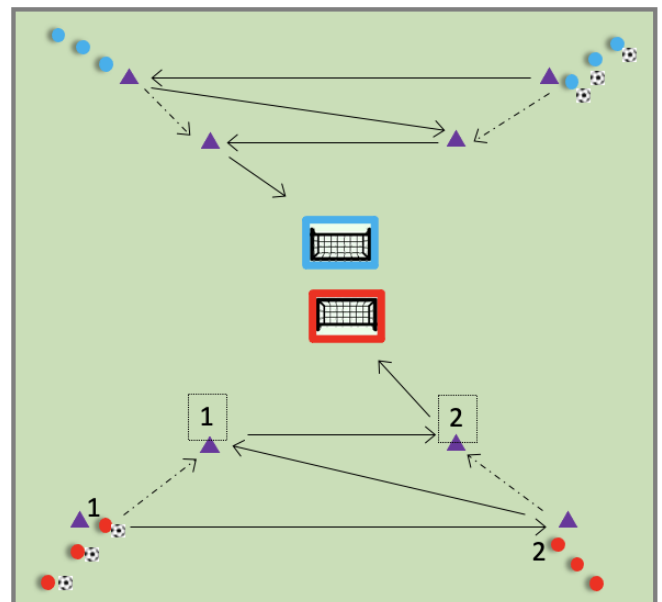
Player 1 passes the ball to player 2 and runs to the next cones. Player 2 should pass the ball to player 1 (see the 1 on the diagram), which is now at the central cones, then run to the next cones. Finally, player 1 should pass the ball to player 2, at the central cones (see the 2 on the diagram), and player 2 should score on the pug.

Players should switch their sides after each round.

Progression:

- Player 1 can run to the pug and play as a keeper after making the final pass to player 2

Duration: 10-15 min



Whole

Objectives: Pass and move forward in game situation

Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

Coaching points:

- Team shape (i.e., diamond)
- Pass and move forward

Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points.

Duration: 15-20 min

