



November 20th - 26th

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.

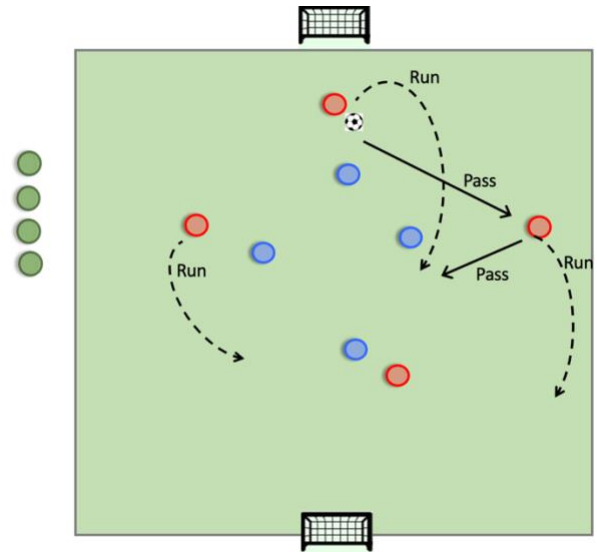
Coaching point:

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 (individual base)

Objectives: Pass and move

Organization:

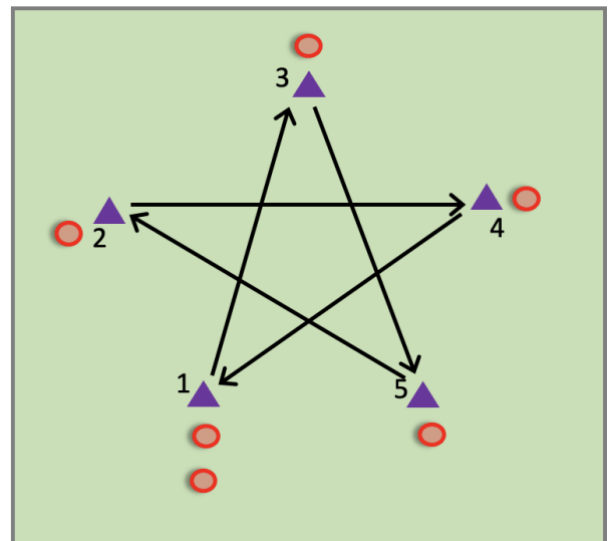
Use 5 jumbo cones to make a star same as the diagram. You need 2 stars for 12 players (6 players at each star). Put at least one player at each cone and always have at least two players at the starting cone. Give each cone a number from 1 to 5, then try to explain the passing pattern as follows:

Pass from 1 to 3, from 3 to 5, from 5 to 2, from 2 to 4 and from 4 to 1.

Progression:

- Each player follows their passes and moves to the next cones based on the same pattern:
- Players should receive with one foot and pass with the other foot

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

