



September 18<sup>th</sup> - 24<sup>th</sup>

# First Kicks: U7/8 # 1

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Category: Technical: Quality of pass

## Whole

**Objectives:** Quality of pass

**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.

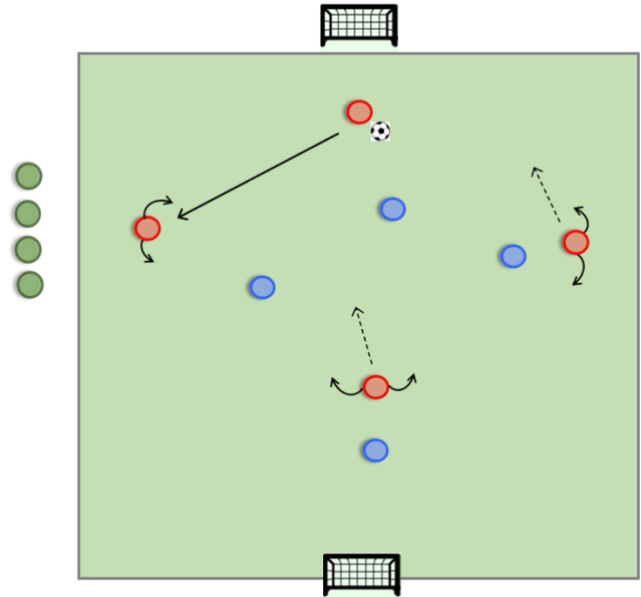
**Coaching point:**

- Quality of pass: intensity, angle, inside/outside/laces (**No toes!**)
- Receive the ball with open body position

**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:** Quality of pass

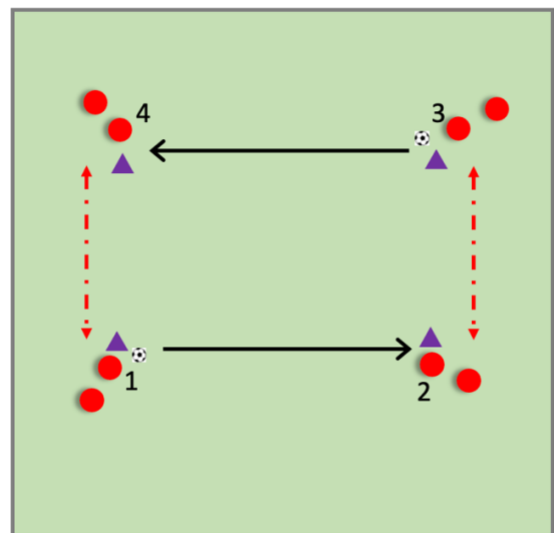
Divide players into four groups. Make a 5x10 m rectangular and ask each team to line up on a corner.

Give balls to players 1 and 3. They start at the same time and pass their balls to players 2 and 4. Then they switch their lines through the width of the rectangular (1 with 4 and 2 with 3) (see the red dotted lines)

**Progression:**

- Use only one ball. Players try to draw a letter 'N' with their passes: Player 1 to 4, player 4 to 2, and player 2 to 3. Finally, player 3 passes it to player 1 to start a new round. You can ask each player to follow their passes and switch their lines.

**Duration:** 10-15 min



# Whole

**Objectives:** Quality of pass

**Organization:**

Field size: 25m x 30m

Play 4v4. Game rules apply.

**Coaching points:**

- Team shape (i.e., diamond)
- Quality of pass: intensity, angle, inside/outside/laces (**No toes!**)

**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. Try to highlight the positive performance of players in the game and discuss it with the players who are not playing at the moment.

**Duration:** 15-20 min

