

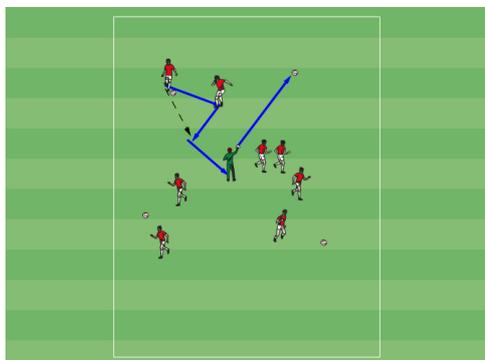
## TRAINING SESSION: WEEK 2 FOR U8: THE TECHNIQUE OF THE PUSH PASS



## Objectives

To develop the technique of the push pass. To develop the technique of redirecting the ball on the ground.

### Back To Coach in Pairs



 **12 Players**

 **Balls, Cones not necessary but can be used.**

 **Intensity: 3**

 **00:08 min**  
(4 x 00:01 min, 00:37 min rest)

#### Coaching Points

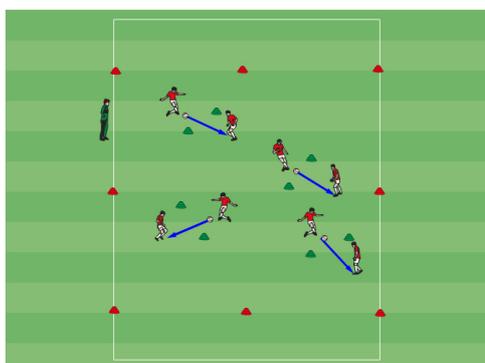
Cooperation with your teammate. Push pass surface: "What part of the foot do you use to pass the ball"? (Inside) Ask how can they get the ball back to coach quicker? (Move away from their teammate)

#### Description

Players pair up and share one ball. They are instructed to hand the ball to the coach one pair at a time. The coach then tosses a ball out and the pair chases the ball down and brings it back to the coach.

Progression: A) Run, pick up the ball and have all four hands on the ball, B) Run pick up the ball but have two hands and two

### Gates



 **12 Players**

 **Cones, ball for each pair**

 **Intensity: 5**

 **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6's is challenging. Make eye contact with your partner (teammate) before passing to them. Keep the ball moving. Redirect the ball somewhere new.

#### Description

Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate. Progression: A) Pass the

### Small-Sided Game to a target



 **12 Players**

 **Balls, cones**

 **Intensity: 7**

 **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points

Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"? Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can't pass forward then what? (Pass to a teammate)

#### Description

Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

### 4v4 to small goals



 **10 Players**

 **Cones, balls, small goals**

 **Intensity: 7**

 **00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.