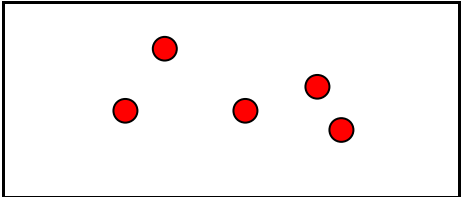
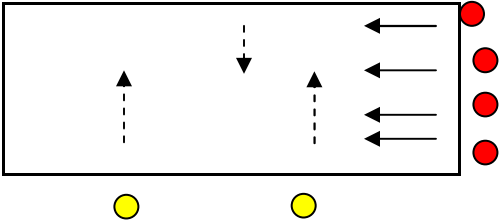
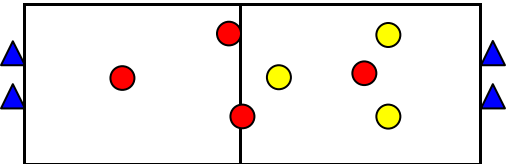




STMA U7/U8 PRACTICE PLANNER

TOPIC - Passing

<p style="text-align: center;"><u>Technical Warm-up</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Players dribble around an area (20x30) and listen for the coach's commands.</p> <ul style="list-style-type: none"> ● Go/freeze ● Different speeds (motor bike, police speed, etc...) ● Toe-taps (stop at the lights) ● Tick tacks (fill up with gas) 	<p style="text-align: center;"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> ● Use a theme (soccer city) to keep kids interested
<p style="text-align: center;"><u>Fun Game</u> coach</p> 	<p><u>Soccer alley</u></p> <p>Players try and dribble their soccer ball through the alley (20x30) and get to the other side without their ball being struck with one of the balls being passed in from the side. If their ball is hit they come to the side with coach and become a shooter.</p> <p>*All balls below knee height</p>	<ul style="list-style-type: none"> ● Head down looking at the ball ● Non-kicking foot pointed in the direction of the target ● Use inside of the foot ● Lock ankle with toe pointing up ● Follow through using the hips
<p style="text-align: center;"><u>3v3/4v4 Small Sided Game</u></p> 	<ul style="list-style-type: none"> ● No goalkeepers ● Kick-ins ● 3v3 = play in a triangle ● 4v4 = play in a diamond ● No scores kept 	<ul style="list-style-type: none"> ● Use both feet