


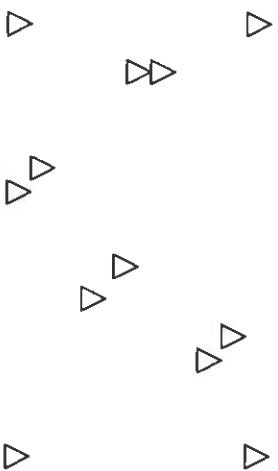


FORT COLLINS  
SOCCER CLUB

Name: U-8 & U-9 Junior Academy

Topic: Passing & Receiving

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<ul style="list-style-type: none"> <li>➤ 20 x 20 yd grid</li> <li>➤ Every player has a ball at feet</li> <li>➤ Find open spaces to accelerate into</li> <li>➤ Ball must not hit another players ball</li> <li>➤ Skills overview               <ul style="list-style-type: none"> <li>- scissor (sole roll) #1</li> <li>- chop (V-pull) #2</li> <li>- squash &amp; turn #3</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Head up while dribbling</li> <li>➤ Execute proper moves, accelerating afterwards</li> </ul>
<p><b>ACTIVITY #1</b></p> 	<ul style="list-style-type: none"> <li>➤ 20 X 20 yd grid</li> <li>➤ Partners pass ball through cones (gates) throughout space</li> <li>➤ Using only left foot, then only right</li> <li>➤ Give and go</li> <li>➤ Progress to possession game</li> </ul>	<ul style="list-style-type: none"> <li>➤ Can players get passes through all gates in under 2 minutes</li> <li>➤ Use 2 balls to encourage more touches</li> </ul>

<p><b>ACTIVITY #2</b></p> <p>△ △ △ △ △</p>	<ul style="list-style-type: none"> <li>🌀 Give and go passing through cones</li> <li>🌀 Shot on goal</li> </ul>	<ul style="list-style-type: none"> <li>🌀 Encourage one touch if possible</li> <li>🌀 Watch for technique mechanics</li> <li>🌀 Shooting just on target</li> </ul>
<p><b>MATCH CONDITION GAME</b></p>	<ul style="list-style-type: none"> <li>🌀 8 v8 to small goals (pugs)</li> <li>🌀 Also obtain a point by executing a skill move taught earlier in the session</li> </ul>	<ul style="list-style-type: none"> <li>🌀 Connect passes to score points</li> <li>🌀 Score points by going to goal</li> </ul>
<p><b>COOL DOWN</b></p>		