



# U8 Inside Push Pass

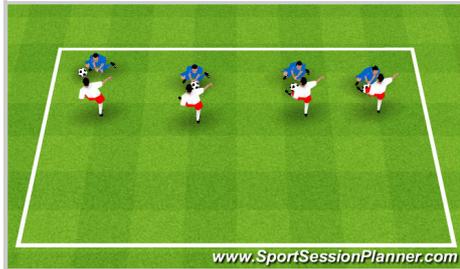
Category: Technical: Passing & Receiving  
Difficulty: Beginner

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## Description

### Fundamental stage



#### Set Up

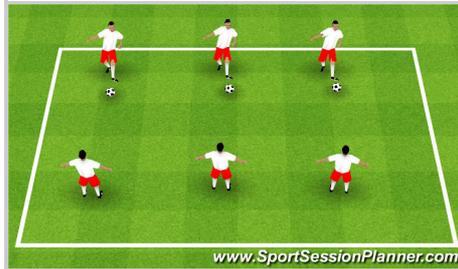
Have the players form two lines facing each other. One line goes down to their knees and holds the ball with both hands on the ground. The hands are safely together and BEHIND the ball. It is best if you demonstrate this technique before someone's fingers are accidentally kicked.

The kicking players are to strike the ball moderately hard, without trying to kick the ball out of their teammates hands.

#### Coaching Points

1. Break the skill into simple steps.
- 2 Show where to strike the ball
- 3 Show where to plant the non-kicking foot
- 4 Show the head down position (eyes-on-the-ball)
- 5 Make sure that the players take their time in "resetting" after each kick
- 6 Listen for the sound of a ball being struck correctly
- 7 Make sure that both the dominant foot and the non-dominant foot are used

### Push Pass Progression 1



Have the players form two lines about 10 yards apart facing each other. Each player in one line starts with the ball. Make sure there is adequate room between the players for errant passes. If you find that the distance between the lines is too great stop the drill and bring them closer together. The drill must be geared for success to build confidence.

Have the players begin passing to their partner. As with the fundamental stage watch for proper striking technique, proper foot placement, eye-foot coordination (head down) and follow through.

But now in addition to these coaching points you must look for:

- 1) Proper "weight" on the ball. Weight is the speed, spin and/or pace of the ball. Too little weight and the ball doesn't reach the target....too much and it is difficult to Receive.
- 2) Accuracy. The plant foot is a big determiner of where the pass will go. Generally the pass will go where the plant foot toes point. You'll see a lot of toes turning outward at the beginning. This should be corrected.
- 3) Stress that the player should not step back to kick the ball. A common error at the young ages is for the player to stop the ball, take one or two steps back and then pass it. Step in to the ball to strike it.

Have the players begin passing to their partner. At this age you may want to have the ball served by hand, i.e. have the ball rolled to the kicking partner who now has to one touch (or one time) the ball back to their partner who picks it and rolls it back.

**Progress** to having both partners kick the ball one touch to each other. Make a game of it. Have them count how many times they can keep the ball going without either missing.

**Progress** to a game where on each successive kick the players take one step closer to each other until the ball is ricocheting back and forth at a rapid pace.

### Inside Push Pass Progression 2



The basic "shape" on the soccer field is the triangle.

Set up Players with one player at the apex or head of the triangle. The two supporting players will be at 45\* angles from the center, like a "cowboy drawing his two six shooters, they would be pointing at the two supporting players.

#### INSTRUCTIONS:

Have this player pass to the left and then receive the ball back. Then pass to the right and receive the ball back. After 10 repetitions change the center player and repeat.

#### Coaching Points

- 1) Watch for body position on the pass. The plant foot is still the biggest determiner of where the ball will go.
- 2) The receiving player should take the ball on the foot opposite the direction from which the pass is coming. (i.e. if the pass is coming from the left, the right foot receives, and vice versa.) This is called opening up to the field of play, Progression #3

## Keep your Yard Clean



Create a 5 - 10 yard neutral area that no player can enter. Use a minimum of one ball per two players (for best results use a ball for each player). On command, each team tries to keep its side free of balls by kicking through the neutral zone to the opposite side. Play for a specific time limit.

### Coaching Points and Progressions

- Must use two touches.
- Only use inside of foot.
- Only use instep (laces) when kicking.
- Increase size of neutral zone for more advanced players.
- Use fewer balls.

## Screen 5



Play Regular Game 3v3