



## U8-U10 Passing Games

Category: Technical: Passing & Receiving  
Difficulty: Moderate

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### Description

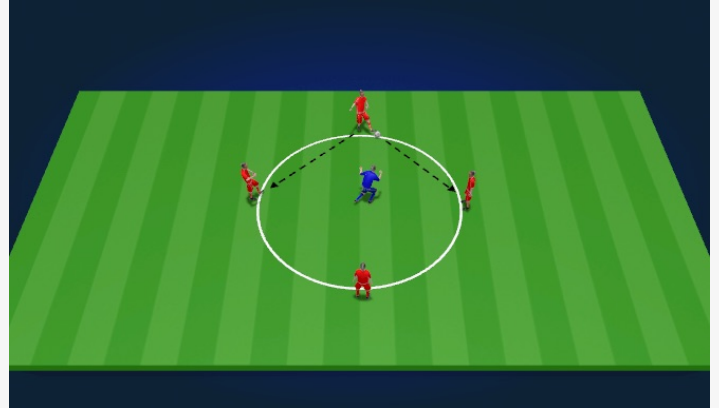
#### Rondo (10 mins)

##### Rondo

Play 3v1/4v1 or 5v2 as numbers allow. Player(s) in the middle is the defender. Players on the outside try to keep the ball by passing to each other quickly. This is not a dribbling game so players should look to play 1-2 touch if possible.

Variations:

- Play to a certain amount of passes (goal is 8, 10, or even 15 passes)
- If defenders in the middle get split they must stay in again when they steal the ball



#### Numbers Passing (10 mins)

##### Numbers Passing

Players are assigned a number, players must pass inside the designated area in the order they were assigned: 1 passes to 2, 2 passes to 3, and so on. You can also switch it up and make them go in backwards order. This game ensures players are talking and getting their heads up to see who they need to pass it to. Encourages movement to be the passing option when you are next up.



#### Barcelona (10 mins)

##### Barcelona

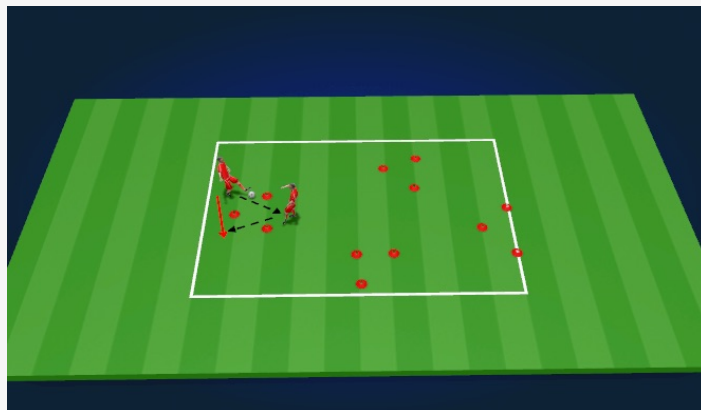
Players play 3v3 or 4v4 with goals on the ends like a normal scrimmage. Players score points based on how many passes are completed before scoring. Passes reset once opponent steals the ball. Example: 3 passes then a goal = 3 points



## Triangle Goal Game (10 mins)

### Triangle Goal Game

Setup triangles with cones around a small space. Players partner up and dribble around trying to connect a 1-2 pass/wall pass with their teammate. Players will play for a certain amount of time (1min rounds suggested) and try to beat their score from the previous round. You can have them switch partners as well.



## 5 goal game (10 mins)

### 5Goal Game

Setup 5 cone gates as shown in the picture. Can be played 3v3 or 4v4. Teams can score by passing through any of the 5 gates. Defending team must try to stop them. Encourage off ball movement, getting their heads up, and making good decisions.



## Back to you (15 mins)

Setup one or multiple 3x3 yard boxes. Four players will be on the outside with a ball at their feet. Place one defending player and one attacking player in the middle.

Attacking player in the middle can check to any of the outside players to receive a pass while trying to lose the defender that's marking them. The attacker receives a pass then plays the pass right back to the person who played them the pass. Play for 30secs-1min to see how many passes can be completed.

Variation 1:

You can start with no defender at first so players practice the simple pass to the middle player and middle player playing the pass back.

Variation 2:

Only two of the outside players have a ball, player in the middle receives a pass from one of them then tries to find someone else on the outside without a ball.

Coaching points:

- Movement off the ball is essential
- Eye contact to know when to play the ball
- Show which foot you want the ball
- Ask for the ball when you want it played, be loud!



## Through Pass

Setup a rectangle space about 15x8 (smaller or bigger depending on number of players). Use cones to show a designated end zone on each end. Middle space should be large, endzones should be small.

Split up teams evenly. Scoring occurs when a player makes a run into the endzone and receives a pass from a teammate. Each team has their designated end zone to score on. Player must receive and control the pass inside the end zone. Players cannot dribble into the end zone.

Variation:

Add goals in the space behind the end zone for players to score on from distance.

Coaching points:

- Anticipate when run is needed
- Get your head up to see the run/movement
- Weight of your pass.

