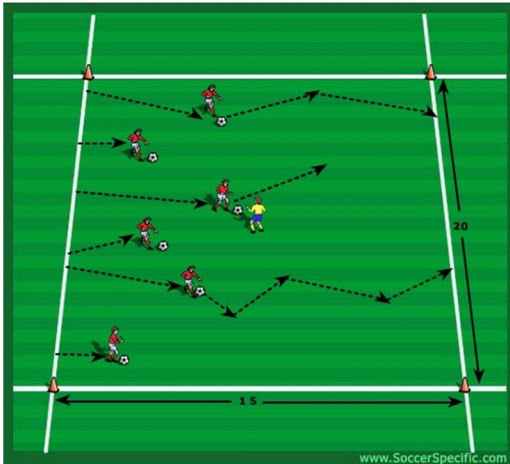




U8 Session Plan #1

Dribbling and Ball Mastery



THE DRIBBLING GAUNTLET

Emphasis: Speed dribble and cutting the ball

Set-up: Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

Objective: Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender without a ball. The last player to make it through the gauntlet wins the game.

Progression: The defender must start 5-10 yards back from the line. Must only dribble with the left foot, right foot....

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.



KNOCKOUT

Emphasis: Changing direction and changing speeds while maintaining control of the ball.

Set-up: One ball per person. Grid size should be approximately 20 x 20 yards

Progression: Each player wants to kick the other players' ball out of the grid. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball



MULTIPLE GOALS DRIBBLING

Emphasis: Dribbling and defending

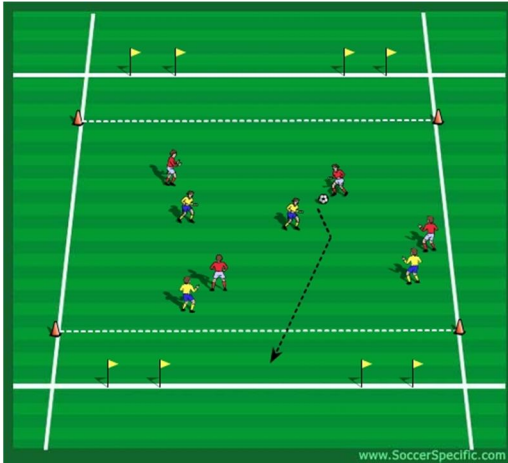
Set-up: Create a 30x40 yard grid and randomly place four, six foot wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.

Objective: One of the players starts as the attacker and the other is the defender. All pairs are working at the same time, and the attacker is trying to dribble through as many gates as possible while maintaining possession. If the ball is won by the defender, the ball is returned to the attacker. After 1 minute, switch the roles of the players and play for another minute. The player that goes through the most gates wins!

Progression: Must find a new gate each time. On a turnover, switch the roles.

Coaching Points:

- Score early and break the opponent's mentality.
- Force the opponent away from the gates.
- Use fakes and shot fakes to get the defender off balance.
- Lower your center of gravity



4v4 GET IN THE ZONE

Emphasis: Dribbling to beat an opponent.

Set-up: 20 x 30 yard grid. Cones are used to create a 5-yard wide end-zone at each end of the grid. Flags are used to create two mini goals at each end of the grid.

Objective: Both teams compete for the ball. One point is awarded for successfully dribbling into the opponents' end-zone area, 3 points for successfully dribbling through either of the opponents mini goal.

Progressions: Award extra points for beating an opponent with a move prior to entering the end-zone or mini goal.

Coaching Points:

- Attack the defenders at speed.
- Accelerate to get past defenders.
- Utilize moves, dodging fakes etc

ADDITIONAL NOTES