

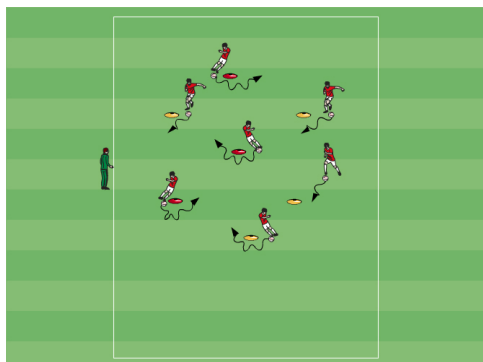
TRAINING SESSION: WEEK 1 FOR U8-DRIBBLING WITH THE HEAD UP



Objectives

To develop players to dribble with their head up for the purpose of penetration or keeping possession. To develop perception and awareness.

The Network



8 Players

balls/cones

Intensity: 3

12:00 min
(6 x 01:00 min, 01:00 min rest)

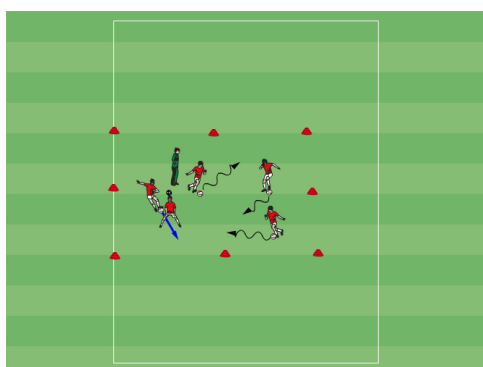
Coaching Points

Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.

Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball.

Freeze Tag



12 Players

Cones and a ball for each player.

Intensity: 5

00:12 min
(6 x 01:00 min, 01:00 min rest)

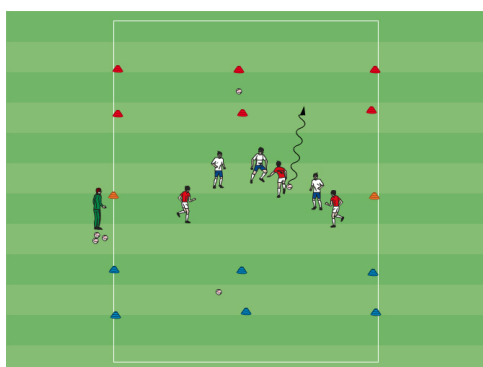
Coaching Points

Keep the head up while dribbling. Turn the ball with the inside or outside of the foot. Note: U6's will primarily use the inside. Introduce teamwork.

Description

Make a playing area with cones. Each player has a ball. The coach is "it". Players dribble their soccer ball and try to stay away from being tagged. If tagged, they are frozen. Frozen player has to stand and hold their ball above their head and spreads their legs apart. To get unfrozen, someone has to pass the ball under a frozen player's legs. Variations: A) Coach and the first

Small-sided game to an end zone (first to three) 2v2-4v4



10 Players

Cones, minimum of three soccer balls per field.

Intensity: 7

00:12 min
(6 x 01:00 min, 01:00 min rest)

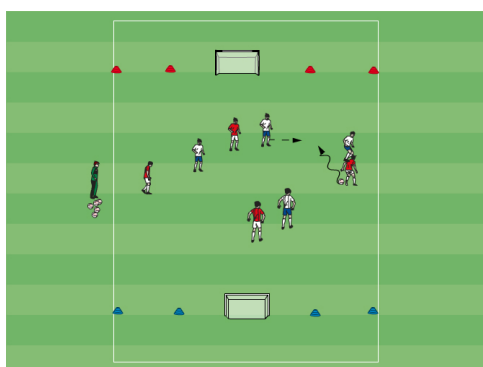
Coaching Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.

Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.

4v4 to small goals



10 Players

Cones, balls, small goals

Intensity: 7

00:16 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Application of technique "Diamond Shape" while on attack.

Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.