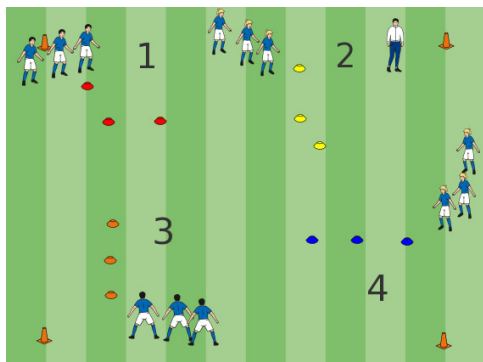


TRAINING SESSION: U8 DEVELOP AND CHALLENGE WEEK 7 DRIBBLING TO CHANGE DIRECTIONS ON THE BALL

Objectives

To develop agility, balance, and coordination on and off the ball
To develop dribbling with fakes
To develop changing directions on and off the ball


Agility Cones Activities



 10 Players

 Cones, Balls

 Intensity: 4

 10:00 min
(x 00:00 min, 00:00 min rest)

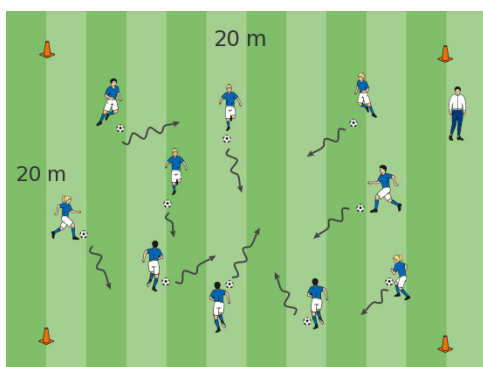
Coaching Points

Quick feet/Proper skill technique/Keep control of ball when dribbling/Head up see the field

Description

20x20 field with 4 stations. Station 1: Hop on one leg Station 2: Bunny Hops (two feet) Station 3: Skip backward Station 4: Players decide. Progression a soccer ball can be added.

Sailor Dribbling Game



 10 Players

 Balls, Cones

 Intensity: 4

 10:00 min
(x 00:00 min, 00:00 min rest)

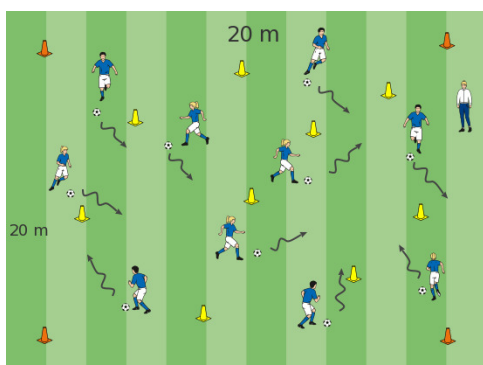
Coaching Points

Head up see the field/Dribble with both feet/Use different surfaces of feet to dribble the ball/Listen carefully/

Description

20x20m field. 10 players with a ball. Players move freely within the area. Player's follow coach's directions. 1-Salute captain: raise hand and balance on 1 leg 2-Scrub the decks: imitate washing the floor with the ball 3-Raise the sails: move around with the ball swing arms 4- Row the lifeboat: move the ball backwards 2-3 mins per activity

Dribbling with Fakes



 10 Players

 Cones, Balls

 Intensity: 5

 10:00 min
(x 00:00 min, 00:00 min rest)

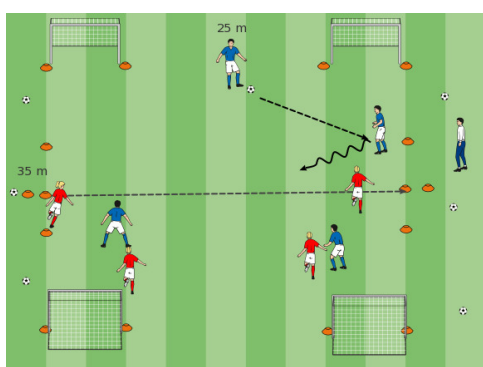
Coaching Points

Fake left, drop left shoulder, plant left foot, take touch right, accelerate into space/Fake right, drop right shoulder, plant right foot, take touch left, accelerate into space

Description

20x20 m field. 10 players with ball each. Number of cones within the area. Player move freely with the area stopping the ball at each cone and doing a fake before dribbling farther. Progression: Players do a fake as they move between the cones.

Small Sided Game with Retreat Line



 10 Players

 Goals, Cones, Balls

 Intensity: 6

 10:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Use the dribble to create a shot opportunity/Use fakes to beat the defender 1v1/Pass to open teammates/Change speed and directions throughout game play

Description

35x25m field. 2 teams of 4 (4v4) to 4 goals. Retreat line at the half. If ball goes out of play or a team scores players must go back to their own half past the retreat line.