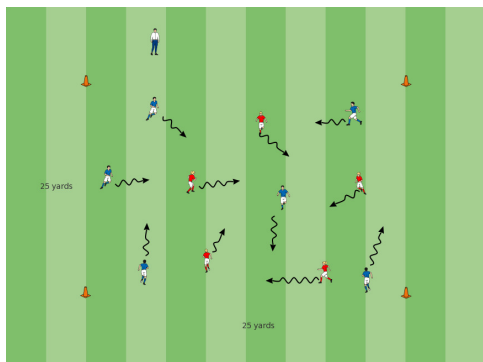


## TRAINING SESSION: U8 DEVELOP AND CHALLENGE WEEK 8 ATTACKING DRIBBLING MOVES

## Objectives

To develop dribbling attacking moves to beat an opponent  
To develop individual attacking in 1v1 and small sided games  
To develop agility, balance, and coordination

### General Movement Grid



**10 Players**

**Cones, Balls**

**Intensity: 4**

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

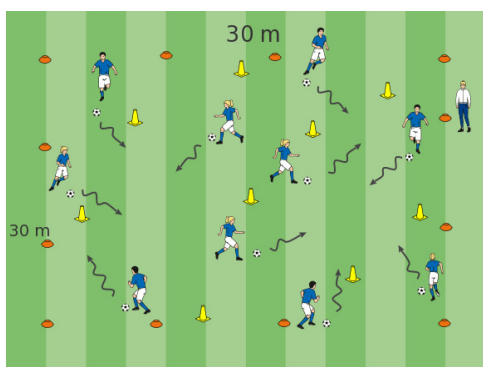
#### Coaching Points

Head up move into open space/Control the dribble/Change directions and speed of movements

#### Description

Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards, and sideways. Movements can occur with or without ball.

### Dribbling Attacking Moves



**10 Players**

**Cones, Balls**

**Intensity: 5**

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

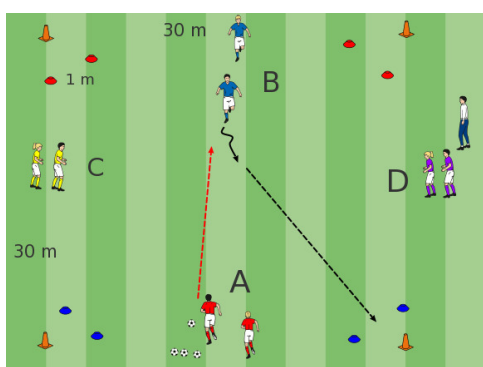
#### Coaching Points

Head up/Make move/Accelerate into space/Try different moves/Change directions and speeds on the ball

#### Description

Players dribble freely inside the 30x30m area. Players are asked to express their creativity by attacking space and showing different moves. On coach's call players attack cone and show a move to beat the defender. Coach can show the players moves or allow them to choose their own. Moves you can use (Scissor, Squeeze and push, Roll and push, Step over, Matthew's)

### 1v1 to goals



**10 Players**

**8 cones/Pinnies/Balls**

**Intensity: 6**

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

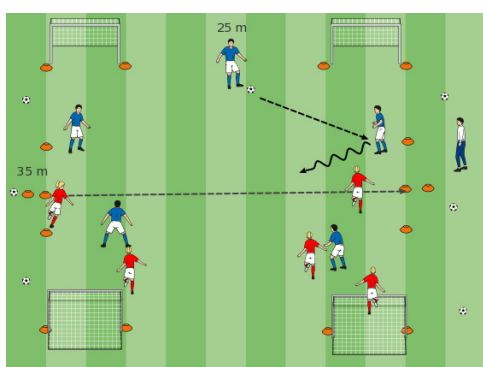
#### Coaching Points

Dribble to penetrate (get by defender and through goal to score)/Change directions to dribble around defender/Accelerate forwards once past the defender

#### Description

20x20m 4 goals, 1 in each corner. Player A passes to Player B. Player B attempts to dribble past player A and through one of the blue goals. Player B tries to win the ball and dribble through one of the red goals. Player C will then play the ball to Player D. Rotate offense and defense. Progress to 2v2

### Small Sided 5v5 with Retreat Line (4 Goals)



**10 Players**

**4 Goals/Cones/Balls (use other color cones)**

**Intensity: 7**

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

#### Coaching Points

Penetrate (go forward) with dribble, pass, shot/Spread out/Once play goes live defense can pressure the ball.

#### Description

35x25m Play 5v5 small sided game to 4 goals. If odd numbers play with a neutral. If ball goes to GK or out of bounds the opponent must go back behind the retreat line. GK passes ball into play and once their teammate receives the pass play is live.