

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Three

Daily Topic: Dribbling

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

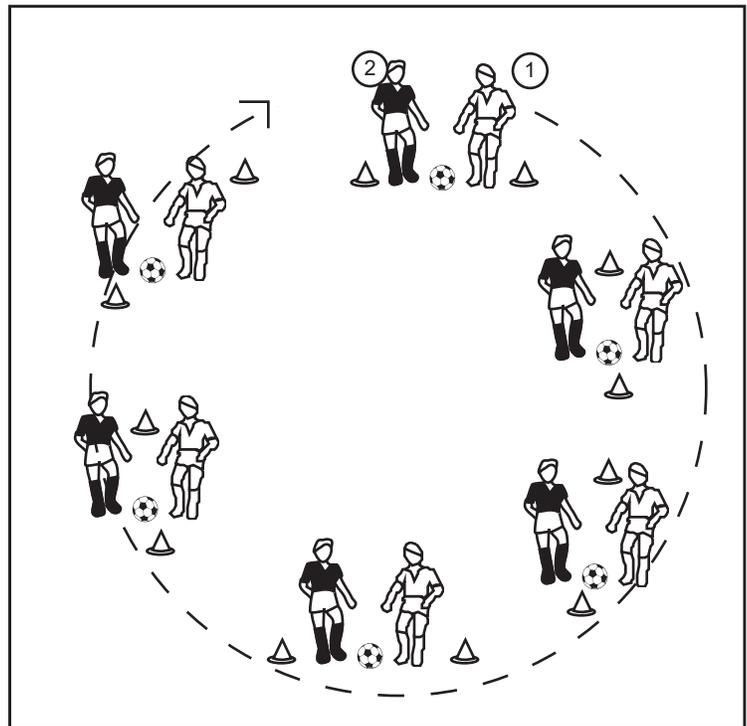
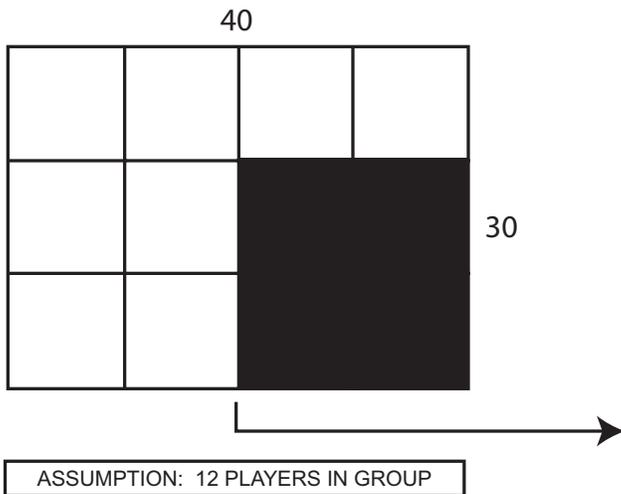
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Dribbling

Horse & Jockey



Purpose

To develop directional dribbling.

Organization

Set out a circle of discs in 20 x 20 yard area. Group in pairs. Station the partners inside a pair of discs. Number the players 1 and 2.

Game Objective

The light player stands over the back of the dark player, who is on all 4's. On the command "away you go!" the dark player jumps off then crawls through light player's legs and dribbles the ball in a clockwise direction around the outside of the circle. When he gets back to his partner, he goes through his legs and jumps on his back again to finish. Rotate positions.

Progressions

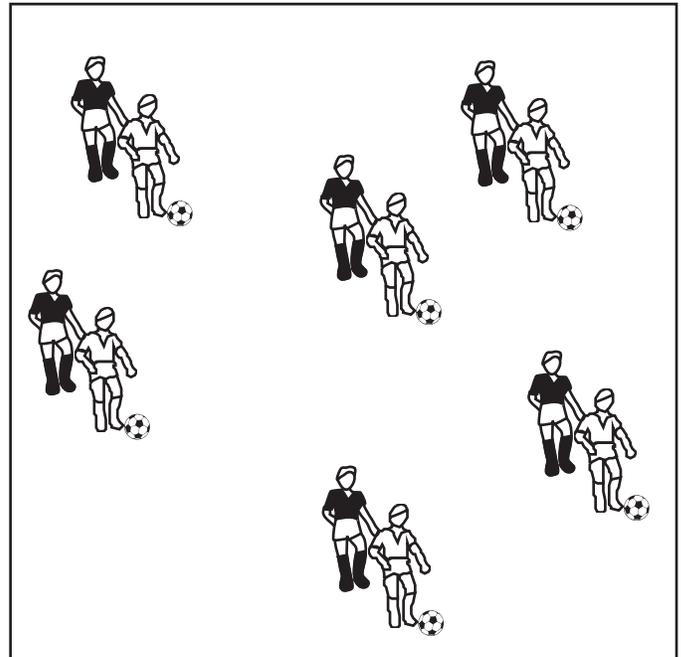
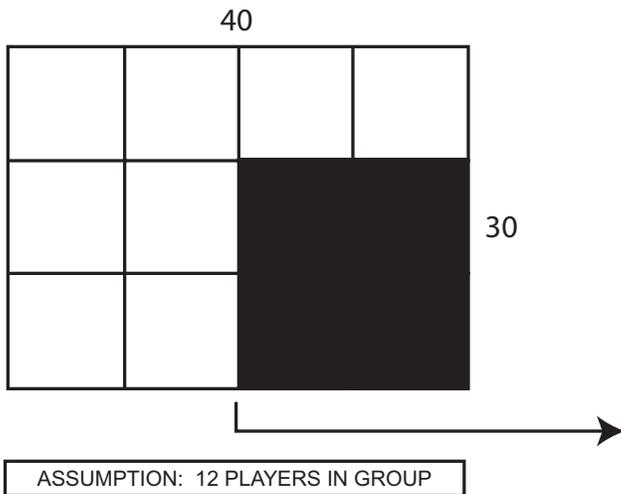
The coach dribbles in a counter-clockwise direction around the outside of the circle to encourage players to dribble with their heads up.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Glance up and around between touches.
3. Use the inside of your foot, then the outside of your foot to maintain control while dribbling.

URNS & BURNS - Running With The Ball

Shadows



Purpose

To develop dribbling under passive pressure.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The light player starts with the ball in front of the dark player.

Game Objective

The object of the game is for the light player to lose his shadow dark player. The defender is not allowed to touch his partner or the ball.

Progressions

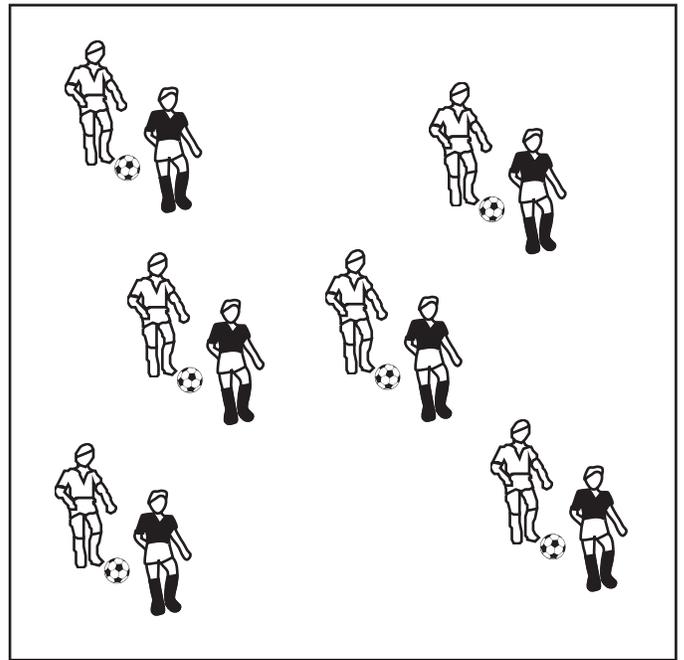
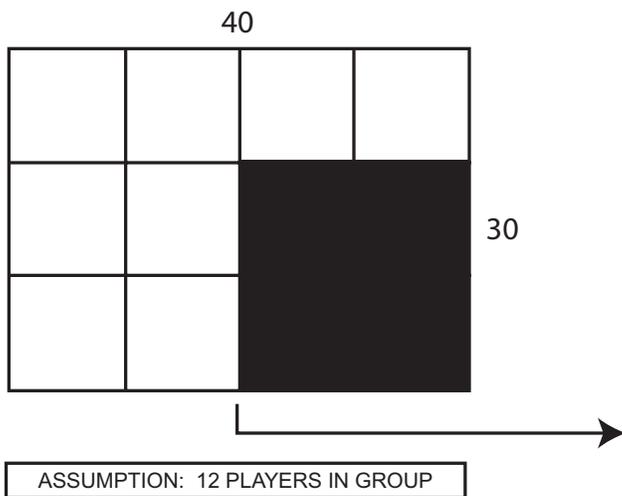
Both players have a ball.

Key Coaching Points

1. Concentrate on the ball and not the partner.
2. Push the ball 2-3 feet in front of you between touches using the laces of the foot.
3. Turns and fakes.
4. Change of pace and directions.

URNS & BURNS - Dribbling

Chasers



Purpose

To develop dribbling, turning and pursuit.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The light player with the ball stands behind the dark player.

Game Objective

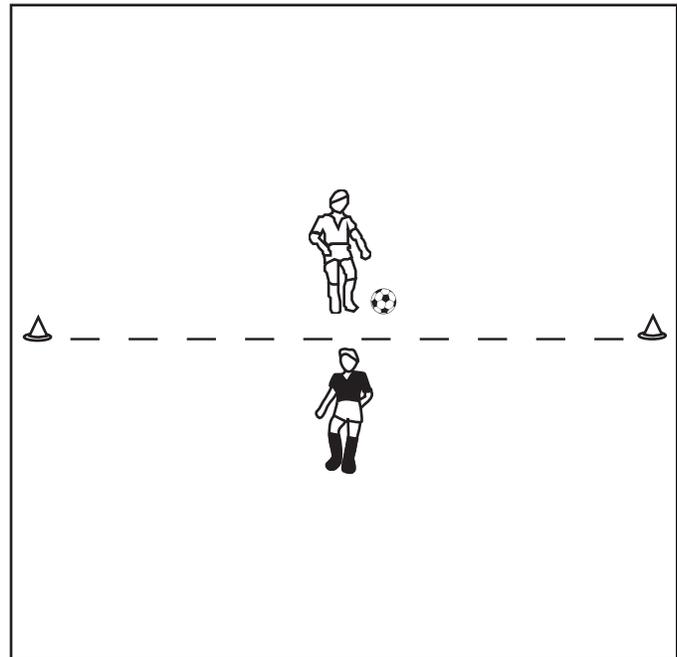
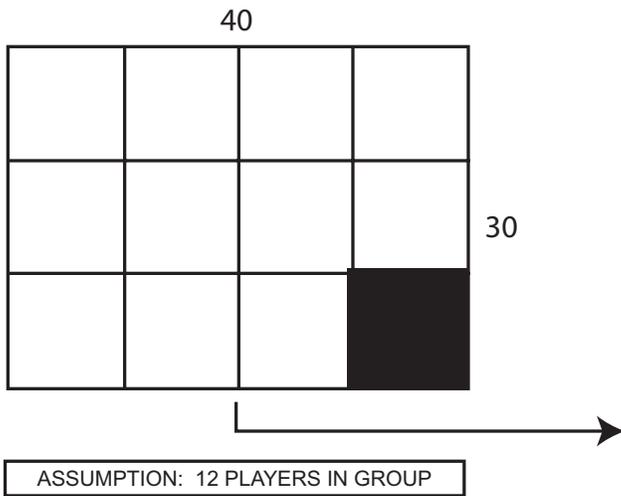
The object of the game is for the dark player to lose his shadowing light partner. The light player must dribble at speed tracking the dark player. When the coach shouts out "Freeze!," all players stop. Is the light player close enough to reach out and tag the dark player?

Progressions

Both players have a ball.

Key Coaching Points

1. Encourage players to look up between touches to track their opponent.
2. Push the ball 2-3 feet in front of you between touches.
3. Use the inside and outside of both feet to move the ball side to side.



Purpose

To develop deception and feints.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

Game Objective

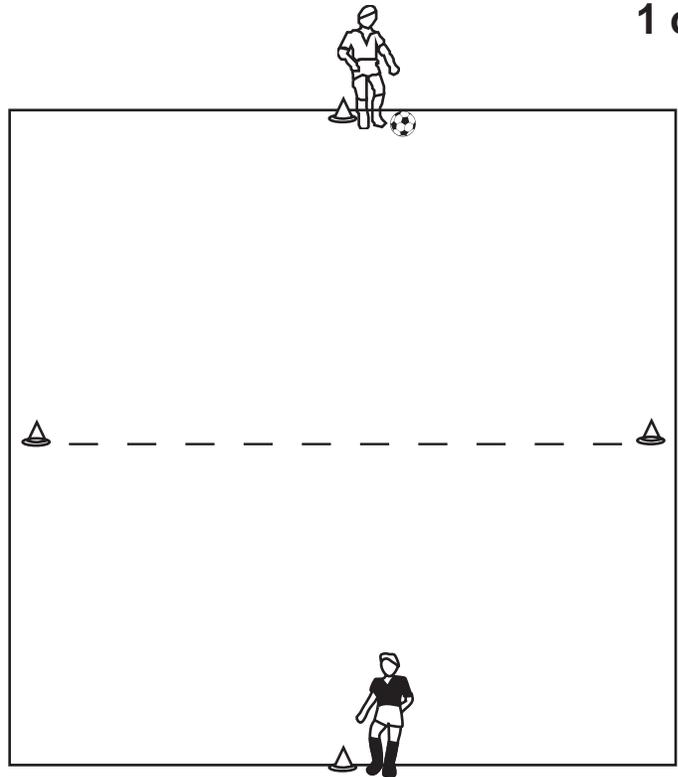
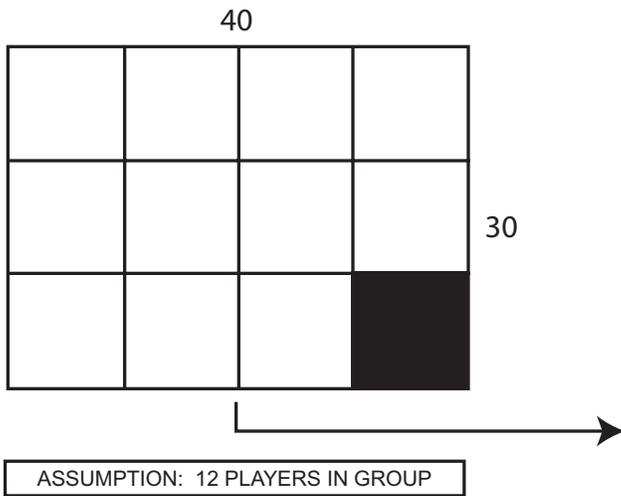
Light player starts with the ball. Neither player is allowed to cross the imaginary line. The light player attempts to dribble to either of the discs before the dark player defender touches the very same disc. Repeat practice with the dark player in possession. To encourage feints, try doing the practice first without a ball, then with.

Progressions

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

Key Coaching Points

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player starts with the ball and passes it in to dark player. As soon as dark player touches the ball, the light player can try to win the ball. The dark player tries to dribble to any of the 3 spare cones in the grid. The dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the light defender to the disc at the top of the diagram. Repeat the practice with light player in possession.

Progressions

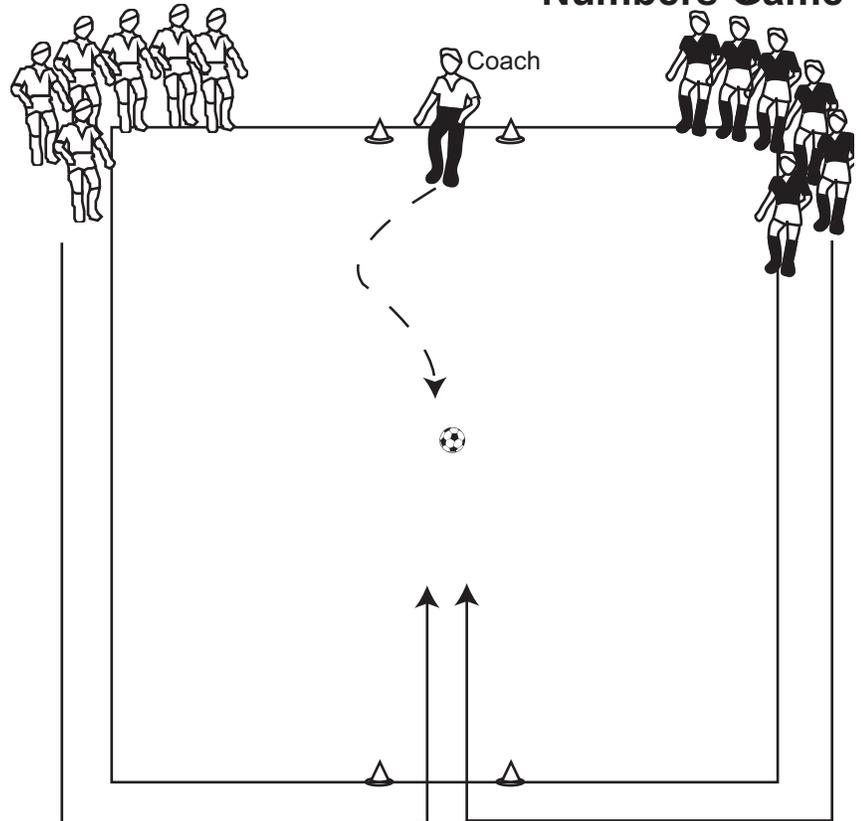
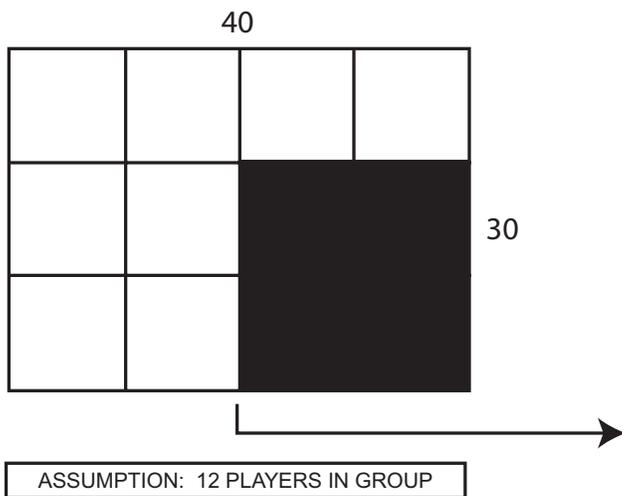
If light player wins the ball, he becomes the attacker and tries to score.

Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.

NETBUSTER - Dribbling

Numbers Game



Purpose

To develop finishing in the goal area.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

Game Objective

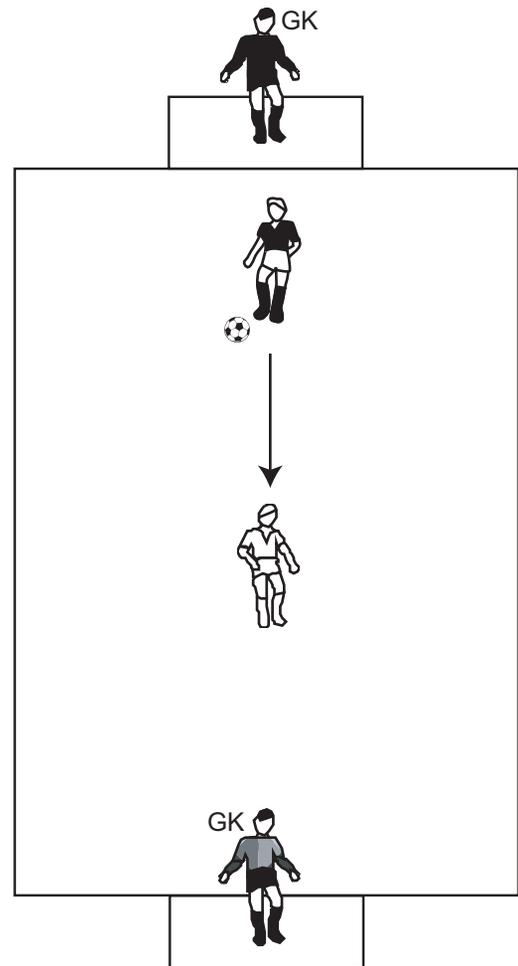
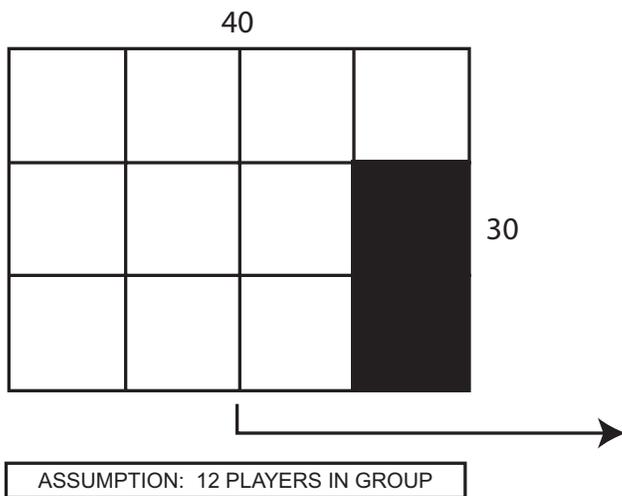
The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball into the middle of the area. The two players must compete to shoot on goal.

Key Coaching Points

1. Good running speed to the gate.
2. Keep the head down on the ball.
3. Strike the ball with the laces.
4. Shoot at earliest opportunity.
5. Follow in for rebounds.

BACKYARD SOCCER - Dribbling

Smash & Grab



Purpose

To encourage dribbling, shooting and 1 v 1 attacking play.

Organization

Set out a 10 x 20 yard area with a goal at each end. Put a goalkeeper in each goal and play 1 v 1 in the middle. Play pair vs. pair for 3 minutes, then change. Repeat in 2 other areas for a total of 12 players.

Game Objective

The object of the game is to score in the opposing goal. The team in possession must attempt to attack the opposing goal as a pair using passing, dribbling and shooting skills to score. Hence, the goalkeeper of the team in possession comes out of the goal to support his partner, but cannot score. Repeat in the opposite direction.

Progressions

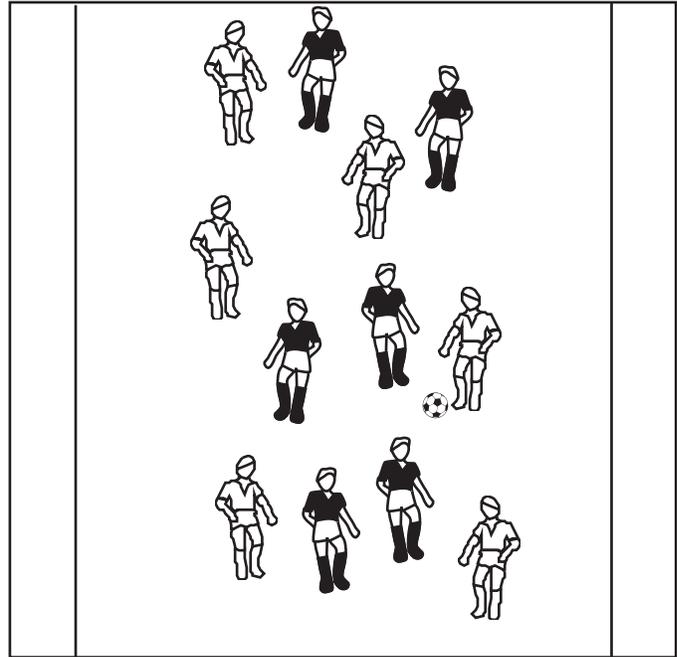
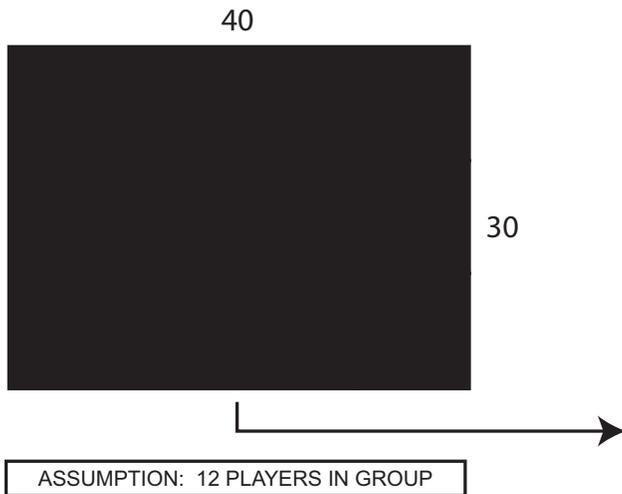
1. Goalkeepers can now score.
2. If a player does a fake or move, he scores 1 point. 3 points for each goal.

Key Coaching Points

1. Try to beat the defender by using a fake.
2. Once you see the goal, shoot with your laces.
3. Goalkeeper ("Grab") try to get the ball to the striker ("Smash") so he can shoot the ball first time.
4. "Grab" can dribble out and help "Smash."

THE BIG GAME - Dribbling

Super Bowl



Purpose

To develop control in a small sided game.

Organization

Set out a 40 x 30 yard area. Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

Game Objective

The dark team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

1. Make end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.