

2011 Little Lights Program

Topic: U8s



Key Points Players should learn

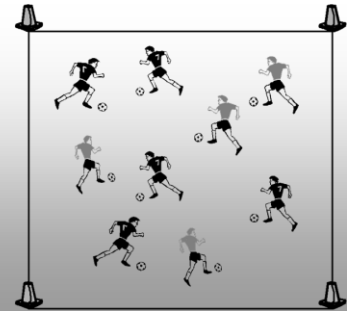
1. Body movement and awareness
2. Stops and turns
3. Dribbling

Arrival: Fun and Games—Juggling contest

Copy the Coach: Players move around with ball, following commands by Coach. Start with ball in hand, and then move ball to the feet. Add working in pairs

Coaching Points:

1. -Pull back
2. -inside cut
3. -stop, hoe, and turn



Activity One: Fetch

Coach tosses balls and gives instructions on how the players must bring the ball back.

Example:

- 1) Do turns when dribbling back
- 2) Dribble ball to gate, then do a turn
- 3) 1v1, dribble through gates

Coaching Points:

1. -Safety—know where you toss a ball
2. -Dribbling technique-comfort with the ball
3. Pullback technique (Spin tight, facing ball, catch ball)
4. Inside cut technique (balanced and low, chop ball back to other foot)

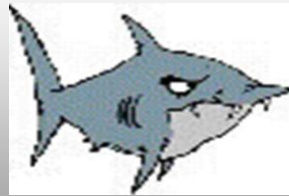


Activity Two: Sharks and Minnows

Set Up: Shark (coach) tries to stop the minnows (players) from dribbling across the “ocean”. If the minnow gets caught, they get to help out the shark. If there are too many sharks, have the crab walk. Provide ‘safe’ areas for players to stay in for 3 seconds.

Coaching points:

1. Dribbling technique
2. Awareness of others
3. When to dribble fast
4. Turns to get away.



Game: Four Corners of the earth

Set up four squares in each corner of the field. Players pair up, with a ball per pair. Players try to move ball to all four corners of the earth without getting it taken from them by a defender. If the defenders win the ball, they must try to get it to the coach.

Coaching Points:

- 1) Turning Technique
- 2) Avoiding defender (awareness)



Finale: 1v1 Player challenge. Players play one vs one in a small area with gates to score through. Can use multiple gates. Number players off 1-? And call out which two players play. Can use multiple balls.