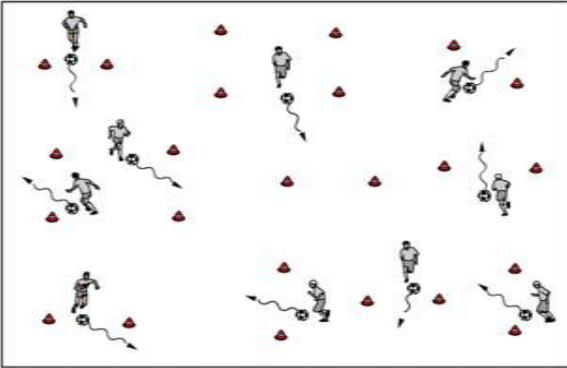


U8: Week One and Two

Dribbling

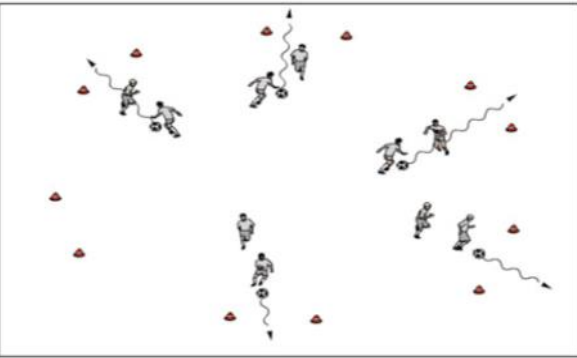


Gates warm up game

Run through as many gates as you can in 30 seconds
Carry the ball through as many gates as you can in 30 seconds
Dribble through as many gates as you can in 30 seconds

Play a variety of warm up games to include:

Body Part Game
Red Light Green Light
Follow the leader



Competitive 1 on 1 Gate Game

Players play 1 on 1 and dribble through as many gates as possible.
Switch up players.
Play for time.

Coaching Points:

Change direction/change speed
Toes down, heel up, lace dribble, inside/outside to turn
Knee bent, low center of gravity
Eyes up to see the gaps and open space

Dribbling Game (1 on 1) 1v1

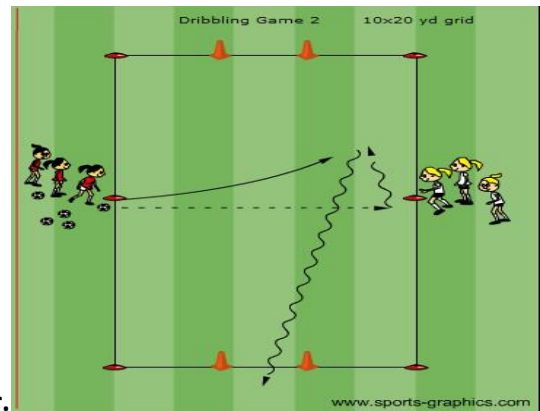
Set up 2-3 10x20 yard field with two 3-4 yard wide goals

No more than 3-4 players in each group

- 1) Players on one side get to **decide** to run through one of the two goals the other players have to **guess** which way and race to the goal
- 2) Coach rolls a ball in for the players to play 1 on 1 to either of the end line goals by using changes of direction/turns.
- 3) Start with a pass across to the opponent, play 1 on 1 to either of the end line goals by using changes of direction/turns.

Additional Coaching Point

1) Coach WHY, WHEN AND HOW to change direction based on defender.



Conditioned Small Sided Game(s)

Divide players into equal teams.

Play 3v3 or 4v4.

Each field has two end zones or simply an endline.

Dribble into the end zone or across the endline and stop the ball to score.

Once a goal is scored, the opposition start with the ball in the end zone.

