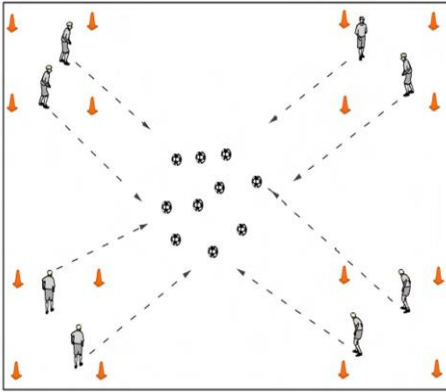


U8: Week Three and Four
Turning and Dribbling



Turning Warm Up

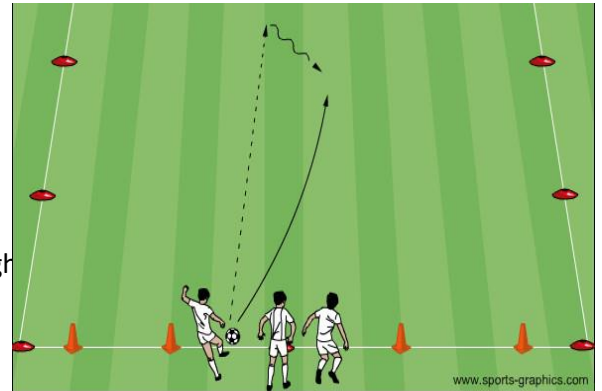
Set up a 10x10 yard square with lots of soccer balls in the middle
 Place players in the corners evenly.
 Run the middle, dribble one ball out and tag the next person in your line.
 The team with the most balls in their corner wins.
 Play a few rounds, add the scores together.

Coaching Points

- Change direction/change speed
 Which part of the foot to turn with:
- 1) Sole of the foot
 - 2) Inside of the foot
 - 3) Outside of the foot

Turning and Dribbling Game

Set up a 10x15 yard field with two 3-4 yard wide goals
 Two groups either side of the coach.
 1) Coach rolls ball out to alternate players to turn and dribble through one of the two goals.
 2) Coach rolls ball out to alternate players to turn and dribble through a goals. Before getting the ball, coach holds up #1-5, player calls out #.
 3) Coach rolls ball out for players to play 1 on 1 to turn and dribble through the two goals.



Additional Coaching Points

Check over shoulder to know if/when/how to turn.

Conditioned Small Sided Game(s)

Divide players into equal teams.
 Play 3v3 or 4v4.

Each field has four corner goals.

Players "score" by dribbling through one of the two corner goals in the direction they are attacking and must stop the ball for the goal to count.

