

U7/8 dribbling

Location: Burke School. **Date:** Apr 1, 2019 12:00 AM - 1:30 AM

Comments before Training

Use warmup games that promote dribbling, i.e. Line Soccer and pugg goal games. Challenge players to dribble into space.
After main session play 4 V 4 Games.
Play, Practice, Play



U7/8 Warmup



Warm-up - 15 min.

Objective: Play Practice Play. This gets players moving in the game. Guided instruction prior to start, can they find space to take a shot. Can they dribble to space and then shoot or pass before pressure comes.

Micro Games Setup: Multiple 15 X 15 Grids. Some with two puggs, some with one pugg and line soccer zone, some with weighted ball in the middle.

Execution: As players arrive set up in 2 V2 and 3 V3 games. The two puggs are regular games, the two puggs line soccer one team shoots to goal, the other team tries to stop the ball in the zone at the end line. The ball, players pass and dribble until they can hit the weighted ball with their ball.

Spider Web Game Setup: Great game for dribbling and passing warm-up.

Basic set up. 20 X 20 Grid. 2 players in the middle link arms. They are the spider/defense. All others are offense.

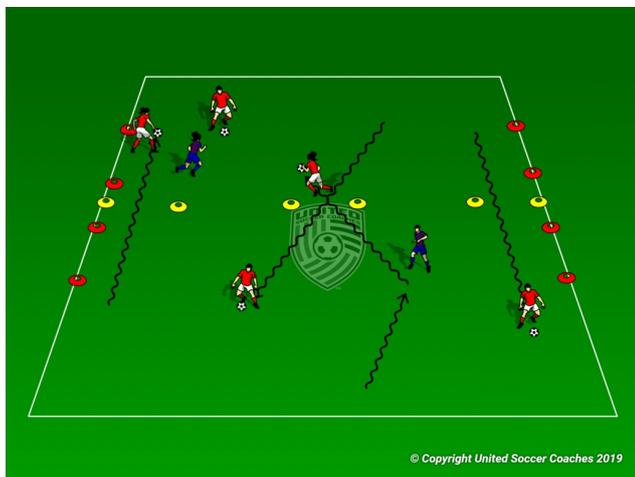
Dribbling rules: All offense players have a ball. Dribble around the box to avoid the spider. If tagged (preferably below the knee, if to hard below the chest), the player passes their ball to the coach and links arms with the rest.

Passing Rules: Half as many balls as there are offense. The spider (defense) tries to tag players with the ball. Player must pass to a teammate to avoid being tagged. If player passes the ball out of bounds he/she links arms as if he/she were tagged.

Comment

1st practice will let them play longer so coaches can talk to parents

U7/8 dribbling



Main phase - 20 min.

Setup: In a 20 X 20 Grid set up 3 gates and 2 zones across the middle. Break players into 3 equal teams of 2 - 4. One team is the defenders. This team is split in half placed in each zone, facing away from the gates. The other teams (offense) line up on the endlines facing the gates. (May want to use coaches as defenders first)

Execution: Players dribble across, avoid the defender and get through a gate to get to the other side. Demonstrate to players foundational move of fake weight to one direction and change to other direction. Rotate the team in the middle every 2 minutes.

Coaching Points: Player can use cut, outside of foot, or inside foot drag to change direction. Move the ball laterally before going forward. Accelerate after fake. Keep ball close enough to Stop the ball at the other end.

Variations: After a couple of runs, add 2 goals either at the ends or spaced across the middle not directly in front of a gate.

Comment

Challenge the players to show a new move, or ability to move laterally, can they be sneaky and pretend to go one direction and turn to the next.