



## U7/U8 Week 1 - Ball Mastery & Dribbling

Date: **Sep 14, 2017**Duration: **1 Hour**Team: **HSC Future Phantoms**

1

⌚ 6 min ↗ 15x15

### **Setup:** Ball Mastery Technique

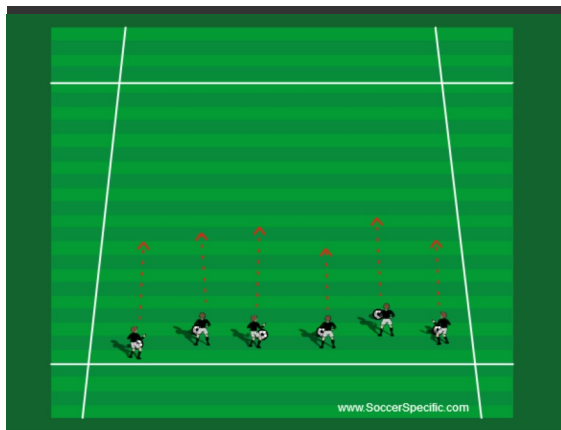
- Each player needs two cones set 5-yards in width.
- Each player needs a soccer ball.
- Coaches starting position should be in front of the players.

**Instructions:** Coach demonstrates a ball mastery technique. (Only toe taps and pendulum can be done in this area). Players then copy the coach for ten seconds. Coach makes coaching points and then the players re-try the technique.

**Progression:** Players count how many touches on the ball they can get in 30 seconds. On the second attempt, players try to beat their scores. Coach should really give players 35 seconds so they can achieve their goal of beating their score.

### **Coaching Points:** - Knees bent.

- Body weight slightly over the ball.
- On toes.
- Footwork - smooth movement of feet in between touches.



2

⌚ 6 min. ↗ 15x20

### **Setup:** Dribbling & Ball Mastery Activity

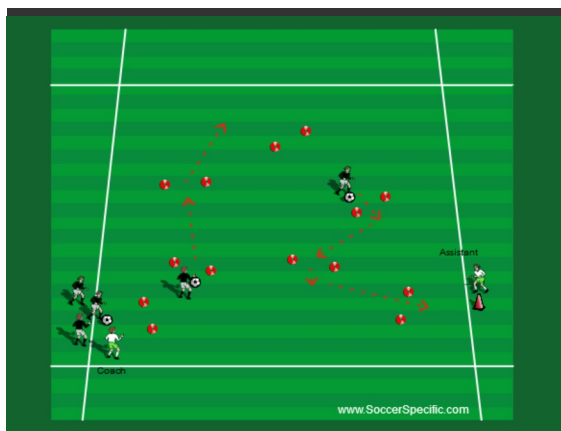
- Area: 15 x 20-yards.
- Each player needs a soccer ball.
- Players should start on one end-line.

**Instructions:** Players dribble across the area and stop the ball on the other line. Vary the dribble each time - left foot, right foot, role over, etc.

**Progression:** Start with players using the correct technique, then ask players to count how many touches they can get on the ball in between the lines. Have players execute toe taps and/or pendulums while waiting on the line for the next round.

### **Coaching Points:** - Dribbling technique.

- Role over technique.
- Emphasis should be on close control and body mechanics.



3

⌚ 6 min. ↗ 15x20

### **Setup:** Down Hill Skiing - Dribbling Fun Game

- Area: 15 x 20-yards with coned gates placed inside the area.
- Each player needs a soccer ball and starts with the coach.
- Assistant (if you have one) at the end of the last gate

**Instructions:** Players are asked to dribble through the gates in a set order, like down hill skiing. There should be a start and a finish designated. Have the coach start at one end and the assistant at the other, to represent the start and finish.

**Progression:** Add obstacles in the gates OR players must do a fun activity in each gate. For instance, put their elbow on the ball before passing through. Be creative!

### **Coaching Points:** - Dribbling techniques.

- Change of speed after passing a gate



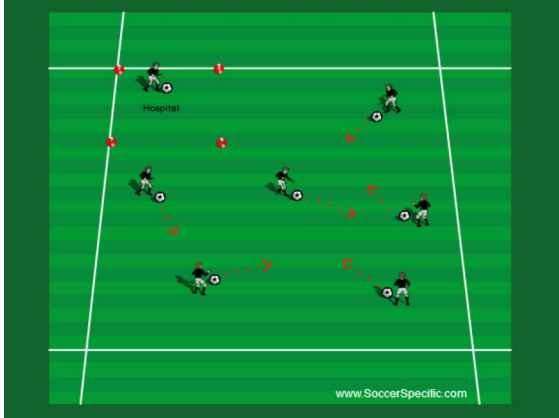


## U7/U8 Week 1 - Ball Mastery & Dribbling

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### **Setup:** Hospital Tag - Dribbling Fun Game

- Area: 15 x 20-yards with a 5 x 5 yard "Hospital" in one corner.
- Each player needs a soccer ball.
- All players start inside the main area, but outside the "Hospital".

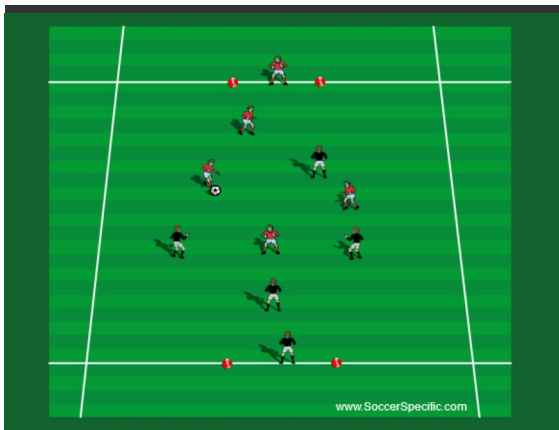
**Instructions:** Every player has a ball and is dribbling randomly inside the area. The aim of the game is for each player to try and tag each other with their hands as they dribble around the area. When a player is tagged, they must hold that body part while continuing to dribble. The second time a player gets tagged, they must dribble into the "Hospital" area, complete a fun punishment (5 toe taps, pendulums, etc.) and re-enter the game.

**Coaching Points:** - Dribbling technique.

- Keep the ball close.

4

⌚ 6 min. ↗ 20x20



### **Setup:** 4v4 Scrimmage (Goalkeepers Optional)

- Area: 15 x 25-yards or the half of the field you are practicing in.
- Create 2 cone goals 3-4 yards wide at each end.
- Divide your players into 2 teams (use goalies if you wish)

**Instructions:** Play a scrimmage!

**Coaching Points:** Always end your practice with a scrimmage. You can teach some soccer rules here or reinforce a topic you worked on in practice, but wait for a good moment. This is the time of the practice where kids have the most FUN, so do not stop play too much! Be sure to praise good play, especially if it reinforces your topic!

5

⌚ 20 min. ↗ 15x25

