

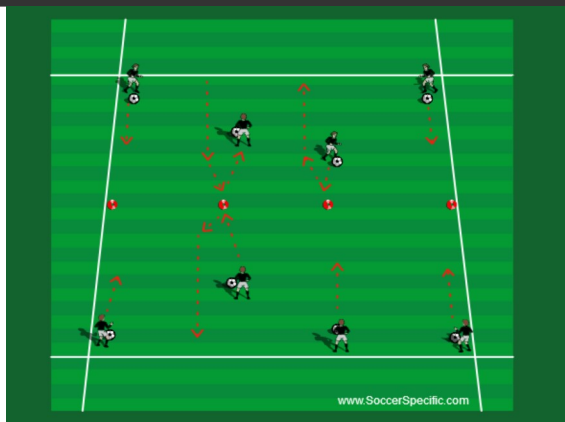


## U7/U8 Week 2 - Dribbling & Turning

Date: **Sep 21, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



**Setup:** - Area: 15 x 15-yards area with a line of cones down the center.

- Group players into pairs, each player with a ball.

- Place players on opposite lines.

**Instructions:** Players dribble in towards the center cone. As they reach the cone, they execute a turn and dribble back to the line.

Variation 1: Increase speed as players progress. Add different turns.

**Coaching Points:** - Dribbling technique.

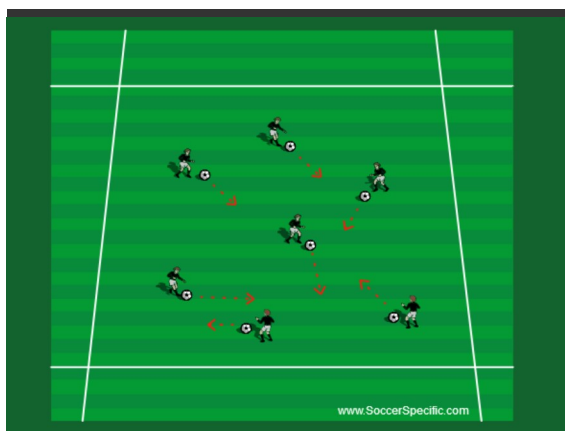
- Turning techniques.

- Players must keep the ball close when dribbling in order to execute turns successfully.

- Look at the ball when executing a turn.

1

⌚ 6 min. ↗ 20x20



**Setup:** - Area: 15 x 15-yards area

- Each player with a ball.

- All players start inside the area.

- Adjust the area as needed if too easy/too hard to knock opponents' ball out.

**Instructions:** The aim of the game is for players to knock each other's soccer balls out of the area. When a player has their ball knocked out they must do a fun punishment (5 jumping jacks, toe taps, etc.) before re-entering the game. Play for 1-2 minutes and start over.

NOTE: Do not make a big deal over who gets knocked out and who doesn't.

Move on from this game if kids are getting upset over being knocked out!

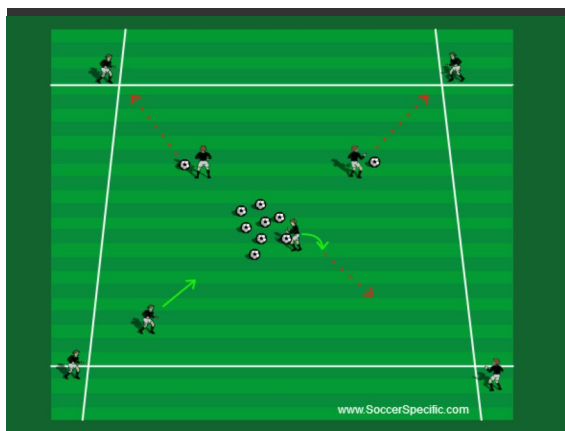
**Coaching Points:** - Dribbling technique: Keep the ball close so it is hard to steal.

- Turning technique: Turn away from pressure.

- Emphasize using a turn to get away from another player

2

⌚ 6 min. ↗ 20x20



**Setup:** - Area: 15 x 15-yards area.

- Split players into 4 groups and place a group on each corner.

- Each player needs a soccer ball.

- Players start by placing their balls in the center of the area.

**Instructions:** The aim of the game is for teams to retrieve their soccer balls as quickly as possible. Only one player can go from each line at a time. The next person cannot go until tagged. Players must retrieve the ball and dribble back to their corner - not pass back! Players in each line are trying to retrieve their ball only at first.

Progression: Teams try to get as many balls back as possible. They can retrieve any ball from the middle they wish. Put some extra balls in the middle if you have any.

NOTE: Make sure the groups are as even as you can. Also, make sure there is never only one winner - you can go through several rounds and adjust players if very lopsided.

**Coaching Points:** - Dribbling technique: Emphasis on speed and close control.

- Turning technique: It is quicker to execute a turn when retrieving a ball instead

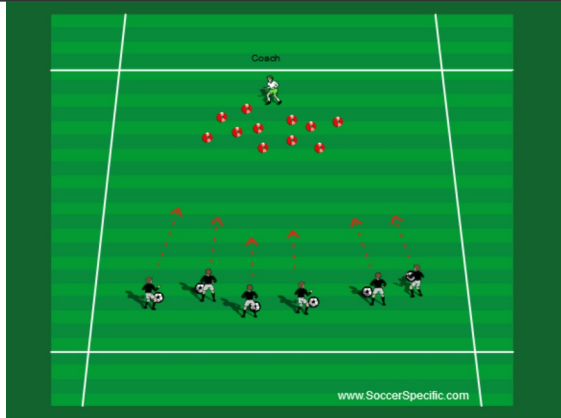
3

⌚ 6 min. ↗ 15x15





## U7/U8 Week 2 - Dribbling & Turning

Date: **Sep 21, 2017**Duration: **1 Hour**Team: **HSC Future Phantoms****Setup:** - Area: 15 x 25-yards area.

- Each player needs a soccer ball.
- Players start on one end line and the coach on the other.
- Coach is surrounded by cones.

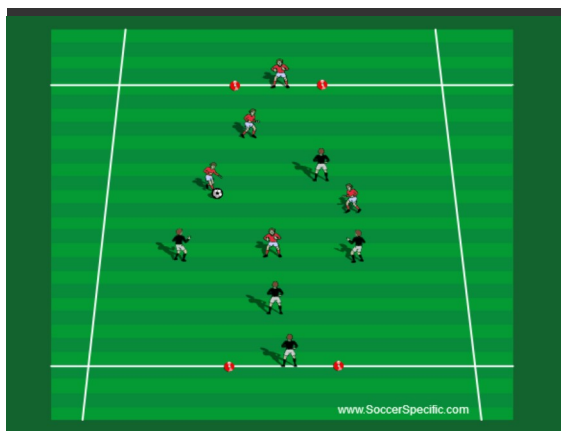
**Instructions:** Coach is the big bad wolf. Players are the pigs and are trying to steal the wolf's house bricks (cones). When the pigs shout "What time is it Mr. Wolf?", the coach gives a number and turns their back on the players. As the coach counts (out loud) to that number, the pigs dribble towards the wolf. When the wolf stops counting and turns around the players must freeze with the sole of the foot on the soccer ball. Any player caught moving must restart the game. If the coach replies with "DINNERTIME", the wolf turns and chases the pigs back to the end line. The game is over once all the cones are gone. Players who steal a cone must dribble back to the end line and start again.

**Coaching Points:** - Dribbling technique.

- Turning technique.
- Use the Sole Turn or Inside Hook to turn quickly away from the wolf.
- Emphasis is on close control so players can stop the ball or turn quickly.

4

⌚ 8 min. ↗ 15x25

**Setup:** - 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

