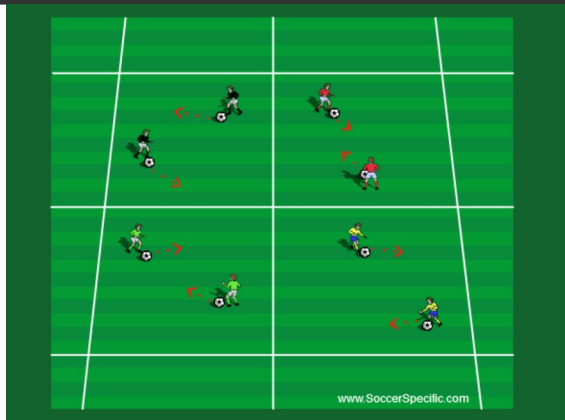




U7/U8 Week 3 - Dribbling & Moves

Date: **Sep 28, 2017**Duration: **1 Hour**Team: **HSC Future Phantoms**

1

⌚ 6 min. ↗ 15x15

Setup: - Area: 15x15 area broken into 4 squares with 2 players per area.
- Each player needs a ball.

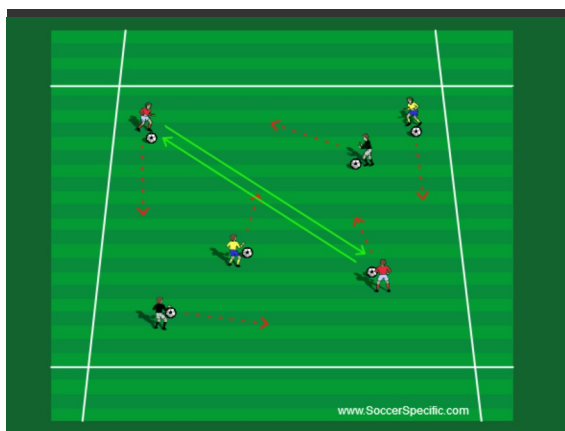
Instructions: In bursts of 1-2 minutes, the players dribble around their area using all parts of the foot - inside, outside, laces and sole. At the coach's direction, the players turn or perform a move. The coach should shout the direction, such as "Turn!" or "Move!", and all the players do so. Introduce a move or two and have the kids try them.

Progression: During a break, yell "Change!". All players must leave their ball and sprint to find another ball in a different area. Resume activity from there with new groups.

Coaching Points: - Dribbling technique.

- Turning technique.

- Look for creativity and variety in individual moves.



2

⌚ 6 min. ↗ 30x30

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

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

Instructions: Players have to dribble around the area, not in a circle, and try to stay as far away from their partner as possible. When the coach shouts "Switch!", players must stop their ball and go to retrieve their partner's ball. As soon as they get their partner's ball, they continue to dribble. Incorporate moves into their dribbles.

Variation: Coach should try to trick players by shouting "Switch!" in quick succession.

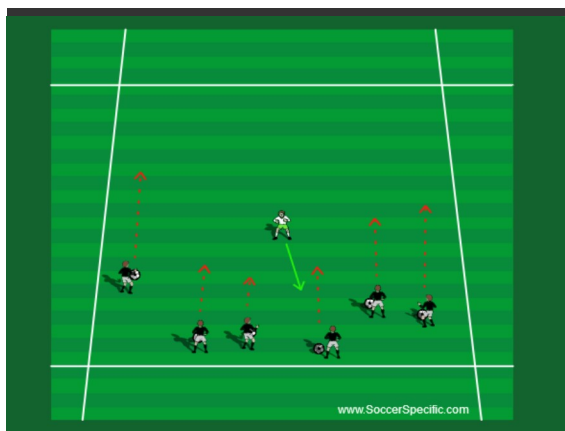
Coaching Points: - Moves technique.

- Head up: Keep your eyes on your partner when dribbling.

- Keep the ball close at all times.

- React to the coaches' direction as quickly as possible.

- Don't dribble in a circle.



3

⌚ 6 min. ↗ 15x20

Setup: - Area: 15 x 20-yards area.

- All players ("Minnows") start on the line at one end of the area.

- Each player with a ball.

- Coach starts in the middle as the "Shark"

Instructions: The players are trying to dribble across the area and get to the other side without the "Shark" stealing their ball. If a player's ball is stolen or kicked out of the area, they also become a "Shark" for the next round. The remaining players come back the other direction and try to avoid the "Sharks". Once everyone is a "Shark", start over.

Coaching Points: - Dribbling technique.

- Moves technique: use moves and fakes to get past the "Sharks".

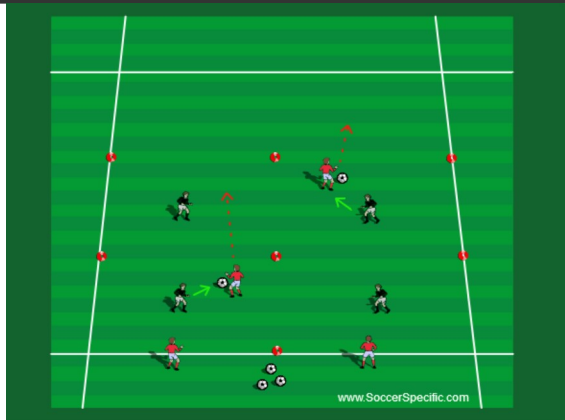


U7/U8 Week 3 - Dribbling & Moves

Date: **Sep 28, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



Setup: - Area: 10 x 15-yards area and split into 2 equal squares.

- 4 players inside, one in each square.

- Place the remaining players on one end line with soccer balls.

Instructions: The "Crab Team" players inside the areas should take up a crab position: leaning backward on their hands & feet. Their job is to steal a player's soccer ball and kick it out of the area while moving around in this position.

Each "Crab" MUST stay in their own square! The "Non-Crab Team" players on the end line go 2 at a time (one in each row). They are trying to dribble through the area and past the opposite end line without their ball being stolen by the "Crabs". After all players dribble through the area a few times, the groups change roles. Make sure each team gets an equal turn to dribble.

Coaching Points: - Dribbling technique: Keep the ball close so the "Crabs" cannot steal it.

- Moves: Use moves to fake the "Crabs" out.

4

⌚ 8 min. ↗ 10x15



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

