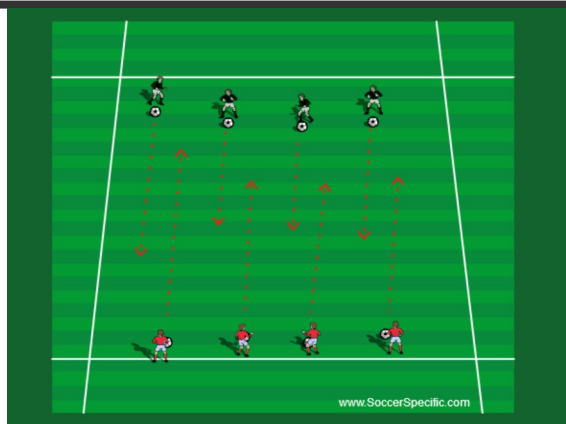




U7/U8 Week 4 - Dribbling & Running with the Ball

Date: **Oct 05, 2017**Duration: **1 Hour**Team: **HSC Future Phantoms**

1

⌚ 6 min. ↗ 15x20

Setup: - Area: 15 x 20-yards.

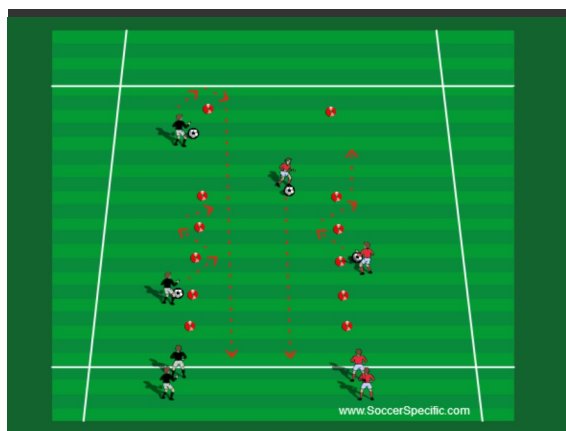
- Split players into two groups, placing the teams on opposite lines.
- Each player must have a soccer ball.

Instructions: Players can only dribble when the coach shouts 'GO'. All players dribble at the same time. Players must dribble to the opposite line as fast as possible. Once all players in a group are at the line, they stop and wait for the next round.

Progression: Both teams must dribble to their line and back to finish (use sole turn or inside hook to turn quickly).

Coaching Points: - Close control: Keep the ball within 2 – 3 feet in front.

- Running with the ball technique: Use the outside of laces to strike the ball, ankle locked, NO TOES!
- Review turn moves



2

⌚ 6 min. ↗ 15x25

Setup: - Create 2 lines, each with five cones 1 yard apart and then one cone 10 yards away from the last one.

- Split players in half, each group or team at the head of a line.
- Each player needs a ball.

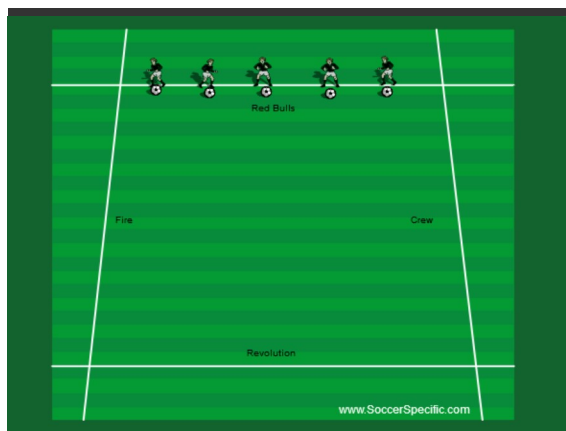
NOTE: If you have a large group, make a third line so standing is minimized.

Instructions: First player dribbles in and out of the cones then around the far cone and back to the group. The next player begins the same routine when the previous player is at the 3rd or 4th cone, depending on skill level. Continue until all players are finished. Repeat.

Progression: Go to one ball per group and make a relay race. The next player does not go until the ball is returned to them from the previous player. The first team to have all players complete the course wins.

Coaching Points: - Dribbling technique.

- Running with the ball technique.
- Acceleration when making transition from close dribble (in the close cones) to running with the ball dribble (to the far cone)



3

⌚ 6 min. ↗ 15x20

Setup: - Area: 15 x 20 yards.

- Give each line of the area a different MLS team name.
- All players need a ball
- Place all players on one line to start

NOTE: If you do not know MLS team names, use another sport, or use animal names!

Instructions: When the coach shouts the name of a line, every player must dribble to that line and stop the ball on the line. Other Commands to add in: "MLS CUP FINAL" - Players do toe taps on the ball. "WORLD CUP" - Players do the pendulum with the ball.

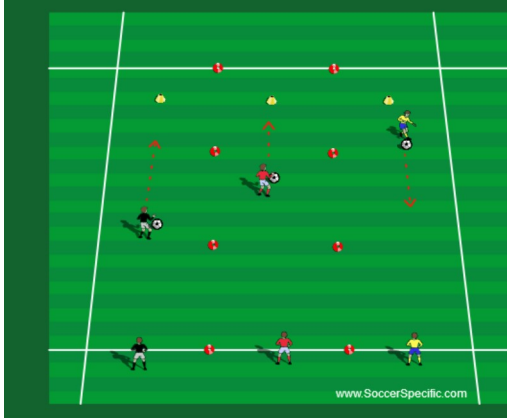
Progression: Add a turn - players must use the turn to change direction when the coach calls out another line name before the players reach the previous one!

Coaching Points: - Running with the ball technique.

- Stop the ball with the sole of the foot.
- Turning technique to change direction.



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4

⌚ 8 min. ↗ 5x15 - multi

Setup: - Area: 5 x 15-yards areas (lanes) to accommodate all players with 2 per area (a pair).

- Players all start at one end of the area.
- Place a cone near the end of each area opposite of the players.
- Each player must have a soccer ball.
- Each group is given a single disc cone.

Instructions: Players can only dribble when the coach shouts "Go!". Upon the shout of "Go!", one player from each team dribbles towards the cone on the other end with their team's disc cone ON THEIR HEADS (cannot hold it on with hands!). They must dribble around the cone and back to tag their next teammate who then takes the cone, puts it on their head and does the same. If the cone falls off, they must stop and replace the cone before continuing their dribble. Go through a set number of times and then stop. Mix up pairs to make things even.

Coaching Points: - Close control: Keep the ball 2-3 feet in front.

- Running with the ball technique: Use the outside of the laces to strike the ball, with the toe pointed down and slightly inward.

- NO TOES!



5

⌚ 20 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!

