

Age Group

U8

Topic

Dribbling

Who: Attacking players in possession

What: Dribbling, Running with the ball

Where: Attacking half of the field

When: In possession of the ball with space to attack beyond the defender

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

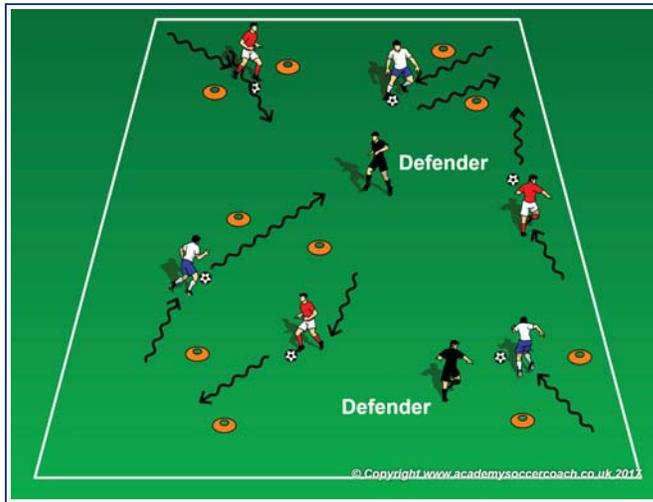
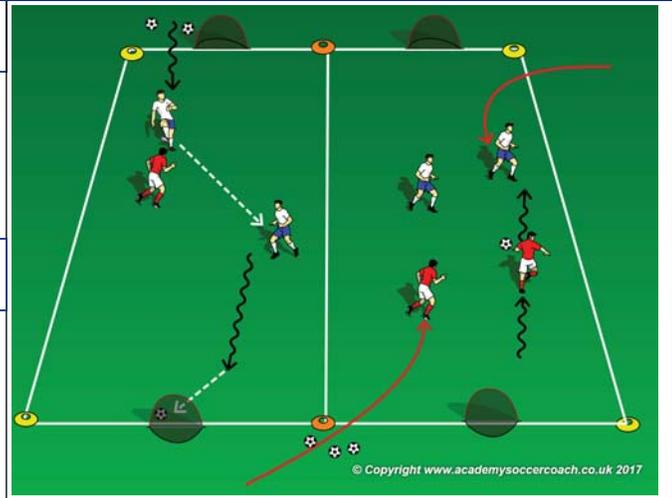
Is the activity organized? Balls, Cones, Scrimmage vests, Goals

Is it reality-based (is it soccer)? Are players making soccer decisions

Is there repetition? Are players consistently trying to dribble

Is it challenging? Are players engaged, frustrated, or bored

Is there coaching? Positive reinforcement for players to try and dribble when they get the ball



Practice 6 Surfaces - Dribbling Gates

Duration 20 min

In 15Wx20L yd grid, players have a ball. Players try to use 6 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe), Inside of the foot (big toe,) laces, bottom (sole), toe, and heel, switch feet. Have players talk to their feet. "Outside, Inside, Laces, Bottom, Toe, Heel!". Players then play to dribble through the gates. 1)How many in 1min. 2) Up & back. 3) Add defenders

Coaching Points

Activity Time 1 min

Rest 1 min

Intervals 10

Key Questions: How can you get the ball through the gates quickly? When there's a defender in your way how do you dribble past them?

Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to dribble? When and why would you try to dribble past a defender?

Answers: There's space in front of you. When there's space beyond a defender. Dribble past a defender when you are near the goal and you can shoot.

