

Age Group

U8

Topic

Dribbling

Who: Attacking players in possession

What: Dribbling, Running with the ball, Shooting

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.

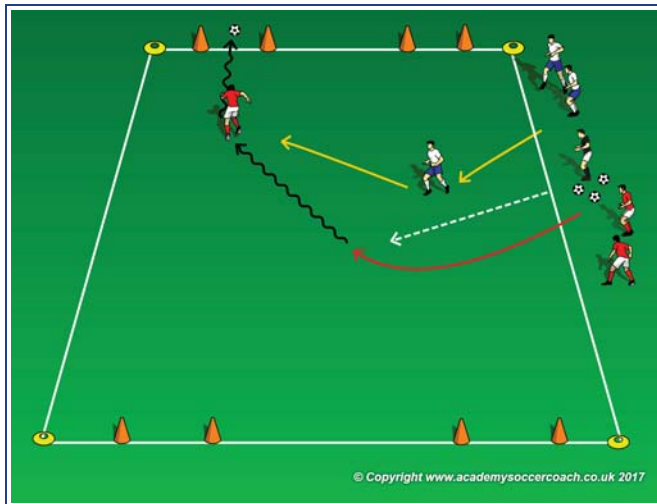
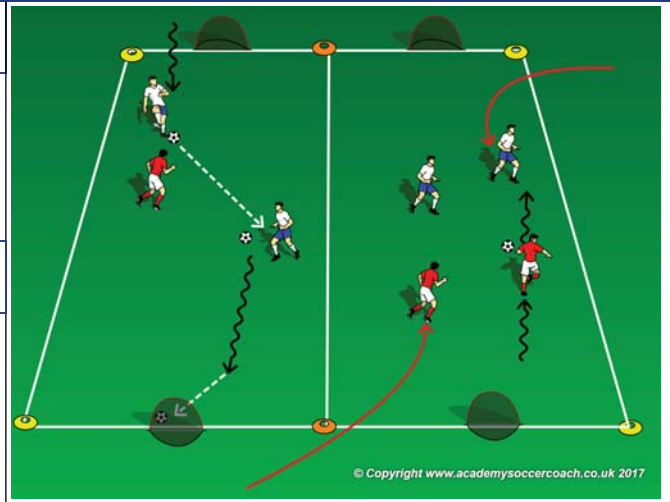
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to dribble by defenders
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to dribble



Practice 4 Goal Game

Duration 20 min

In a 15Wx20L yd grid w/2 cone goals on each end line. Each team starts next to the coach on the sideline. Coach plays ball onto the field. Play 1v1. The player who wins the ball dribbles and tries to score in one of the opponent's goals. The defender tries to steal it and score in the other goals. Shooting goal = 1pt, Dribbling goal = 10pts. **Variations:** Play 2v1, 2v2, 3v3.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 5

Key Questions: How can you dribble fast when there is space in front of you? When there's a defender near you 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 2.30 m

Intervals 2

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

Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Dribble past a defender when you are near the goal and you can shoot.

