



# U8 Player Development Program: Training

# Week 2

## Topic: Dribbling

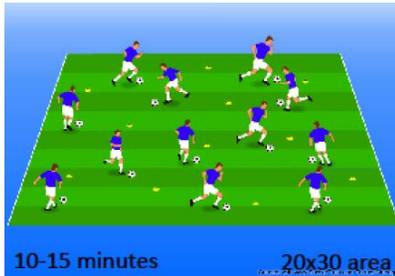
## Fakes/Turns: Inside & Outside Hook/Cut, Dragback

### 1. Warm-up



- (i) The two defenders in RED attempt to win the ball from the attackers and get it to the TARGET player outside the circle.
- (ii) The TARGET player can move around the outside of the circle to receive the balls.
- (iii) Change TARGET player and DEFENDERS.

### 3. Find a cone

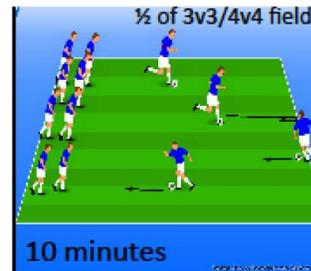


- 1. Random placement of cones. Make sure there is one more cone than number of players.
- 2. On "go" players have to dribble to a disc and stop the ball with the sole of either foot. The player who does not make it to a disc loses a point. Make sure no players are eliminated so start the game by giving them X point.
- 3. Repeat several times.

#### Progression

- 4. Players stop ball at first disc cone with sole of either foot and then turn & dribble to another disc to stop the ball again
- 5. Perform multiple/different turns at different discs.

### 2. Stop turn



Dribble and perform stop turn on opposite line. Dribble back to start and stop ball with sole of either foot for teammate to take. Repeat the relay for each turn covered to date.

Introduce pull backs on this drill, i.e step on ball, pull it back and turn to dribble the other way,

Run it a few times turning inside foot, outside of foot and pull backs

### 4. Small sided games

**During this period, work with players on understanding of the game; kick-ins, goal kicks, corner kicks, kickoff and free kicks.**

**For teams with brand new players, you may need to spend a few more minutes helping them understand.**

**However, try not to disrupt the flow of the game. Be to the point, show by example. Then move on and let them play.**

**Rotate teams every 5 minutes.**