



# U8 Player Development Program: Training

Week 1

Topic: Dribbling

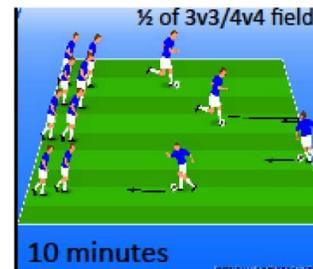
Fakes/Turns: Introduce stop turn

## 1. Warm-up: Count Down



- (i) Players start with ball on side line. Coach counts down giving players three seconds to dribble forward and then stop the ball with the sole of either foot.
- (ii) Have players step in front of the ball in a half-turn position after stopping it.
- (iii) Have players use the outside of the opposite foot to dribble the ball back to the side-line to avoid being tagged by the coach

## 2. Stop turn



Dribble and perform stop turn on opposite line. Dribble back to start and stop ball with sole of either foot. Repeat until each turn covered to date is done.

P.S. Picture shows relays but have all the kids do this individually

## 3. Gates



Coach serves the ball in for 1v1. First player to dribble through three gates gets a point for his/her team. Plat multiple 1v1s at the same time to avoid long lines. Player with the ball should turn away from opponent to dribble through an open goal.

## 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 10 minutes.