



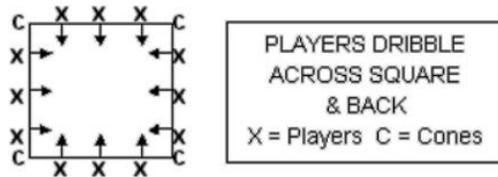
U8 Player Development Program: Training

Week 3

Topic: Dribbling

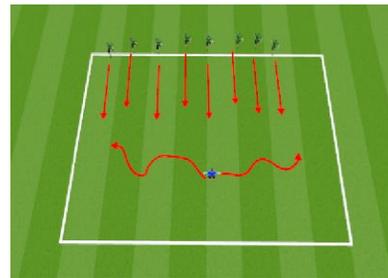
Fakes/Turns: Review Previous Turns

1. Warm-up (every practice)



- (i) See the Diagram. Use 4 disk cones to make a square about 10 steps wide (smaller or larger depending on the age & number of players) -- make your "steps" the size of your players - so a "step" for U8 is shorter than a "step" for U12 - by doing this, the square will always be the correct size for your players.
- (ii) Every player has a ball.
- (iii) Spread players across the square all facing inward.
- (iv) On "Go", all players dribble across to the opposite side of the square and turn, go back and turn, etc. Every turn is one point. Players keep their own score. Have the first player to reach 6 yell "Done" and raise his hand. As soon as a player yells "Done", blow your whistle and have all the other players stop as soon as they get back to the closest side of the square.
- (v) Only play to 6 and then start over - that works better than playing to 8 or 10 because it gives the kids lots of chances to win and forces them to give 100% effort.
- (vi) Play 3 or 4 times with a small square to teach Control Dribbling in traffic and 3 more times with a larger square to train players to look for Open Space and to accelerate into Open Space (the larger square teaches players to speed up when they see Open Space).
- (vii) If you have players that are faster and others slower, make it a rectangle and put your slower kids on the short run and the faster kids on the long run. This way they get to make as close to 6 turns as possible.
- (viii) Give a Tip after each game about how players can improve. For example - "You must look up while you are dribbling in traffic so you don't run into other players." and "You must keep control of the ball when you turn or you will lose." and "If you see Open Space, speed up by kicking your ball into the Open Space and running to it, BUT don't lose control of your ball - you must make your turn or you will lose." and "When you are in traffic, you must keep the ball near your feet or it might get accidentally kicked." (Tell players the rule is that they CANNOT intentionally kick balls away, but that in traffic balls might get accidentally kicked.) Watch the mistakes players make for ideas for Tips.
- (ix) The idea is to get them used to dribbling through traffic - doing that will improve their confidence, peripheral vision and instinctive reactions.

2. Sharks & Minnows



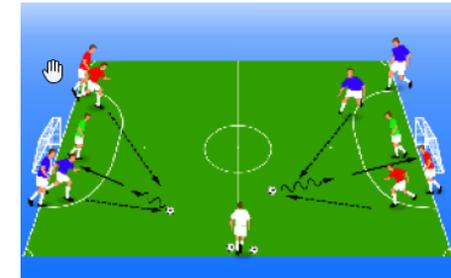
Alternatively call this **Bears & Bees**, and the ball is the bees honey. Bees want to keep it, Bears want to take the honey away.

1. Pick one Shark/Bear and this will be your defender. Place him in the middle of the grid/square.
2. Everyone else has a ball.
3. Players must dribble the ball to the other end of the square without having the bear/shark steal it.
4. If a shark/bear takes the ball away, that player joins as a shark/bear on the next run. Keep going until the last Minnow/Bee is standing.
5. That last Minnow/Bee will be your first Shark/Bear on the next round.
6. Ask the players to count every time they touch the ball
7. Play the game a few times and ask them to beat their own record of touches.

Coaching Points

8. Make sure you emphasize little touches - demonstrate what happens if you don't use little touches.
9. Focus on which part of the foot they are using to control the ball (inside, outside, no toes)
10. Ask them why it's important to keep the ball close. (To get more touches)

3. Two x 1v1 & 2v2



1. Coach serves two short balls (1v1 x 2) - (or 1 if you don't have enough players for 4 lines)
2. Player closes to ball turns to score on the goal in the same half.
3. Player further away must defend, win the ball, dribble and shoot on the opposite goal
4. After 5 minutes players switch lines, so that everyone gets practice turning with the ball.
Progression 1 (if enough for 4 lines)
5. If one ball remains in play longer, the other two players help their teammate, so the game immediately goes from two 1v1s to one 2v2.
Progression 2 (if enough for 4 lines)
6. 2v2 with teammates entering field from opposite ends. Players continue to attack/defend same goal.

4. Play scrimmage last 10 – 15 minutes