

Age Group

U8

Topic

Dribbling to Beat an Opponent

Who: Attacking players with the ball

What: Dribbling, Running with the ball, Shooting

Where: In the flank areas or centrally

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.

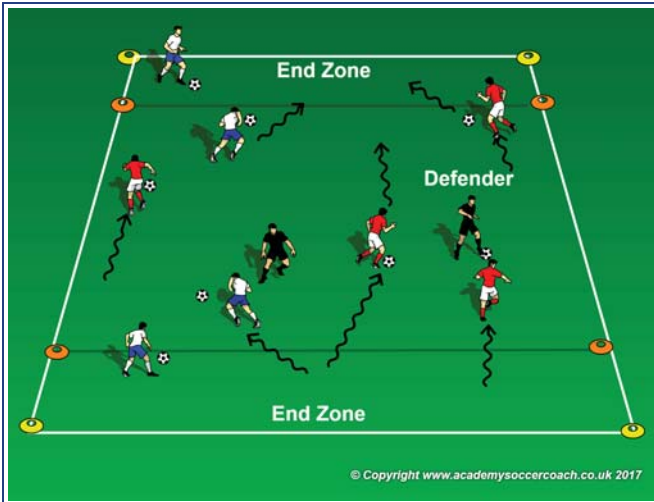
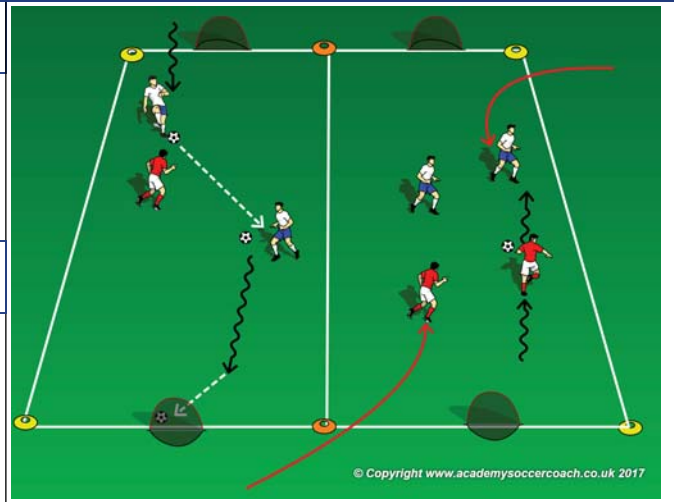
Coaching Points

Activity Time 15 min

Rest 0 min

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 past defenders



Practice

End Zone Dribble

Duration 20 min

In a 15W x 20L field, a 5 yard end zone at each end. Players have a ball at one end zone. Players(Attackers) dribble their ball into other end zone. Defenders try to steal the ball. If defender steals the ball they become an attacker. Phase 1: 1 defender, 5 min, Phase 2: 2 defenders, 5 min, Phase 3: 3 defenders, Phase 4: 4.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 5

Key Questions: How can you get the ball into the end zone? When there's only one defender 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 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.

