



## U8 Week 1 Dribbling

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Beginner

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Individual-Adult Member

### Gates (10 mins)

#### **Set Up**

All player in the playing grid have a ball. There are cones set up in gates at different points around the grid.

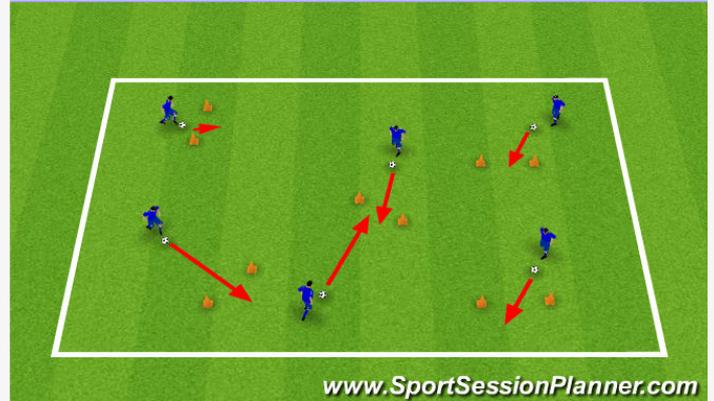
#### **Implementation**

Players have to dribble in set area & then perform a turn when reaching a gate.

Keep count of how many turns a player can perform in 1 minute. Play for 1 minute rest for 30 seconds then players try to beat their previous score.

#### **Coaching Points**

- Keeping their head up
- Going at a pace in which they can control the ball
- Slow down when approaching a cone
- Chop down on ball when turning
- Sharp acceleration when moving away



### Gates with Defenders (15 mins)

#### **Implementation**

Same as before only defenders are now placed in each gate to act as defenders.

If a dribbling player gets too close they can knock their ball away. If a defender takes the ball the dribbling players score resets to 0. Defenders move from gate to gate.

#### **Coaching Points**

- Players must now have close control of the ball
- Encouraged to go at speed but slow down when approaching a gate
- Perform turning move early enough to avoid the defender.
- Place a fake shot in before move to get extra space



### 2V2 (15 mins)

#### **Set Up**

Field is set up roughly 30Lx20W with a goal at each end.

Players are split into two teams and will be lined up on either side of the goal. (Lines of no more than 3)

The Coach has all of the soccer balls.

#### **Implementation**

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball.

Once a player has the ball they and their teammate look to score.

If the players don't have the ball they are to try and steal it, and score themselves.

#### **Coaching Points**

- If under pressure pass to your teammate
- If not under pressure look to dribble.
- If you have momentum can you beat the defender.
- If you have a shot "SHOOT"

