



U8 Week 6 Protecting the Ball

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Knockout (10 mins)

Story

It's the big fight straight from Las Vegas. 2 Teams will duke it out to be knockout champion

Implementation

Players are in 2 teams with each player having a soccer ball.

Player attempt to kick opponents soccer balls out of the grid, whilst keeping their soccer ball in the grid.

If your ball gets knocked out you have 10 sec to get your ball back in. If your ball is knocked out 3 times you are out for the round.

Coaching Points

Moving with ball into space

Strong shielding stance to protect ball

Keep the ball close when dribbling

Keep your body between the defender and your ball.

Have head up at all times



Jail Break (15 mins)

Set Up

In a 30x30 playing area with two 5x5 boxes laid out in opposite corners. Players are split into two teams. All players have a ball apart from 2 players on each team.

Implementation

Players dribble their ball around in the playing area avoiding the other teams defenders. If a defender attempts to steal your ball you must protect it for 3 seconds. If after 3 seconds the defender doesn't get your ball they must go and try to take someone else's ball.

If the defender takes your ball you must go to your team's assigned jail box.

A team wins by getting all of the opposition's players into jail.

Players can be freed from jail if one of their teammates goes in and rescues them.

Coaching Points

Moving with ball into space

Strong shielding stance to protect ball

Turn away from the defender

Keep the ball close when dribbling

Keep your body between the defender and your ball.

Have head up at all times



1V1 Back to goal (15 mins)

Set Up

Players are split into 2 teams and are lined up on either side of the goal. There is a cone 10-15 yards in front of the goal.

Implementation

On the coach's command the first players in each line run out to the cone. The coach passes to who ever gets to the cone first. The player who receives the ball needs to protect the ball, before trying to turn and score.

Coaching Points

Keep your body between the defender and the ball.

Turn quickly and sharply away from the defender.

Look up to see where the goal is before shooting.



