



## U8 Session Plan #4 Dribbling for speed

### CHANGE OF PACE

**Emphasis:** Dribbling.

**Set-up:** 30 x 30 yard grid. All Player with a ball

**Objective:** Each side of the grid is allocated a number – 1, 2, 3 or 4. Coach will shout commands that all players must follow. If coach shouts “1” all players must dribble to that side of the grid, if coach shouts “3” all players must dribble to that side of grid and so forth. Players must use all the surfaces of their feet to dribble as well as change direction on the coach’s command.

**Progressions:** Encourage players to dribble as fast as possible by making it a race situation.

**Coaching Points:**

- Use as many surfaces of the foot as possible.
- Do not “kick” ball; push it out in front of you.
- Try to avoid collisions by keeping head up.



### CAPTURE THE BALL

**Emphasis:** Dribbling

**Set-up :**Make a 30x30 yard grid. In all four corners of the grid, place four 10x10 yard zones. Within each of the zones are three to four players, depending on how many you have. Place an equal amount of balls in each of the four grids

**Objective:** At the start of the game, any or all team members may venture out and try and enter an opposing teams grid, steal a ball, and dribble it back to their own grid without losing possession. Only one player can guard the grid at a time. The team with the most balls after a minute wins the game.

**Progression:** Make the grid smaller. Eliminate the guarding player.

**Coaching Points:**

- Keep ball close
- Look up as much as possible
- Knees bent, on balls of feet.



### INSIDE OUT

**Emphasis:** Speed dribbling and defending

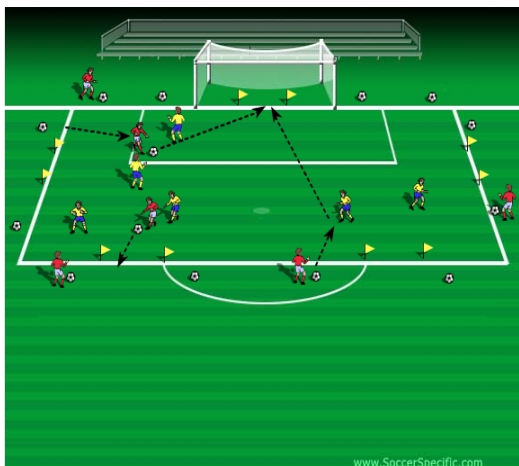
**Set-up :**Place five, six foot wide goals evenly around the outside of the penalty box, using cones or flags. Place plenty of extra balls around the perimeter of the box

**Objective:** Simultaneously games of 1v1 occur for 1 minute at a time. Split your team into pairs. One player starts with the ball on the outside of the penalty box. The other player is the defender and starts in the middle of the box. The attacker can enter the box at anytime, but may only score by exiting through a gate while maintaining possession of the ball. If the ball is won, it is given **back to the attacker**.

**Progression:** Must find a new gate each time. On a turnover, switch the roles.

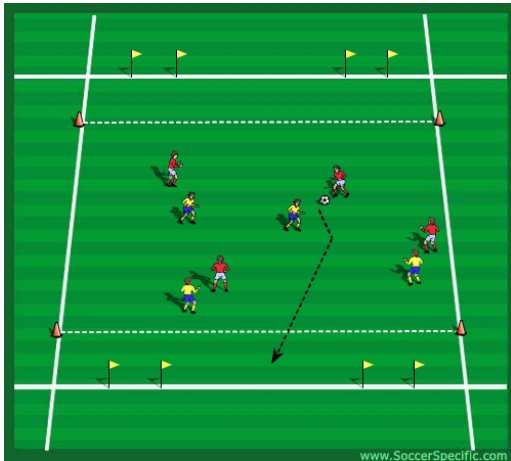
**Coaching Points:**

- Dribble at speed but keep the ball under control.
- Dribble straight at the defender and invite them to commit one way.





# SVU



## **4v4 GET IN THE ZONE**

**Emphasis:** Dribbling to beat an opponent.

**Set-up:** 20 x 30 yard grid. Cones are used to create a 5-yard wide end-zone at each end of the grid. Flags are used to create two mini goals at each end of the grid.

**Objective:** Both teams compete for the ball. One point is awarded for successfully dribbling into the opponents' end-zone area, 3 points for successfully dribbling through either of the opponents mini goal.

**Progressions:** Award extra points for beating an opponent with a move prior to entering the end-zone or mini goal.

**Coaching Points:**

- Attack the defenders at speed.
- Accelerate to get past defenders.
- Utilize moves, dodging fakes etc

## **ADDITIONAL NOTES**