

# TRAINING PLAN U-8 DRIBBLING

CREATED BY  
Barker  
NSCAA

## TECHNICAL WARM-UP

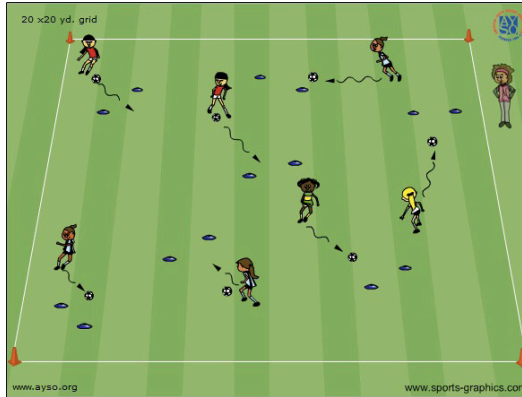


To see this activity in action visit <http://bit.ly/XKgkCG>

### ORGANIZATION/RULES

- 20x20 grid. 1 ball per player.
- Numerous cone gates are set up.
- Players dribble through grid changing pace and direction.
- On coach's command the players dribble through as many of the different gates as they can until the coach calls them to slow down. (5-10 second bursts of action).
- > Coach may introduce a turn back through the gate as a progression.

Player leads stretching (v. light at this age, more habit forming and introduce proper form).



### COACHING POINTS

- Players should move ball w/ both feet and both inside and outside of each foot.
- Ball should be in front of the player a distance of one stride.
- On coach call, the player must get their head up to observe other players and vacant gates.
- As players speed up their stride lengthens and the ball remains in front of them.
- A turn is made using sole of the foot.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

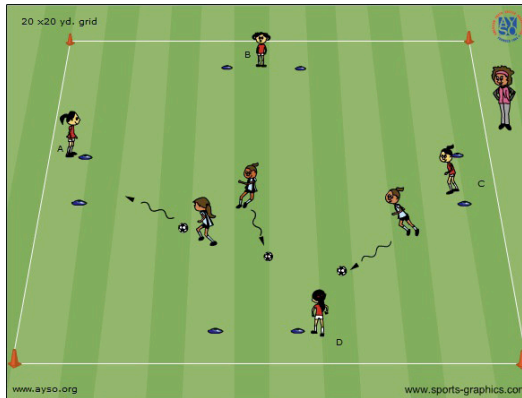
Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3



To see this activity in action visit <http://bit.ly/U7xpqo>

### ORGANIZATION/RULES

- 20x20 grid.
- Half the players try to dribble through as many gates as are open.
- Open is when a player is not in the middle of the gate.
- Coach calls switch and "gatekeepers" either open or close their gate.
- Activity is 30-45 seconds and the players switch roles.
- The more switches the coach calls the more dynamic the game becomes.
- > Coach may introduce a turn back through the gate as a progression.



### COACHING POINTS

- Players should keep their heads up to identify open gates and other players moving in the area.
- Controlling surface is the outside (little toe) or inside (big toe) of both feet.
- Each stride should touch the ball.
- Players should try to react quickly to gates opening and closing by keeping the ball close and being able to change direction cutting the ball to a side or turning completely using the sole of their foot.

PSYCHOSOCIAL   
PHYSICAL   
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## ACTIVITY II

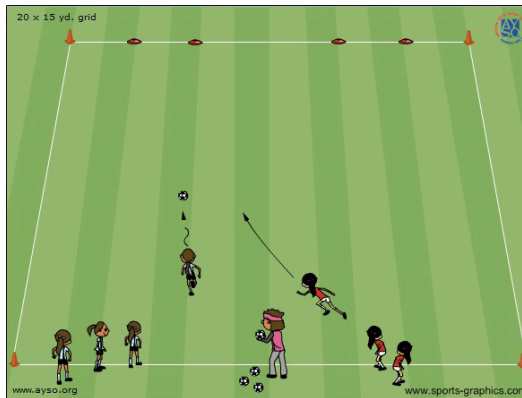
Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)  
Most Game Aspects



To see this activity in action visit <http://bit.ly/U7xudH>

### ORGANIZATION/RULES

- 20x15 field with gates at one end.
- Coach plays the ball to one team and that player must try to dribble through one of the two gates.
- The opponent gives chase and if they can win the ball they play it back to the coach.
- Coach alternates which team begins with the ball.



### COACHING POINTS

- Dribble at speed to gate opposite if the defender can be beaten with speed.
- Dribble the ball across the defender to the other gate keeping the body between the defender and the ball.
- If the defender gets between the ball and the goal decide which gate to attack with speed and/or a move.
- Try to keep moving the ball to off balance the defender and in order to accelerate.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## SMALL-SIDED MATCH

Cool Down/Debrief

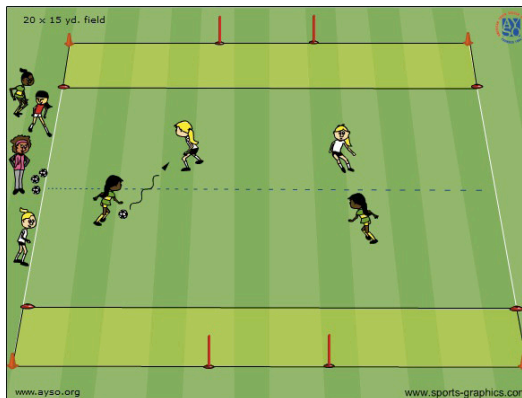


To see this activity in action visit <http://bit.ly/VPvTde>

### ORGANIZATION/RULES

- 20x15 field w/ two small goals.
- Mark line 3-5 yards in front of each goal.
- 2vs.2 play. Each out of bounds, the coach introduces a new ball.
- Play is continuous. Upon the coach's command the players tag out of the game and tag in two teammates.
- No player can be in the area of the goal until the ball has been dribbled.
- A goal can be scored once the ball has been dribbled beyond the 3-5 yard line.

Player leads stretching (v. light at this age, more habit forming and introduce proper form), brief review on lesson and any announcements.



### COACHING POINTS

- Players have the option to dribble or pass to support.
- They must decide if they can dribble into the scoring zone and shoot.
- When players see they have space to dribble into the zone they should take it.
- Touch the ball with each stride of the dribble and keep the ball in front.
- Last touch before the shot should put the ball out to the side for the shot. \* Before receiving the ball look for the space to attack on the dribble.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL