



Improve the techniques of Dribbling Forward to score goals: 8U

Week 4

Play

Objectives: Let the players play the game. To pass or dribble forward to get past opponents and score goals.

Organization: Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

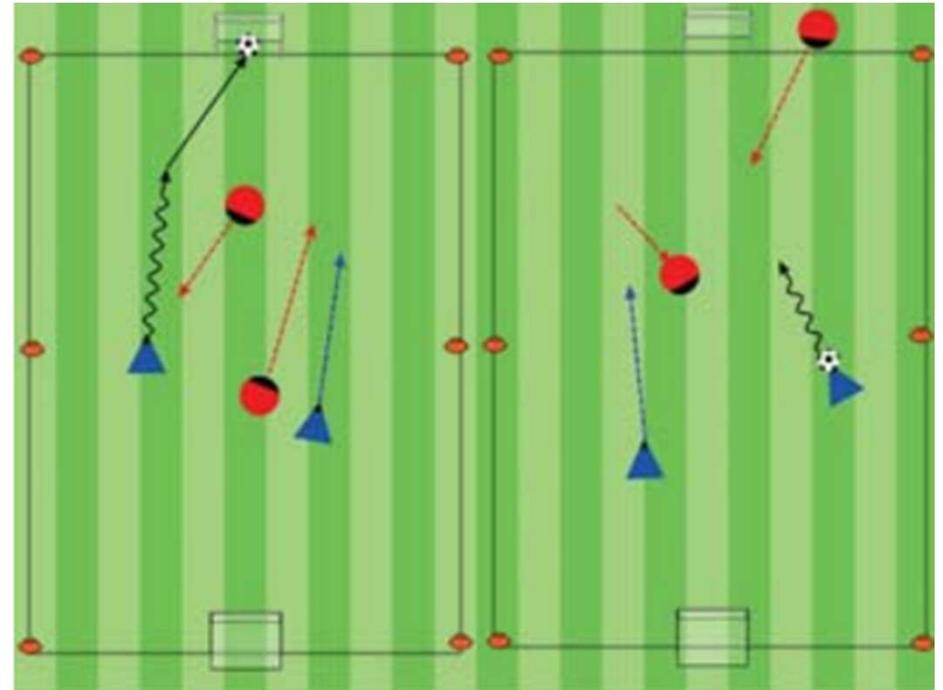
Rules: Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

Key Words: Go score, move up the field, go help, find an opening (path) to the goal

Guided Questions: How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

Answers: When players have the ball, they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

Time: 4 games of 2 mins, 30 sec rest, Total 10 min.



Objective: Players dribble across the field, past opponents and through a cone goal to score.

Organization: In 20Wx25L yd grid w/a 5yd end zone off the endline & 3 small goals on the endlines. Every player has a ball. 2 defenders w/out ball.

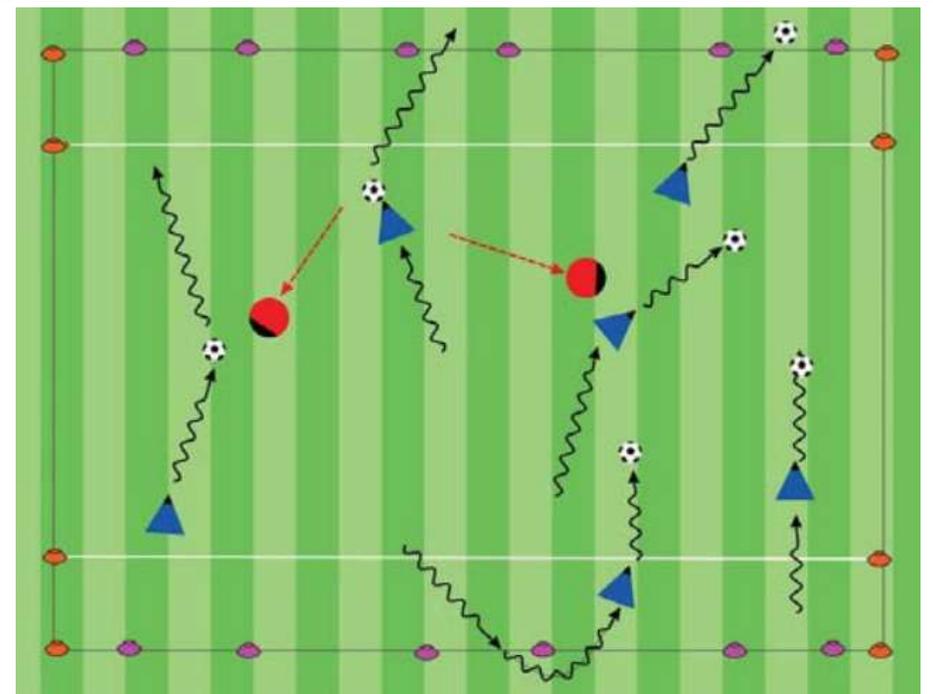
Rules: Players w/ a ball start inside an end zone. On coach's "Go!" players try to dribble across to the other end zone & dribble through a goal. Defenders can only steal a ball outside the end zones. If a defender steals a ball and dribbles it into a goal, roles switch.

Key Words: Look up, find an opening, shield (hide) the ball, fake the defender, go to goal.

Guided Questions: What should you instruct players to do when confronted by a defender? When do you make the activity more challenging?

Answers: Show players how to keep the ball close & shield it while dribbling (put their body between ball & defender). Explain how to use moves & fakes (change of direction & speed) to get around and past the defender. When players have repeatedly demonstrated successful dribbling & running with the ball past defenders to score.

Time: 5 games of 1 minute with 1 min rest, Total 10 Min





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Organization: In a 20Wx25L w/goals on the endline. Play 2v1, 3v1 or 3v2.

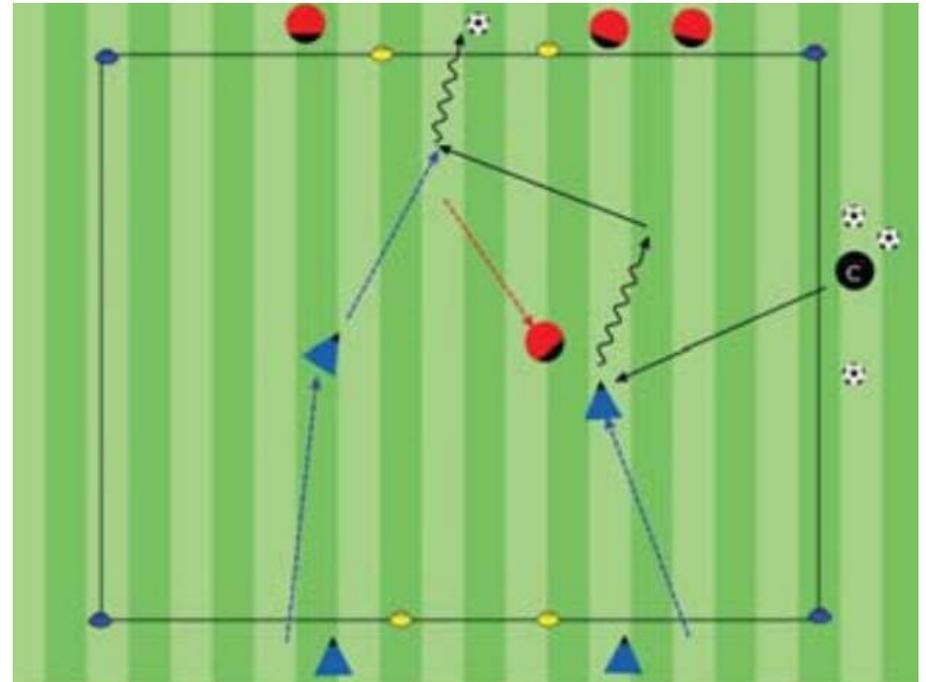
Rules: Make 2 equal teams. Coach starts w/balls. Coach sends players from each team on field & plays the ball out to the "numbers up" team. Score by dribbling through opponent's goal. If "numbers down" team scores it's double pts.

Key Words: Look up, find an opening, shield (hide) the ball, fake the defender, go to goal.

Guided Questions: What should you instruct players to do when confronted by a defender? When do you make the activity more challenging?

Answers: Show players how to keep the ball close & shield it while dribbling (put their body between ball & defender). Explain how to use moves & fakes (change of direction & speed) to get around and past the defender. When players have repeatedly demonstrated successful dribbling & running with the ball past defenders to score.

Time: 5 games of 1 minute with 1 min rest, Total 10 Min



Play

Objective: Team with the ball tries to pass & dribble forward past opponents to score goals.

Organization: On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

Key Words: Find an opening, get through, go score

Guided Questions: When should players pass? How can you recognize players are engaged in the game?

Answers: Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

Time: : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.

