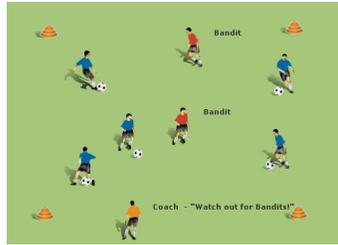




Week 5 Dribbling

Activity 1: Bandit Ball (U8)
Focus: Economical



1. 10 yard x 15 yard grid
2. One ball per player
3. Cones
4. 30-45 second games

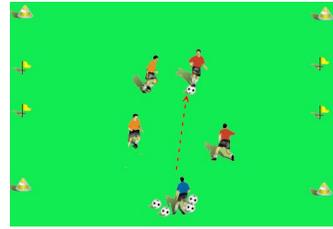
Objective

All players are dribbling their soccer balls inside the grid, with the exception of one (1) or two (2) players, who do not have soccer balls (the bandits). When the coach says, "Watch out for bandits!", the bandits try to steal someone's ball.

Coaching Points

1. Dribbling
2. Individual possession (keeping the ball)
3. Constructive tackling (winning the ball)
4. Decision making

Activity 2: Boss of the Balls (2v2)
Focus: Economical



1. 15 x 20 yard grid
2. Cones
3. Flags
4. Balls
5. Goals 5-6 steps wide

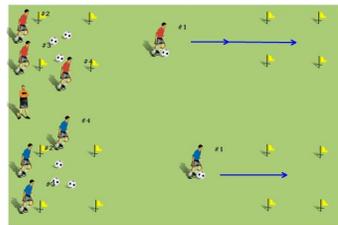
Objective

The coach serves a ball into the field of play and play begins. When a ball goes out of bounds or into the goal, the coach sends another ball into the field and play continues in this manner until all the balls are used up.

Coaching Points

1. Fun
2. Making decisions that only the game can present
3. Excitement.
4. Dribbling

Activity 3: Box to Box Dribbling
Focus: Dynamic Activity



1. Half Field
2. Cones
3. Balls

Objective

On the coach's command, player #1 from each team dribbles one of the balls from the grid to the opposite grid, leaves the ball and returns home. Once player #1 is home, player #2 dribbles a ball from the grid to the opposite grid and leaves it there, returning home without the ball.

Coaching Points

1. Speed dribbling
2. Running with the ball
3. Controlling the ball with the feet
4. Quick change of direction

Activity 4: Game
Focus: 3V3



1. 2 goals, cones can act as goal
2. 20X20 Area

Objective

Finish off practice with little coached game. try to get players to incorporate practice into scrimmage by offering points.

Coaching Points

1. Encourage practice points

