



Rec 1 Session 1 - Dribbling for Possession

Category: Technical: Coerver/Individual Skills
Skill: U8

Pro-Club: Loudoun Soccer Club
Daryn Patricio, Leesburg, United States of America

4v4 game (15 mins)

Objective: Ignition game to keep players active when arriving at training

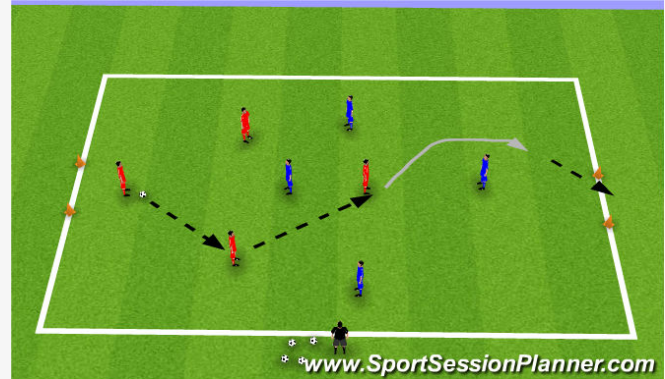
Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):

- *two small sided fields to play 2v2, or one field to play 3v3 or 4v4
- *add players to game as they arrive
- * play with regular restarts (kick-ins, goal kicks, corner kicks).

Key Points:

few if any - get them playing!



Changes of Direction (10 mins)

Objective: introduce turns and dribbling principles

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

Eight cones outline playing area. Each player with a ball. Players dribble toward cone, turn, and dribble back toward inside of field. Repeat, finding a new cone each time.

30 second rounds: rd 1 no restriction. Rd 2: 5 toe taps at each cone. Rd 3: pull back at each cone. Rd 4: stop turn at each cone. Rd 5 and 6: no restrictions/competition.

Competition at end: how many cones can you dribble to and turn at in 30 seconds. Play twice - Rd 5 to set score, Rd 6 to break personal record.

Key Points:

Every step is a touch on the ball (tiny touches, keep it close)

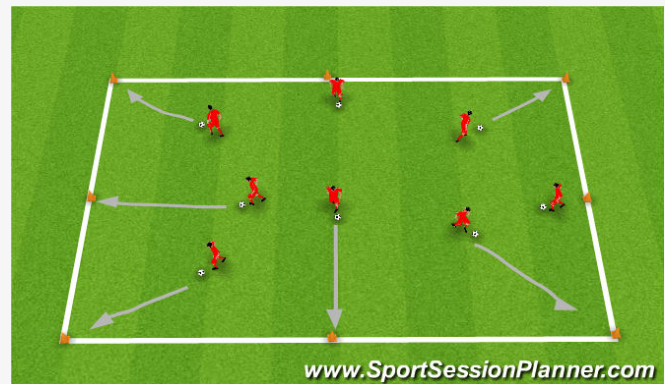
Use varying surfaces to control ball (inside-outside zig-zag, sole of foot to stop or drag)

Head up and on swivel - sneak a peak to find open cone and to avoid collisions

Burst of speed - foot pointed down, use of pinky toe to "pop" ball forward into space. Add after each move.

Pull Back: body low, place sole of foot on top of ball, drag or pull ball back across your body, accelerate in opposite direction.

Stop Turn: performed while at full speed. Stop ball with sole of foot while hopping over it. Turn body while getting low, and take touch in opposite direction. Stop and Hop. Turn and Touch.



1v1 to 2 goals (10 mins)

Objective: apply 1v1 principles to create goal scoring chances

Duration: 15 minutes

Description (rules, number of players, grid size, etc.):

players divided into two lines - create two fields of play to generate more repetitions if needed.

Defending player passes across to Attacking player to begin play.

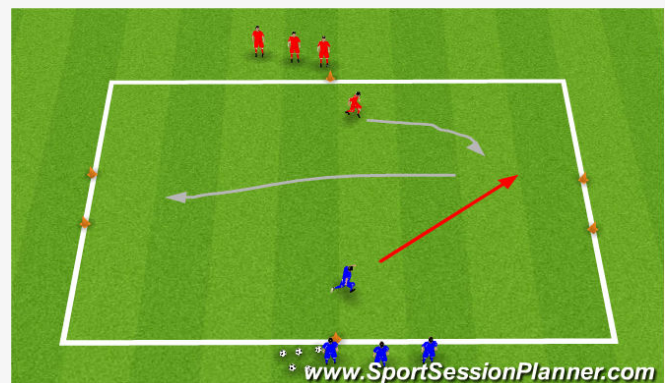
Score by dribbling through either goal (tip: demonstrate this concept otherwise players will pass or shoot through).

If Defender wins the ball, roles reverse (transition) with the original Defender now trying to dribble through and the original Attacker now trying to stop them.

Change roles after goal is scored or ball is out of play.

Progression: award bonus points for use of Stop Turn or Pull Back within play.

Key Points:



Change of pace - to dribble through goal, after changing direction

Use of moves (use your skills) - be "sneaky" to fake out defender. Make opponent think you're going one way, then go the opposite.

Transition: attack or defend quickly.

4v4 game (15 mins)

Objective: apply previous concepts into game environment

Duration: 15 minutes

Description (rules, number of players, grid size, etc.):

full rules of play (kickins, goal kicks, corner kicks, etc.)

Key Points:

Team shape - form triangle (groups of 3) or diamond (groups of 4)
shape quickly at each restart.

Use your skills when appropriate

