



Rec 1 Session 6 - Changing Direction

Category: Technical: Dribbling and RWB
Skill: U8

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

Description

3v3 games (15 mins)

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

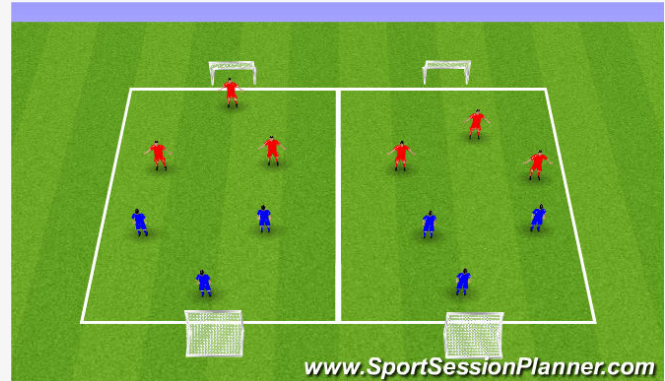
Duration: 5-10 minutes

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!



gates dribbling (10 mins)

Objective: emphasize proper dribbling technique and changes of direction

Duration: 10 minutes

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

30 second rounds. Each round has a different condition:

- Rd 1: run through gates (without a ball)
- Rd 2: dribble through gate
- Rd 3: dribble through, change direction and turn back into gate
- Rd 4: same as previous but must be a pull back
- Rd 5: same as previous but must be a stop turn

Key Points:

Every step is a touch

Head on a swivel to find open gate

Look over shoulder before turning

“Pop, pop, pop” after each turn (burst of speed – use pinky toe to push ball)

Pull back: stop and drag with ball of foot, get low, turn in direction of ball

Stop turn: performed at fast speed – stop and hop, turn and touch with near foot to pop away



bingo! (10 mins)

Objective: use change of directions and creativity against pressure

Score points by returning ball to coach

Duration: 15 mins

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

Coach plays ball into space and calls a number (“Two” means 2v2)

Objective: teams compete to return ball back to coach for a point.
Play until ball is returned or ball is out of play (behind the teams)
If coach says “Bingo” – everybody enters field

*** Match players up against similar aged/skilled opponents



Progression:

Coach moves from original position – forces players to get head up

Bonus points for creativity (use of moves)

Key Points:

Look over shoulder before turning

Head up to find or create “windows” – dribble or pass through quickly

Burst of speed after each move - either via dribble or connecting a pass

2nd attacker: “drift away” to create space for teammate

3v3 games (15 mins)

Objective: apply concepts from previous activities into game setting

Duration: 15 minutes

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

* organize multiple small sided fields, and place players by age/ability

* play 2v2, 3v3, or 4v4

* kick-ins as restarts

Key Points:

* organize team shape at restarts as quickly as possible

* quick restarts - find windows quickly to play through before defense is organized

* play around the scrum - connect wide or back before going forward if needed

