



Rec 1 Session 7 - Dribbling for Possession

Category: Technical: Coerver/Individual Skills
Skill: U8

Pro-Club: Loudoun Soccer Club
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2v2 games (15 mins)

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

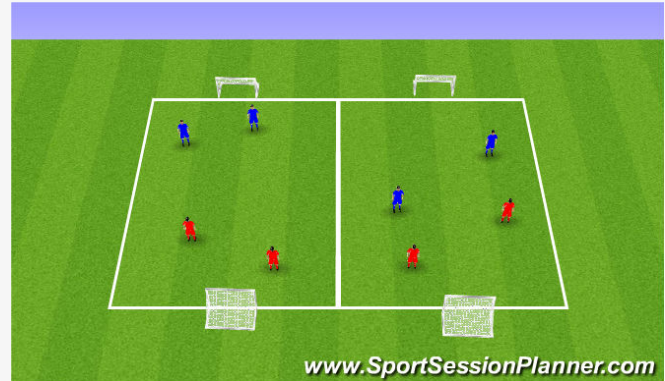
Duration: 5-10 minutes

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 (15 mins)

Objective: introduce turns/changes of direction (small group warmup)

Duration: 15 mins

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

- * players dribble/move through gates within time frame (30s). Play each round twice.
- Rd 1: run through the gates w/out a ball
- Rd 2: players dribble through a gate
- Rd 3: players dribble through, perform pull back or stop turn, then dribble back through
- Rd 4: perform hook turn and dribble back through

Rd 5: add bandits - if bandit steals your ball, they dribble through gates and you become a bandit (play for a minute)

Key Points:

Turns: look over shoulder before turning, burst of speed for three touches

Pull back: grip w/ball of foot, get low

Stop turn: performed at speed: Stop-Hop-Turn-Pop (stop ball while you hop over it, turn and get low, and push the ball with nearest foot with a burst of speed.

Hook Turns: like cuts and chops from previous season but changes of direction - get low in stance to change 180 degrees with outside or inside foot touch



Bingo! (15 mins)

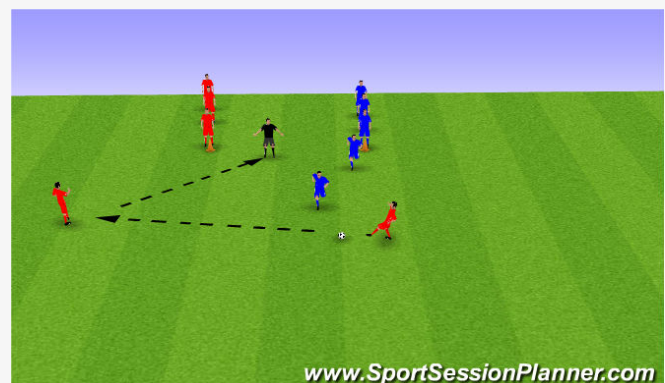
Objective: use change of directions and creativity against pressure

Score points by returning ball to coach

Duration: 10 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
- * Progression:
Coach moves from original position – forces players to get head



up
Call color for numbers up (Red = 2v1 for red)
Bonus points for creativity (use of turn)

Key Points:

Look over shoulder before turning
2nd attacker: "drift away" to create space for teammate - communication for ball
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

2v2 games (15 mins)

Objective: apply concepts in game environment

Duration: 15 mins

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

2v2 or 3v3 game play. OK to be numbers up or down - balance teams by ability accordingly.

Restarts as kick-ins

Bonus points for goals from 1v1 attacking moves (as needed)

Rotate teams within your two fields (AvB and CvD, then AvC and BvD)

Key Points:

* Introduce team shape and concepts - triangle shape in groups of 3

*Get on the field and help the players as needed.

*Encourage:

creativity

dribbling at speed

finding windows to play through

