



# Curriculum - Tier 2 - Individual Possession (Dribbling to Penetrate / Possess)

Category: Technical: Dribbling and RWB  
Skill: U8

Pro-Club: Red Bulls New York Academy  
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## Description

### Screen 1 (10 mins)

#### Organization:

- As shown

#### Instructions:

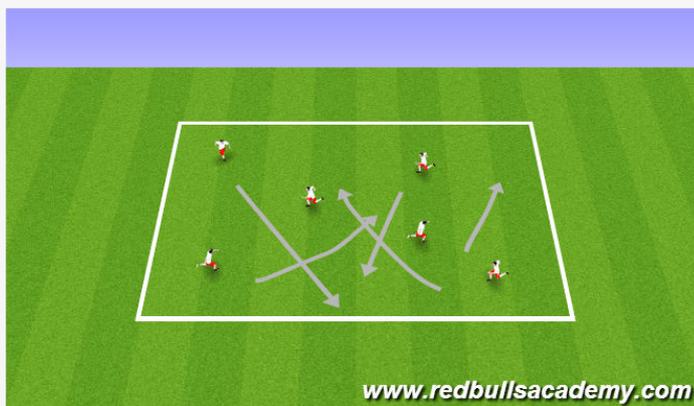
- Players attempt to score by running in-between gaps of other players for a point.
- Players lose all their points if they run into another player or run out of the area.

#### Coaching Points:

- Recognition of space and other players.
- Acceleration / Deceleration
- Decisions to get through gap or change direction.

#### Progressions:

- Add 1 or 2 defenders (holding pennie) that attempt to tag opponents. If they tag opponents they get a point. Play for given time period and switch defenders.



### Messi and Ronaldo - Unopposed (10 mins)

#### Organization:

- Ball per player

#### Instructions:

- Players are encouraged to dribble around the area using the correct technique (see CP)

#### Coaching Points:

- Pinky toe
- Touch every step
- Turn ankle in
- Head up
- Size of touch to get through gap

#### Progressions:

- Competitive - Players try to get through gaps made by other players. Everytime they get through a gap they gain a life. Everytime a player runs into another, out of bounds, or cones for future activities, they lose a life. Play for given time period.



### Technical semi-opposed (20 mins)

#### Organization:

- Ball per player

#### Instructions:

- Players with a ball attempt to dribble around in the area, maintaining control of their ball and preventing the defending players from stealing it or knocking it away
- Defending players (players holding a pinnie) attempt to steal the ball from one of the players in possession and score at any of the goals on the outside
- If the defending player steals the ball and scores, they give the pinnie to the player who they stole the ball from to become the new defender, they then retrieve the ball they scored and enter the game as a dribbler
- If the defending player steals the ball but does not score, either because they miss the goal or because the opposing player stole it back, then they continue to play as the defender and attempt to steal someone else's ball

#### Coaching Points:

- Keeping ball close
- Finding the gaps
- Size and direction of touches get through gaps
- Awareness of space and position of the defender turning if gap is too small or to escape pressure



**Progressions:**

P/R - Number of defenders / size of space / etc.

**Free play (30 mins)****Organization:**

2 fields, 3 vs 3 where possible

**Instructions:**

Free play, kick in or dribble in from sides. Corners kicks from your own goal.

**Coaching Points:**

1. Creating a triangle to create gaps
2. Looking to penetrate gaps off the dribble

**Progressions:****Technical Semi - Opposed (20 mins)****Organization:**

- Groups of 4 as shown.
- Ball / player.
- Each player has number (1-4) for each team.

**Instructions:**

- On coach's call players dribble in shaded space.
- When coach calls "switch" players must dribble to box diagonal from them in given period of time (5 seconds) (as shown with grey lines). First team with all 3 players in new space and didn't run into another player wins (receives points).
- When coach calls a number (1-4), the player who's number was called leaves his ball outside his shaded area and goes to defend a given box (as shown). Each group of 3 now attempts to keep possession of their 3 balls as long as possible. Last team with a ball in possession wins (as shown with red lines).
- When an individual's ball is knocked out, he can support other teammates who still are in possession (provide passing option).
- Play to given number of points. Change teams if needed.

**Coaching Points:**

- Aggression to win the ball
- Awareness of space/Defender
- When to push ball out of feet and when to take smaller touches.

**Progressions:**