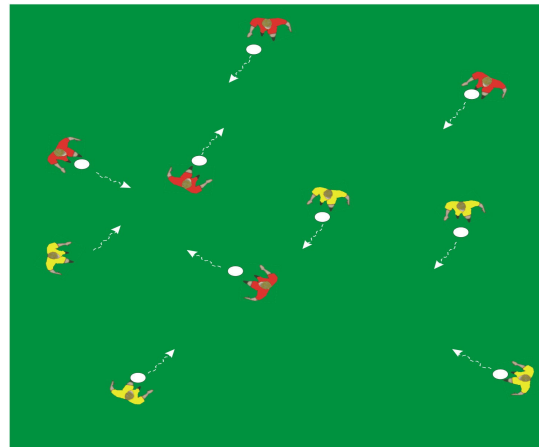
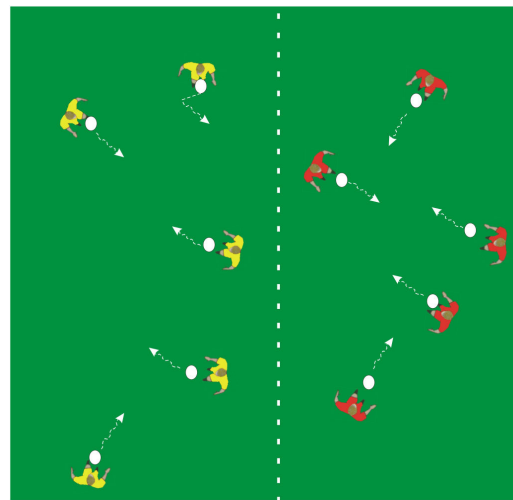


<b>Age Group</b>	<b>U8-U10</b>	<b>Warm Up</b>	<b>Dribbling In Traffic 1</b>
<b>Technical Objectives</b>	<b>Dribbling Guiding the ball</b>	<b>Technique Training</b>	<b>Dribbling in Traffic 2</b>
<b>Individual Objectives</b>	<b>Ball mastery</b>		
<b>Tactical Objectives</b>	<b>Change of direction</b>	<b>Situational Play</b>	<b>1v1 on two goals</b>
<b>Groups Objectives</b>	<b>Winning Space</b>	<b>Theme Game</b>	<b>3v3 Across the line</b>

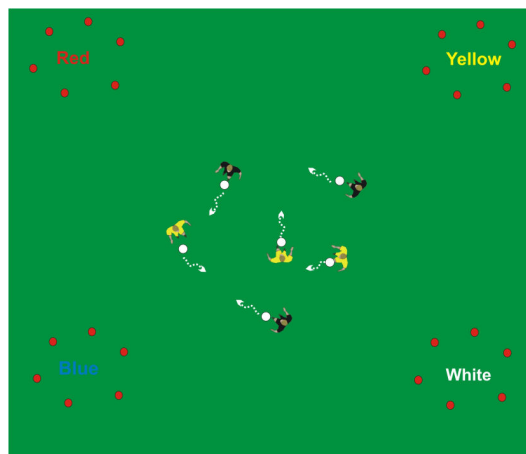
<b>Warm up</b>		
<b>Dribbling in Traffic 1</b>		
<b>Duration</b> 15m	<b>Area Size</b> 10x10	<b>Players</b> 14
<b>Organization</b> Each player with a ball will dribble inside the grid, and will execute the following coach's instruction: 1) Dribble with both feet 2) Right foot only 3) Left foot 4) stop the ball with sole 5) Turns		
<b>Coaching Points</b> Keep the ball close to your body Change direction Keep your head up		



<b>Technique Training</b>		
<b>Dribbling in Traffic 2</b>		
<b>Duration</b> 15m	<b>Area Size</b> 10x10	<b>Players</b> 14
<b>Organization</b> Two groups of players, each group dribbling the ball in its own grid. When the coach raises his hand, each group will guide the ball to the other half of the grid. 1) One hand = Dribble the ball across 2) Both hands up = Stop the ball, and run to the other grid without the ball 3) Left foot Up = Dribble with the left foot only 4) Right foot Up = Dribble with the right foot only		
<b>Coaching Points</b> Keep the ball close to your body Change direction Keep your head up		



<b>Progression</b>		
<b>Dribbling in Traffic 3</b>		
<b>Duration</b> 10-15m	<b>Area Size</b> 35x35	<b>Players</b> 12-14
<b>Organization</b> Each player with a ball. Players dribble around the grid. At each corner of the grid there is a circle with a color (Pennies, or other colored items) Each corner will have a different color. The coach will call a color and all the players will dribble the ball inside the circle, stop it and sit. The first 3 players inside the circle get 3 point. <b>Who can score more points in 15 minutes?</b>		
<b>Coaching Points</b> Keep the ball close to your body Change direction Keep your head up		



## Situational Play

### 1v1 on two goals

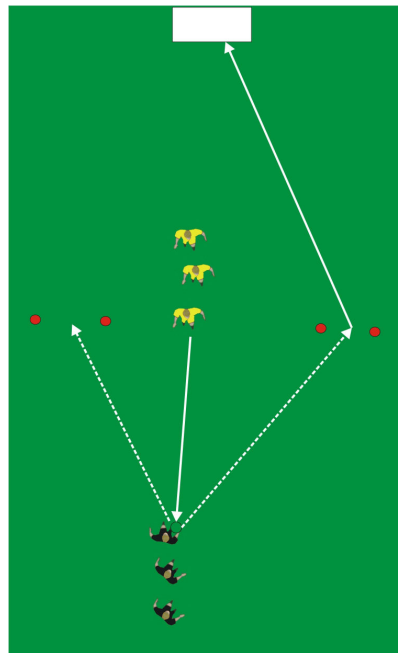
**Duration** 15    **Area Size** 20x20    **Players** 12-14

#### Organization

If you have an assistant or a parent helper you can set up 2 grids.  
In the middle of the grid on each side make a goal 1 m wide.  
At the end of the grid on each side there are 2 group of players.  
Play starts with a player (Defender) passing the ball to the other player (attacker) this player after receiving the ball will try to dribble it across one of the small goals.  
If this player is successful, it scores one goal.  
Change roles  
Which team scores more goals in X number of minutes or tries?

#### Coaching Points

Dribble at the defender  
Change direction  
Change Pace



## Final Game

### 3v3 on two goals to win space

**Duration** 20    **Area Size** 40x35    **Players** 2 groups of 6

#### Organization

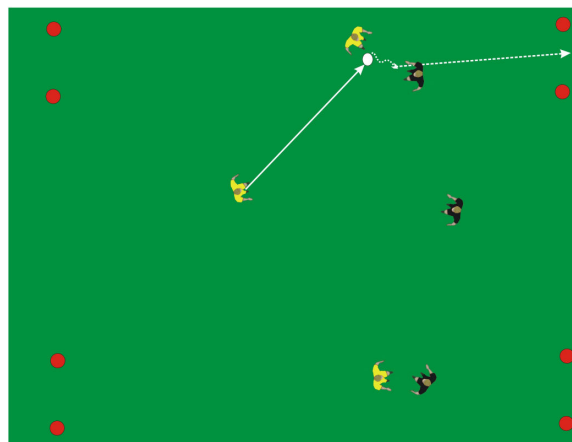
2 teams of 3 play against each other. Each team can score a goal by dribbling thru one of the two goals

#### Variable

Goals doubles is attacker beat his/her direct defender

#### Coaching Points

Encourage 1v1 matches  
Is a passing option on?  
Change point of attack



## Coaching Notes