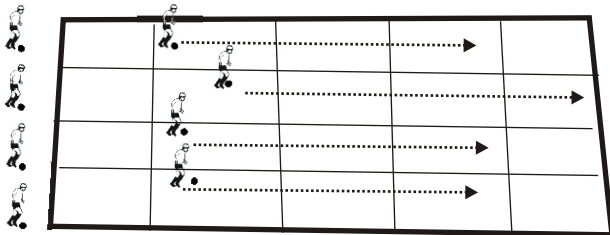


Date _____ Time _____ Field _____ Age Group U8

Players: _____ Duration _____ Equipment _____ Bibs _____ Balls _____ Water Bottles _____ Pumps _____

Primary Objective: **Dribbling 4** Secondary Objective: **Coordination**

15 Activity 1



Set Up
25x20 Grid

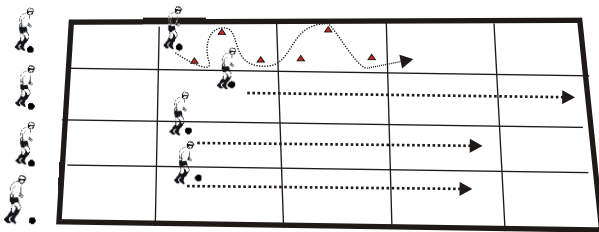
The grid is divided in 4 sections of 5x5 yards grids.
There will be a player with the ball in front of each section. At the coach's signal each player will dribble the ball to the end of the grids.

Instructions

Left/right foot only
Outside /Inside
X number of touches per grid.

15 Activity 2

Competitions



Races

Same set -up
Races

Individual (Timed) or team
Use the same activity and set up to make a competitions.
Use your imagination following these examples:

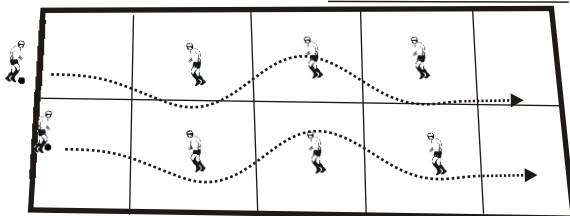
Shuttle races
Faster player with the ball back and forth.
Around the cone
Left/Right foot only

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up

15 Activity 3

1v1 on grids
Passive defenders



Set Up

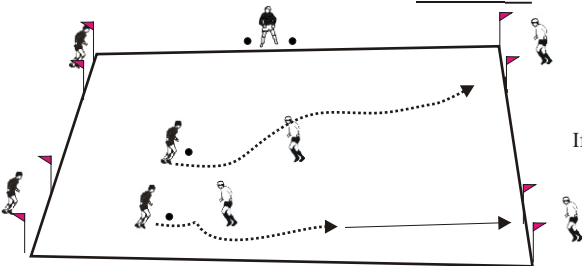
Same set -Up as above.
Place on each grid a player.
Another player with the ball will try to go around the players in each grid.
The defending players are not allowed to win the ball but only putting pressure.
When the dribbler will reach the end line, every one will move down the line .

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up

15 Activity 4

1v1+1v1



Set Up
Set up 20x20 grid

Set up a grid as shown on the graph
There are 2 teams of 4 players.
Each team takes a turn attacking.
Basically there will be 2 1v1 at the same time.

Variation

If defender wins the ball he can score or pass the ball to his 2 teammates.

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up

20 Mini or Maxi Game

3v3 +2 Keepers on a 25x35 Condition for a goal to be valid, one player has to dribble one opponent.