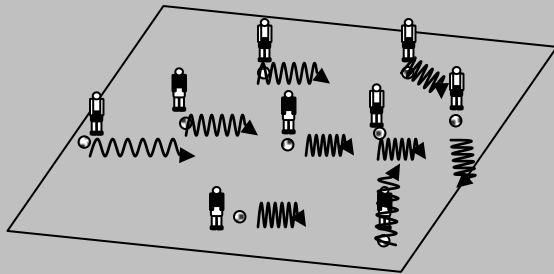


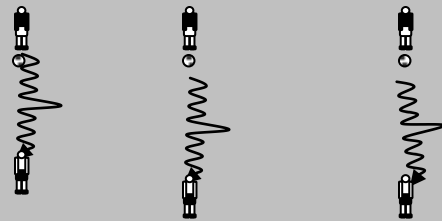
U8 DRIBBLING SESSION (MOVES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Moves	U8	Micro	U8B
Exercise #1	Organization	Coaching Points		
Footwork 9, 10, 11, 12: (see pg. 21; doc 310 95) Top Touches 4, Rolling, 360 Inside, 360 Outside. These moves should be performed in a 30x15 yard grid. Each player has a ball. <i>Time: 10 min.</i>		Top Touches 4, same as top touches but first use the left only for a while then the right for a while. Rolling, rolling the ball sideways in a sweeping motion using first the bottom of the right then the left foot. 360 Inside, dribble the ball in a full circle using the inside of your right foot then your left foot. 360 Outside, same as 360 inside only use your outsides. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Move on Man: Use moves from above. Pair up with a ball. Have player go at defender and try to get behind defender with moves. Use an open space for this exercise. <i>Time: 10 min.</i>		Be aware of timing as you dribble at opponent. Use a move. Change Direction. Change Speed. Be positive.		
Exercise #3	Organization	Coaching Points		
Moving Goal: Two teams playing in one half of a full field. Two players/coaches carry bar between them and act as a goal. The "goals" move around the field. Both teams score through the moving goals. The field is 30x40 yards. Play with one ball. <i>Time: 15 min.</i>		Encourage players to dribble at players. Use moves. Same coaching points as above. Laugh and have fun with the players.		
Exercise #4	Organization	Coaching Points		
3v3 Line Soccer: To score a player must set the ball on the line. Play with one ball. Field(s) size is 25x35 yards. <i>Time: 35 min.</i>		Encourage players to dribble at and beat players and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).		

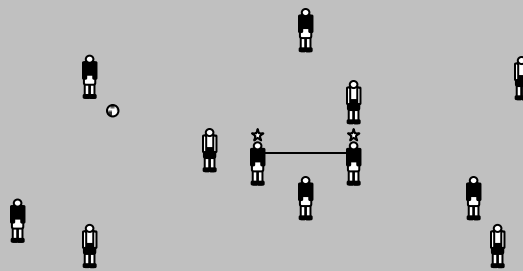
Exercise #1



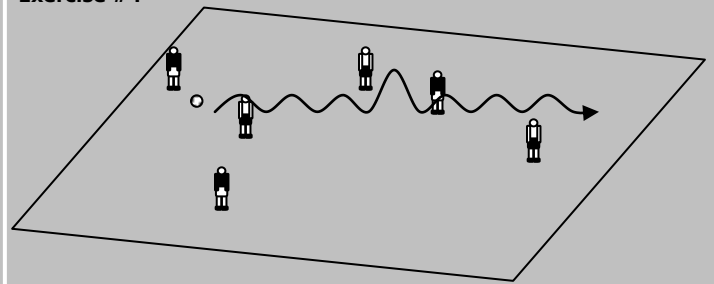
Exercise #2



Exercise #3



Exercise #4



Light



Dribbling



Priority number



Dark



Dribbling with feint



Nike ball



Player making decision



Ball movement



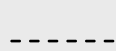
Cone



Goalkeeper



Run



Flag



Grid



Cross

