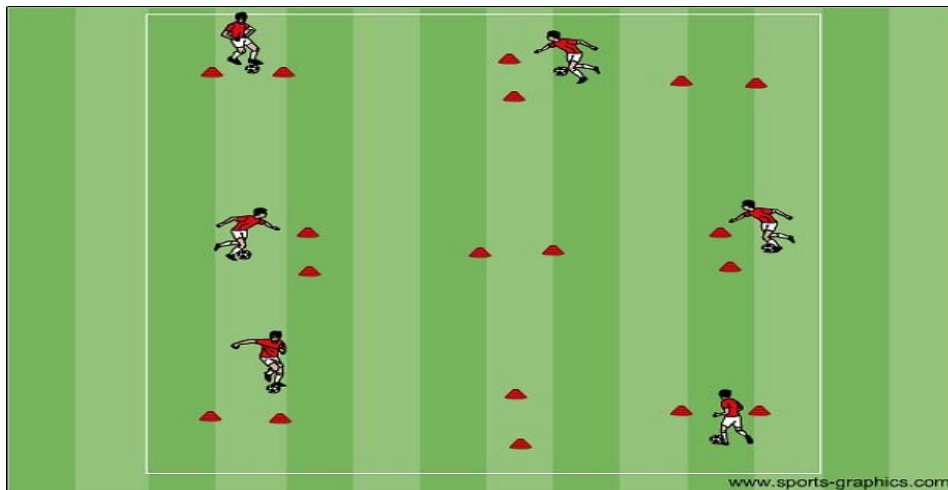


U8 SESSION#2

During this second week, we will ask the players to review the dribbling moves they worked on last week, and build upon those moves by adding some new ones in. The first two games will be similar to last week, so as to maximize the players' time on learning new skills rather than new games. Games three and four are fun activities which include a lot of dribbling. Hopefully you will see some of the skills taught last week, and today, come out in games three and four.

- 1) **Fast Footwork Gates**---Randomly place many pair of cones making small goals (1 yard) in a large space (30 x 20 yards) and have players dribble their balls through the goals for a point. When they get through the goal, they must perform a skill before they move onto the next goal. Skill number one is 10 "inside touches" from one foot to the other. Skill number two is 10 toe touches. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. After doing once, ask them to improve their score by 2 and play the game again. Challenge each child individually. *Version 2:* Players can only dribble through goals with their right foot or their left foot. Note: You may need to make a rule disallowing players from dribbling back and forth in one goal or just two goals. **(10 minutes)**

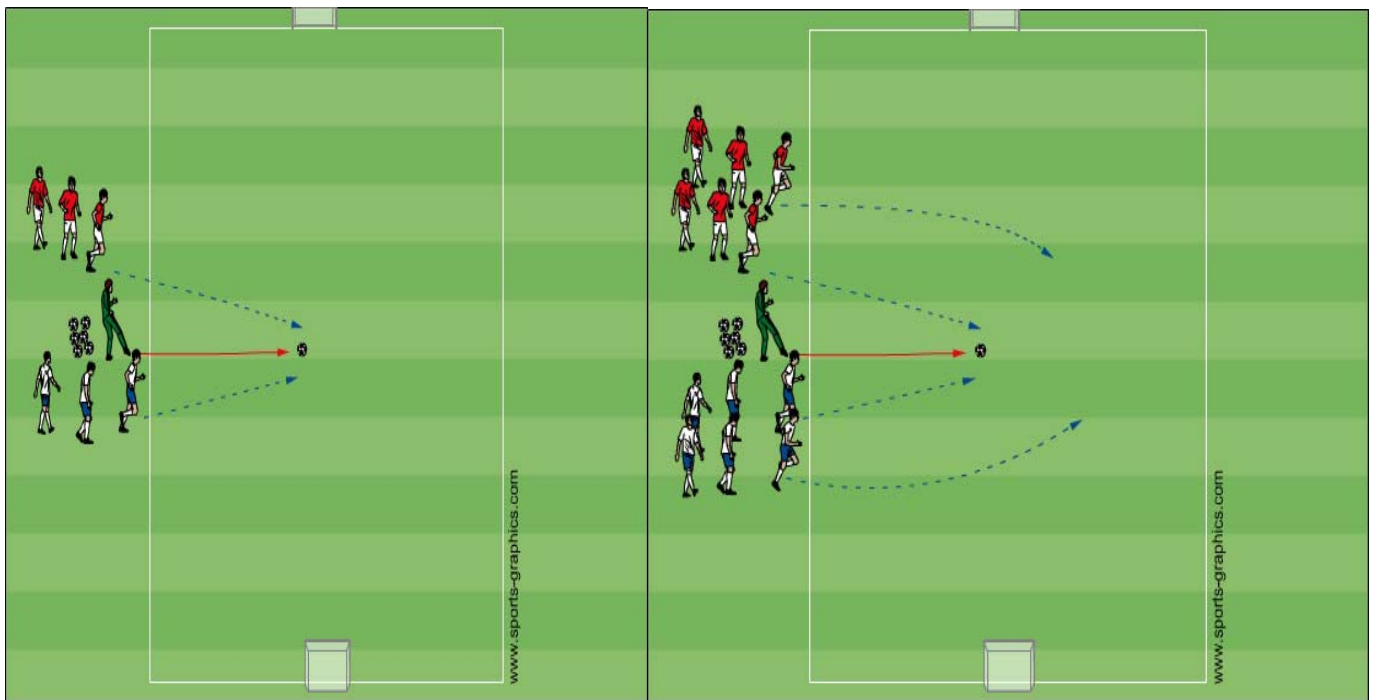


- 2) **Free Dribble & Fast Footwork**---In the same space, everyone has a ball. Review inside, outside, and sole of the foot from last week. Have players dribble with speed (laces/instep dribble), change direction ("spin in" with inside of foot and "spin out" with outside of foot), and perform moves. This week's new moves are: "stop and go" (where the players momentarily stop the ball with the bottom of their foot before accelerating away from a pretend opponent, using their laces), and "Cruyff" (where each player rolls the ball backwards to turn, using the bottom and then inside of one foot). Coach calls

out moves or changes in direction and sets the pace as the manipulator of the session. **Version 2:** Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. Again, the coach can challenge the players by saying "I'm going to pick out two of you to demonstrate for the group." Then ask the other players to watch the player closest to them. Point out to players which moves are for going past an opponent, and which are for turning away from an opponent that you couldn't beat that time. **Version 3:** Players work "in their own little glass box area" on "inside touches" and then are given 30 seconds to get as many touches as they can in 30 seconds. Then the coach can ask them to beat their previous score. Then the coach can have them make $\frac{1}{4}$ turns right or left at which point the players pull the ball with the bottom of their feet to that side as quick as they can, and continue. **Fun variation:** "All change" can be shouted out during any of the above activities. Each player stops what they are doing, stops their ball, and runs to a new ball. See who's first to a new ball. Then restart exercise. **(10 minutes)**



- 3) **Get Outta Here**---Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players (one from each team) run out and try to score on each other's goal by dribbling through it. If the ball goes in the goal or out of bounds, the coach yells "get outta here" and plays in a new ball immediately for the next two players. **Version 2:** Coach can stop yelling "get outta here" after a while and see if players recognize when balls go out and are attentive. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. **Version 5:** Numbers---Same set up as Get Outta Here, but teams assign numbers (1-6) to each player and when coach calls out a number, the players from each team with that number comes out to play 1 vs. 1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. **(10 minutes)**



- 4) **Game: 4 v 4 to goals. --- Dual Field--** 4V4 with no goal keepers. **Variation:** you could allow the players to score one point by dribbling over any part of the opponent's end line. Two points for a goal. This should encourage players to dribble with the ball so that the theme of the practice is continued. **(25/30 minutes)**

