

Beat the Clock

Age: U8

Level: Warm Up with Ball

Objective: Dribbling at speed and changing direction



Scan the code to see the practice:



Organization:

Set out a circle 20 yards in diameter. Spread the players equally around the perimeter of the circle so they stand between the cones. Each player has a ball. One player is positioned further outside the circle to act as the initial beat the clock dribbler. This player on the outside of the circle dribbles around the perimeter and tags another player of their choice. Both players then dribble around the circle in opposite directions trying to get back to their starting position before the other player. First player back wins, the other player becomes the beat the clock dribbler.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice



1v1 Passive Defending

Age: U8

Level: Technique with Passive Pressure

Objective: Dribbling and beat a player



Scan the code to see the practice:



Organization:

Players are grouped in 4s in a 10 x 20 yard grid. One player is designated as a defender and stands on the middle line of the area. The attacker attempts to dribble across the area passed the defender using a move. The defenders can only move along the center line and not come off it to tackle. The attacker then passes the ball to the player located on the opposite end line. They then dribble back and try to beat the defender. If the defender wins the ball, they rotate roles with the attacker becoming the defender.

Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Head up as often as possible - Know where the defenders are and where the goals are
- 3: Avoid and beat defenders with quick turns or skills
- 4: Keep body in between defender and ball to protect it
- 5: Encourage players to try specific turns and skills for themselves (drag-back or scissors)

Run the Gauntlet

Age: U8

Level: Technique with Full Pressure

Objective: Beating defenders in a 1v1 situation.



Scan the code to see the practice:



Organization:

Set out an area 10 x 30 yards, divided into 3 sections, with a goal at the end. The attackers attempt to dribble around 2 defenders and then score in the goal past a keeper. The defenders are positioned along the back line of the squares. The defenders are only allowed to move sideways along their line and cannot move forwards. The attackers receive points depending on how successful they are. Keeping the score will increase the level of competition and improve the players attitude towards being positive towards goal. Remember to rotate the defenders.

Coaching Points:

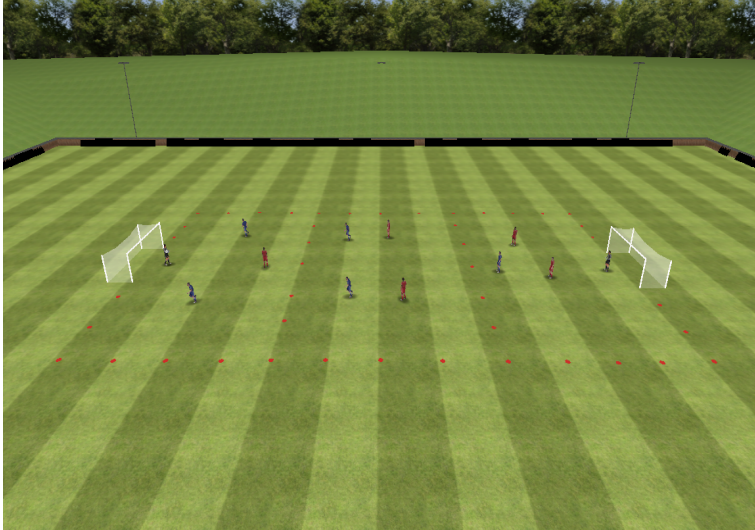
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them

Conditioned Scrimmage

Age: U8

Level: Small Sided Game

Objective: Dribbling in a small sided game



Scan the code to see the practice:



Organization:

Set up a 60x40 playing area. Split the field into equal thirds. Normal rules apply but in the attacking third, player must beat a defender before passing or shooting. They can shoot at any opportunity.

Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.