



U8 Rec session #3

PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Space in front dribble No space dribble away from defender or pass Shield if no space to dribble or pass
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	STAGE 1 Organization:	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted
	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?

Organization .25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.

	STAGE 2: 2v1	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Space in front dribble forwards - No space dribble away from the defender or pass
	Guided Question	<ul style="list-style-type: none"> - If i have space in front of me how can i beat the defender? Dribble really fast into the space - If the defender catches me, how can i still beat them? Dribble away from them or pass to my teammate

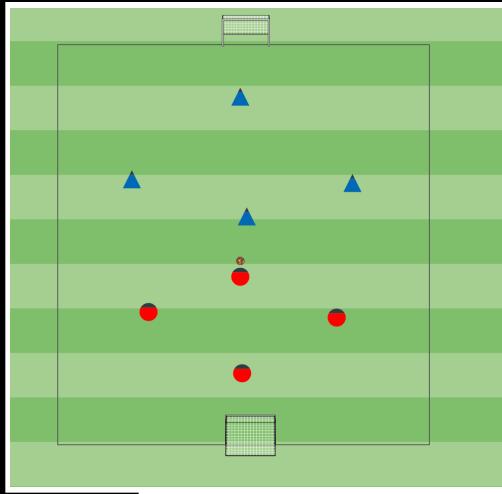
Organization 15 yds width x 25 yds length. Balls pennies, cones, two goals, one line of players attacking and one line of defenders chasing the attacker.

	Stage 3: 2v1	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - No space dribble away from the defender or pas - If no space to dribble or pass shield
	Guided Question	<ul style="list-style-type: none"> • How can i protect the ball from the defender? Shield • Have a player show you how to shield

Organization 15 yds width x 25 yds length. Balls pennies, cones. Once player passes the ball in they join and make a 2v1 against the red defender.

Play 15: Check for understanding

U8 Rec session #4

PRINCIPLE	Defending	LEARNING OBJECTIVES	Press fast Side on				
		<p>STAGE 1</p> <table border="1"> <tr> <td data-bbox="555 247 873 407">Coaching Points (Over the flow of play)</td> <td data-bbox="873 247 1474 407"> <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted </td> </tr> <tr> <td data-bbox="555 407 873 695">Guided Question</td> <td data-bbox="873 407 1474 695"> <ul style="list-style-type: none"> - Can you go towards goal? </td> </tr> </table>		Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted 	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?
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Guided Question	<ul style="list-style-type: none"> - Can you go towards goal? 						
Organization	25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.						
		<p>STAGE 2</p> <table border="1"> <tr> <td data-bbox="555 800 873 890">Coaching Points (Over the flow of play)</td> <td data-bbox="873 800 1474 890"> <ul style="list-style-type: none"> - Press fast (to win the ball back) </td> </tr> <tr> <td data-bbox="555 890 873 1115">Guided Question</td> <td data-bbox="873 890 1474 1115"> <ul style="list-style-type: none"> - Why do we want to press as fast as we can? To go win the ball back quickly/ stop the other team from getting close to the goal </td> </tr> </table>		Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Press fast (to win the ball back) 	Guided Question	<ul style="list-style-type: none"> - Why do we want to press as fast as we can? To go win the ball back quickly/ stop the other team from getting close to the goal
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Guided Question	<ul style="list-style-type: none"> - Why do we want to press as fast as we can? To go win the ball back quickly/ stop the other team from getting close to the goal 						
Organization	Split first play grid in half to use halves as stage 2 & 3 grid. No more than 2 players in one line (2 blue and 2 red players per line). Balls, pinnies, cones, mini goals (use cones as mini goals if needed).						
		<p>Stage 3:</p> <table border="1"> <tr> <td data-bbox="555 1220 873 1310">Coaching Points (Over the flow of play)</td> <td data-bbox="873 1220 1474 1310"> <ul style="list-style-type: none"> - Press fast (to win the ball) - Side on to force away from goal </td> </tr> <tr> <td data-bbox="555 1310 873 1514">Guided Question</td> <td data-bbox="873 1310 1474 1514"> <ul style="list-style-type: none"> • Why is it important to get side on when we defend? To force the opponent away from goal • Have a player show you how to get side on when they defend. </td> </tr> </table>		Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Press fast (to win the ball) - Side on to force away from goal 	Guided Question	<ul style="list-style-type: none"> • Why is it important to get side on when we defend? To force the opponent away from goal • Have a player show you how to get side on when they defend.
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