



U8 Rec session #1

PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Space in front dribble No space dribble away from defender 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:	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Space in front dribble forwards - Dribble fast to get away from the defender
	Guided Question	<ul style="list-style-type: none"> - How do i know if i have space in front of me? We must scan (or look) - How can i get away from the defender and go to the goal faster? Dribble fast

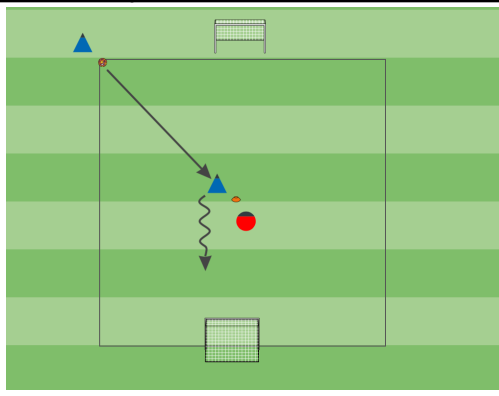
Organization | 15 yds width x 25 yds length. Balls pennies, cones, two goals, one line of players attacking and one line of defenders chasing the attacker.

	Stage 3:	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - No space dribble away from defender
	Guided Question	<ul style="list-style-type: none"> • What are my options when the defender pressures me? Beat the defender or shield

Organization | 15 yds width x 25 yds length. Balls pennies, cones.

Play 15: Check for understanding

Session #2

PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Turning Shielding
	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:		
	Coaching Points (Over the flow of play)	REPS: 4	WORK: 3
Guided Question	<ul style="list-style-type: none"> - Scan (look) to find the open space to dribble into - Slow to fast as we dribble into the space 		
Guided Question	<ul style="list-style-type: none"> - How do i find the open space? Scan or look - Why do i want to go fast when i dribble past a defender? To get away from the defender 		
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).		
	Stage 3: Discovery Game		
	Coaching Points (Over the flow of play)	REPS: 4	WORK: 3
Guided Question	<ul style="list-style-type: none"> - With no space shield to protect the ball - Scan or look to find open space to dribble into 		
Guided Question	<ul style="list-style-type: none"> • Show me how to shield the ball (check for understanding) • When we shield what should we be scanning (looking) for? Space to dribble into (turning) 		
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).		

Play 15: Check for understanding