



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"> <li>- Direction of Play, blue one way red the other, they will get confused.</li> <li>- Find the Ball, they will get distracted</li> </ul>
	Guided Question	<ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul>

**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"> <li>- Space in front dribble forwards</li> <li>- No space dribble away from the defender or pass</li> </ul>
	Guided Question	<ul style="list-style-type: none"> <li>- If i have space in front of me how can i beat the defender? <b>Dribble really fast into the space</b></li> <li>- If the defender catches me, how can i still beat them? <b>Dribble away from them or pass to my teammate</b></li> </ul>

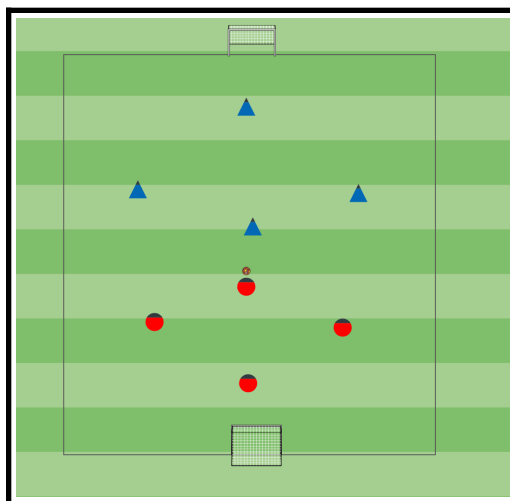
**Organization** 15 yds width x 25 yds length. Balls pennies, cones, two goals, one line of players attacking and one line of defenders chasing the attacker.

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

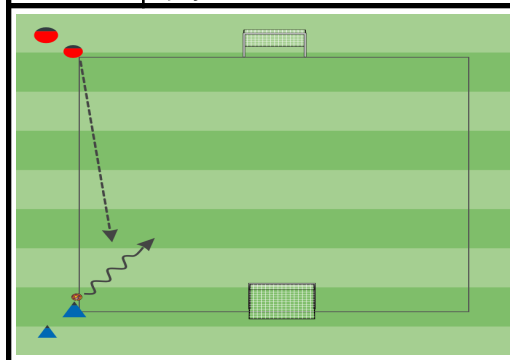
**Organization** 15 yds width x 25 yds length. Balls pennies, cones. Once player passes the ball in they join and make a 2v1 against the red defender.

**Play 15: Check for understanding**

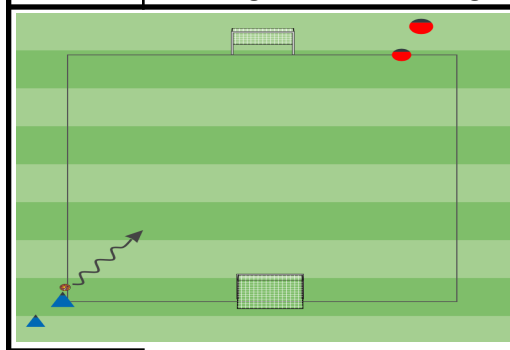
PRINCIPLE	Defending	LEARNING OBJECTIVES	Press fast Side on
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	<p><b>STAGE 1</b></p> <p>Coaching Points (Over the flow of play)</p>	<ul style="list-style-type: none"> <li>- Direction of Play, blue one way red the other, they will get confused.</li> <li>- Find the Ball, they will get distracted</li> </ul>
	<p>Guided Question</p>	<ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul>

**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><b>STAGE 2</b></p> <p>Coaching Points (Over the flow of play)</p>	<ul style="list-style-type: none"> <li>- Press fast (to win the ball back)</li> </ul>
	<p>Guided Question</p>	<ul style="list-style-type: none"> <li>- Why do we want to press as fast as we can? <b>To go win the ball back quickly/ stop the other team from getting close to the goal</b></li> </ul>

**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><b>Stage 3:</b></p> <p>Coaching Points (Over the flow of play)</p>	<ul style="list-style-type: none"> <li>- Press fast (to win the ball)</li> <li>- Side on to force away from goal</li> </ul>
	<p>Guided Question</p>	<ul style="list-style-type: none"> <li>• Why is it important to get side on when we defend? <b>To force the opponent away from goal</b></li> <li>• Have a player show you how to get side on when they defend.</li> </ul>

**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**