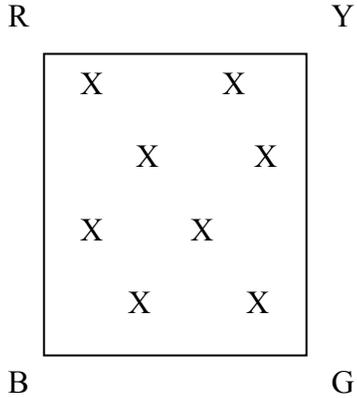
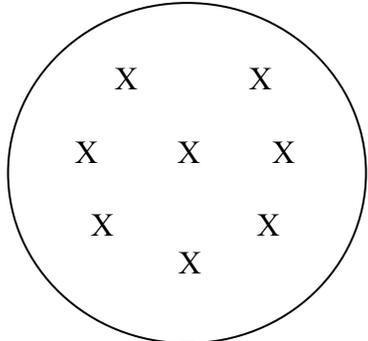
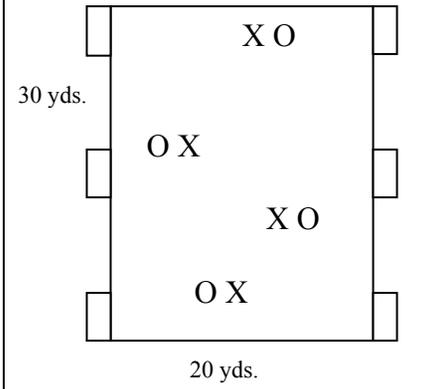
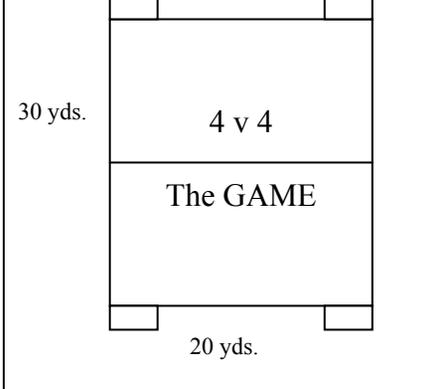


Topic: **U6-U8 Dribbling**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical dribbling work. Each player with a ball (20 x 30 area or as needed). Define four additional “outside” areas and label them with colors: Red, Yellow, Blue and Green (numbers, etc., can also be substituted for colors). Stretch.</p>	<ul style="list-style-type: none"> <li>Each player dribbles to establish comfort and boundaries (try to prevent the ball from touching other balls).</li> <li>Add conditions, such as: left/right foot only, inside or foot, outside of foot, stopping and turning, etc.</li> <li>Have them stop the ball with various parts of their body (head, knee, etc.).</li> <li>On command, the coach yells “Red!” or “Yellow!” and players must avoid each other and dribble to those areas as quickly as possible. Repeat.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Ball control and manipulating the ball to avoid other players</li> <li>✓ Develop change of speed and direction</li> <li>✓ Keep your head up while maintaining vision of the ball, the players and field</li> <li>✓ Intrinsic competition (self motivation)</li> </ul>
<b>Match Related 1</b>			
<p>Knock-out! Each player with a ball (use the center circle or define as needed).</p>	<ul style="list-style-type: none"> <li>Each player dribbles and protects their ball while attempting to kick the other player’s ball out of the area.</li> <li>If a player’s ball is kicked out, they retrieve their ball and immediately return to the area and play.</li> <li>A player may only kick another ball out while in possession of their ball.</li> <li>Progress to using two defenders and have them see how fast they can knock the other six balls out. Change defenders and repeat.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Shield the ball. Keep the body between the ball and the challenging players</li> <li>✓ Keep control of the ball, turn with it and accelerate to avoid challenging players</li> <li>✓ Keep your head up to avoid opposition – vision</li> <li>✓ Confidence to challenge on and off the ball</li> </ul>

Topic: **U6-U8 Dribbling**

<b>Match Related 2</b>			
<p>1 v 1 duel with six small goals (20 x 30 area or as needed). To begin, divide into pairs and designate one as the attacker and one as the defender. Players can score on any of the six goals.</p>	<ul style="list-style-type: none"> <li>▪ To score, the attacking player must dribble through any of the six goals.</li> <li>▪ Once a goal has been scored, the partners rotate roles.</li> <li>▪ Add the “duel.” Partners compete to an established number of goals (3-5) or time (1-2 minutes); and change of possession occurs during run of play.</li> <li>▪ Rotate partners accordingly and repeat.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Maintain control under pressure and shield the ball as necessary</li> <li>✓ Turn away from pressure and into attacking space</li> <li>✓ Change of speed and direction</li> <li>✓ Quick and decisive decision making</li> </ul>
<b>Match Condition</b>			
<p>4 v 4 directional game to four small goals (20 x 30 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Define direction for each team.</li> <li>▪ To score, the attacking team must score through one of the two goals. Award 2 points to dribble through and 1 point to pass it through.</li> <li>▪ Add a 2<sup>nd</sup> ball if necessary to increase attacking and defending demands on the players.</li> <li>▪ No restrictions and play to a determined number of goals or time.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Dribble and shoot at the earliest convenience</li> <li>✓ Team transition when in possession (support for the player on the ball); or not in possession (numbers behind the ball to defend)</li> <li>✓ Encourage creative and instinctive play</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>