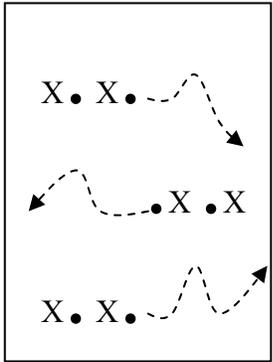
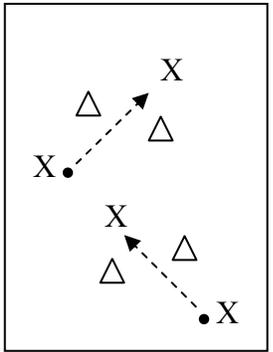
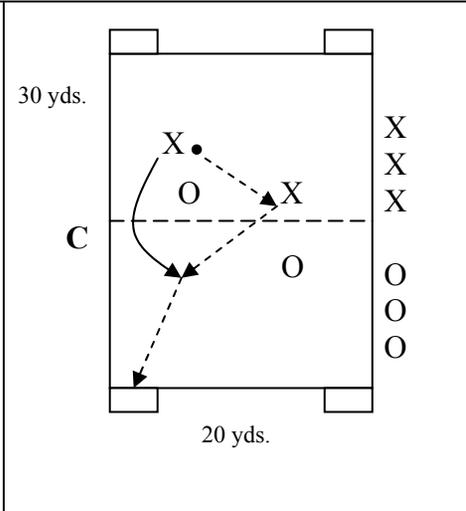
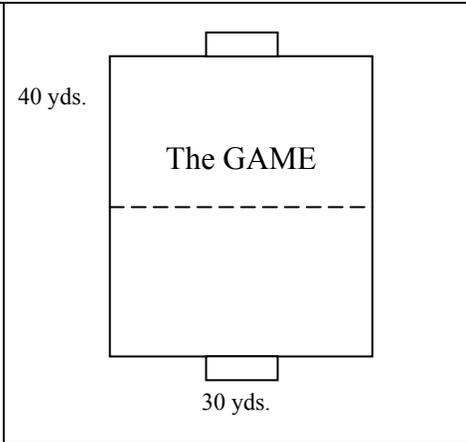


Topic: **U8 Dribbling and Passing Games**

Organization	Variations	Diagram	Coaching Points
<b>Game I</b>			
<p>Follow the Leader (shadow dribbling). Full team – in pairs, each player with a ball (30 x 40 area).</p> <p>Stretch.</p>	<ul style="list-style-type: none"> <li>Players begin by dribbling any direction inside the area – one partner leading and the other closely following.</li> <li>Every 30 seconds (on the coach’s command) switch roles and the leader becomes the follower.</li> <li>Right foot only, left foot, outside of right and left, inside of the feet, etc.</li> <li>Introduce Coerver moves as technical ball skill and mastery improves.</li> </ul>	<p>40 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Ball control and mastery</li> <li>✓ Change of direction and speed</li> <li>✓ Quick reactions</li> <li>✓ Keep your head up while maintaining vision of the ball, players and field</li> <li>✓ Intrinsic motivation</li> </ul>
<b>Game II</b>			
<p>Gate Game. Full team – in pairs, each pair with a ball (30 x 40 area). In the area, the coach randomly places 8-12 small goals (gates). Each gate is approximately three yards wide.</p>	<ul style="list-style-type: none"> <li>Each pair of players attempts to play as many passes to each other (through the gates) as possible in 60 seconds.</li> <li>Players cannot pass through the same gate on consecutive passes.</li> <li>Repeat, and then challenge the players to improve on their previous score.</li> <li>Rotate partners.</li> <li>Right foot only, left foot, outside of right and left, etc.</li> </ul>	<p>40 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Proper technique and accuracy of the pass</li> <li>✓ Speed of play (pass)</li> <li>✓ Change of direction</li> <li>✓ Receiving and passing to feet versus space</li> <li>✓ Verbal and visual communication and cooperation</li> </ul>

Topic: **U8 Dribbling and Passing Games**

<b>Game III</b>			
<p>Boss of the Balls. 2 v 2 to four small goals placed at the corners (20 x 30 area). Coach is the “Boss of the Balls” and stands at midfield with all of the balls to begin.</p>	<ul style="list-style-type: none"> <li>▪ The first ball is played out and two players from each team enter the field and play.</li> <li>▪ If a ball is scored or goes out of bounds, another ball is played out and two new players enter the field.</li> <li>▪ Implement if they score, they stay.</li> <li>▪ Serve balls in the air (throw them) and players must then adapt to controlling and receiving the ball before playing.</li> <li>▪ Vary the numbers – 1 v 1, 2 v 2, 3 v 3, 4 v 4 and sometimes 5 v 5.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Problem solving between players</li> <li>✓ Quick thinking and anticipation</li> <li>✓ Passing accuracy and decision making</li> <li>✓ Teamwork and communication</li> <li>✓ Small sided attacking and defending tactics</li> </ul>
<b>Game IV</b>			
<p>5 v 5 directional game to two small goals (30 x 40 area). No goalkeepers.</p>	<ul style="list-style-type: none"> <li>▪ Define direction for each team.</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Keep it FUN!</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements).</p>	<ul style="list-style-type: none"> <li>▪ Reduce Heart Rate.</li> <li>▪ Static Stretching.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Review Session</li> </ul>