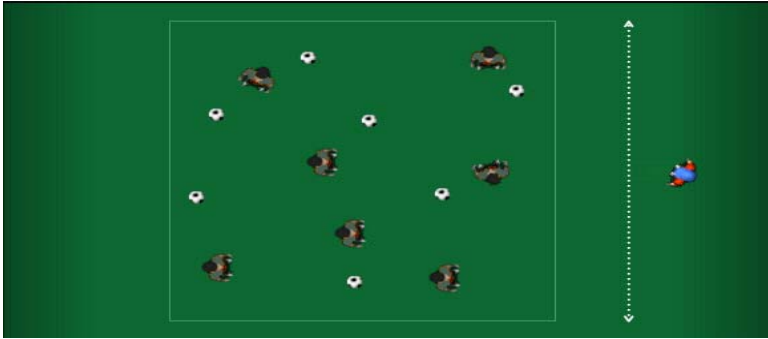
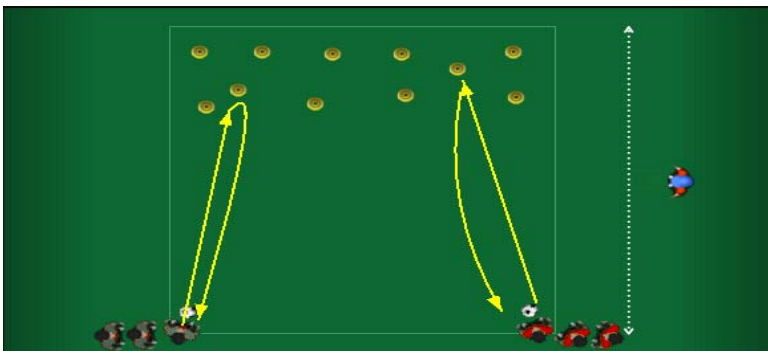


# Session Plan U6 - U8 - Dribbling / Turning



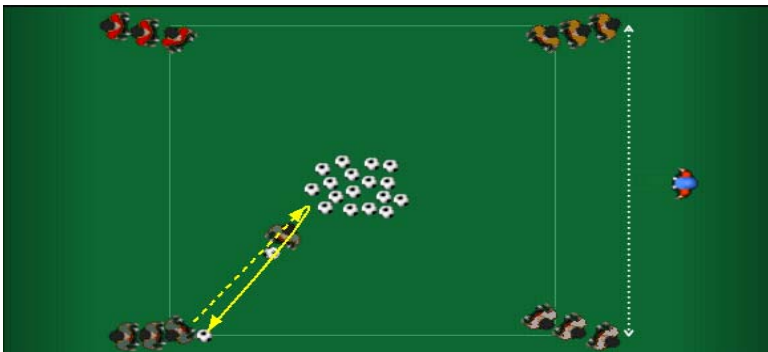
Players jog around the grid without a ball keeping their heads up. When the coach shouts "Ball" each player finds a soccer ball and puts their foot on the ball

When the players are jogging around get them to -skip, hop, jump, high knees, kick backs, side step. When players get to a ball get them to do toe taps, quick feet. Coach can take a ball away after each go to increase speed and competition.



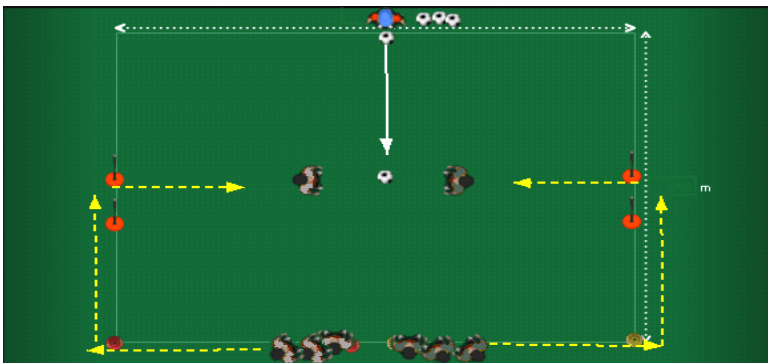
Split players in to two / three teams depending on numbers. First player in each team dribble their ball to the treasure which can be cones, discs or pinnies. The player must stop the ball next to a piece of treasure - pick the treasure up - perform a turn and then dribble back to their team.

This game can be developed according to players ability - Introduce players to using right foot only - left foot only and dribbling using laces. Add e defender - Jack Sparrow to guard the treasure



Split the players in to 4 teams of Spongebobs. One ball per team and the aim of the game is for the first player in each team run to the centre of the grid, perform a drag back turn and dribble the ball back to their team - each player repeats until all balls are gone.

This game can be developed according to players ability - Introduce players to using right foot only - left foot only and dribbling using laces. Place a disc in the centre and have the players in turn dribble the ball and stop it as close to the disc as possible - run back to team until all balls are in the centre.



Players are divided in to two teams and line up behind 2 discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage

Black = Organization

Red = Progression