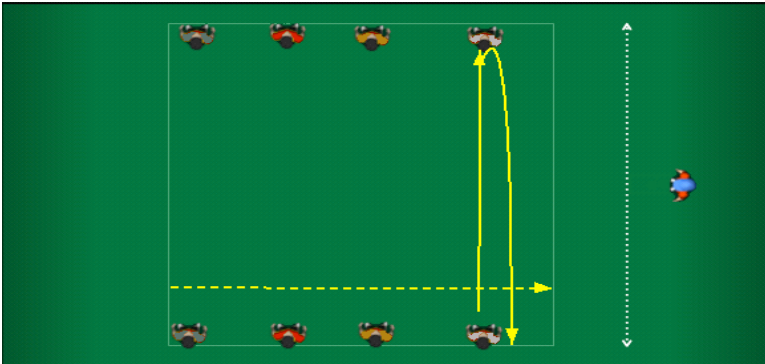


Session Plan U6 - U8 - Dribbling / Turning



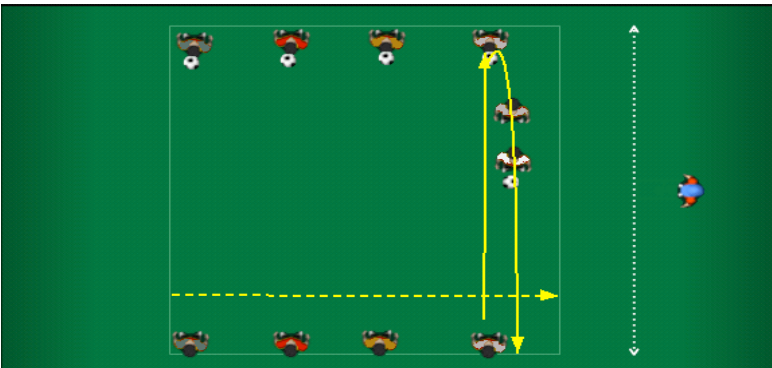
Players pair up and set themselves up with one player in the safe zone and the other directly opposite facing away. The player in the safe zone - JERRY runs towards their partner TOM, just before they get to TOM, JERRY must stop, tap TOM on the shoulder - turn and accelerate away and try to get in to the safe zone before TOM tags JERRY.

Play first player to 5 and swap.

Increase / decrease distance between Tom and Jerry
Increase / decrease safe zone

Get players to -

Side Step, Hop, Skip, Jump



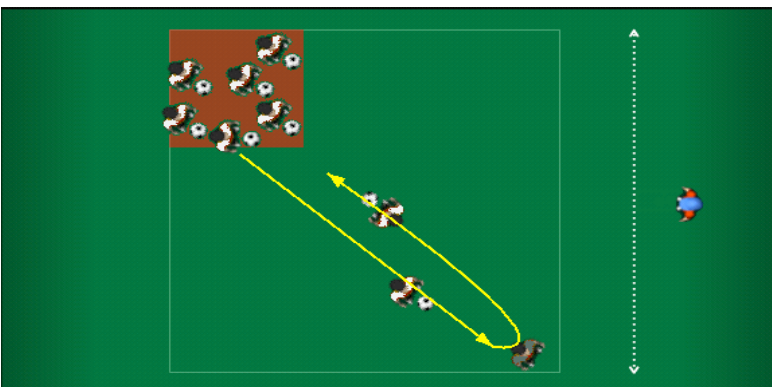
Players pair up and set themselves up with one player in the safe zone and the other directly opposite with a soccer ball facing away.

The player in the safe zone - JERRY runs towards their partner TOM, just before they get to TOM, JERRY must stop, tap TOM on the shoulder, turn with the soccer ball, dribble away and try to get in to the safe zone before TOM tags JERRY.

Play first player to 5 and swap

This game can be developed according to players ability - Introduce players to using right / left foot only
Increase / decrease safe zone

Tom must try to touch ball before Jerry gets in to the safe zone
Increase / decrease distance between Tom and Jerry



First decide on a player that will start as the sleeping bear. All the other players start with their soccer balls in the SAFE ZONE. The sleeping bear goes to the opposite corner, lays down and goes to sleep.

The players dribble their soccer balls to the sleeping bear trying not to wake the bear. When the group gets close to the sleeping bear the coach shouts DINNER TIME and on that command the bear wakes up and chases the players and try to kick their balls away - Players try to get back in to the SAFE ZONE.

This game can be developed according to players ability - Introduce players to using right foot only - left foot only and dribbling using laces.
Have the sleeping bear dribble a ball.

Finish session with a scrimmage

Black = Organisation

Red = Progression