

## Session Plan U6 – U8 – Dribbling



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.



Each player starts with a ball apart from the BLOB - The BLOB tries to dispossess the players and kick their balls out of the square. Once a players ball is kicked out they join the BLOB by linking arms.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

Have BLOB dribble the ball



First have all the players choose a car – And get them to make car noises when they are playing the game. Players dribble their soccer balls around inside the grid – ensure they keep the ball close and have their heads up. The coach shouts the following instruction –

Number 1 – Children dribble slow

Number 2 – Children go medium speed

Number 3 – Children dribble full speed

Brake – Children stop their ball with the sole of their foot.

Turn - Players perform

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Coach can call instructions such as -

Gas station – Children dribble to a corner and fill their cars up by doing 10 toe taps

Car Wash – Children dribble to a corner and clean cars by doing 10 quick feet

Finish session with a scrimmage

Black = Organisation

Red = Progression

