Organization: **Challenger Sports** Week: **Spring - Week 1**

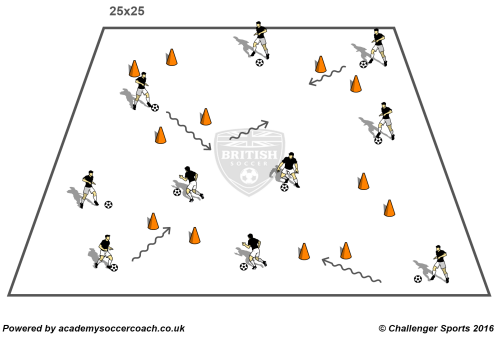
Age Group: **U8s** **60** Minutes

Category: **Recreation**

Topic: Dribbling & Running With The Ball

Objective: To learn how to dribble & run with the ball at speed using different surfaces of the foot.

Session Part: Warm-up

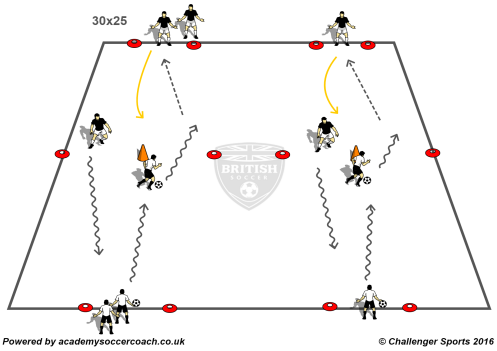


Organization	Time: 10
Area:	25x25
Numbers:	10 Players

1 player - 1 ball each.
Set out multiple small gates within the area using tall cones.
Players begin dribbling inside the area & through as many gates as possible.
Players continue for a set time limit before having a short rest period before restarting.
Coach introduces a points system for players to count how many gates they travel through.

Progressions	Coaching Points
Perform ball mastery skills before passing through a gate - toe taps, tic tocs, side roles. Increase/decrease gate size - depending on success. Add a defender/gate keeper. Remove gates to increase players spacial awareness.	Acceleration through the gate and into space. Soft touches - close control. Awareness of open gates and other players. Use different surfaces of the foot; Inside, Outside, Laces, Sole.

Session Part: Technical Fundamentals

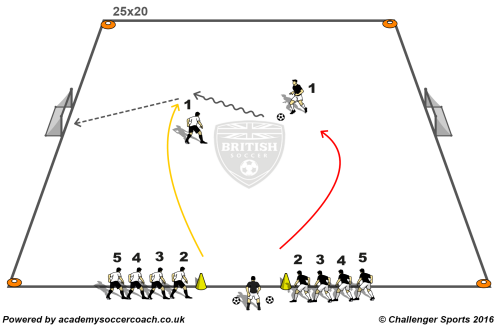


Organization	Time: 15
Area:	30x25
Numbers:	10 Players

4 equal groups of 5 players - 1 ball per player.
Begin the activity without a ball with players performing a feint when they reach the cone.
First player in each group travels towards the central tall cone at speed with the ball.
Players perform a fake or move before the cone and move to the left/right before joining the line.
The next players in each group repeat this process from each of the 4 groups.

Progressions	Coaching Points
Introduce a pass after players perform a fake/move with 2 balls working at the same time in each group. Perform different fakes and moves. Element of competition between the 2 groups. Increase/decrease travelling distance to cone.	Soft touches/bigger touches depending on distance to the cone and available space. Head up for awareness. Use different surfaces of the foot. Low center of gravity when performing fakes.

Session Part: Game Scenario

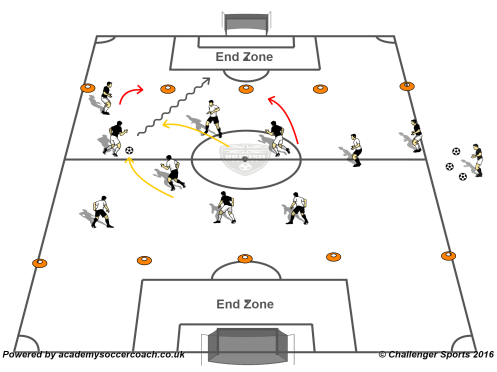


Organization	Time: 20
Area:	25x20
Numbers:	10 Players

Players in 2 equal groups either side of coach numbered 1-5.
Coach plays the ball into the center of the field and calls a number to play in a 1v1.
Players must attempt to win the ball and dribble past their opponent.
Players attempt to score in the opposing teams goal to score a point for their team.
To score a point, players must pass the ball in the goal with the inside of the foot from short distance.

Progressions	Coaching Points
Add a goalkeeper. Add additional players - 1v2, 2v1, 3v1. Introduce points system in favor of dribbling. Add additional goals or gates to run through.	Acceleration to win the ball. Low center of gravity when in a 1v1. Use of the body to put the defender off balance. Positive mind-set and confidence on the ball.

Session Part: Small Sided Game



Organization	Time: 15
Area:	40x30
Numbers:	10 Players

5v5 - 2 end zones at each end of the field.
To score a point, players must dribble across the opposing teams end zone line with the ball.
Play restarts from the coach with the team who conceded looking to score in the opposite end zone.
Encourage dribbling and running with the ball from both teams.

Progressions	Coaching Points
Teams attack different end zones. Increase/decrease field and end zone size. Add goals and goalkeepers. End with free play.	Awareness of space and other players. Communication. Soft touches - close control when in tight spaces. Bigger touches when attacking large spaces. Quick decision making to capitalize.

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