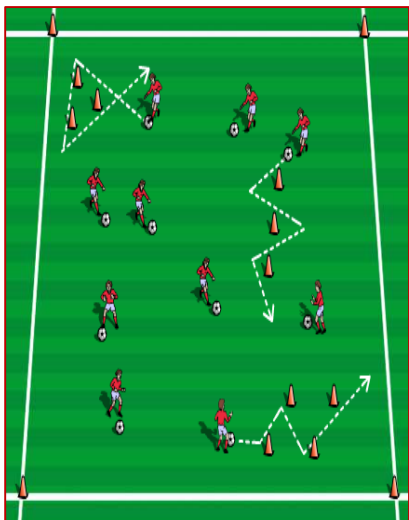


U8 Ball Manipulation.



Warm Up: Ball manipulation footwork.

10 Minutes



SET UP: 20x20 Yard Area.

Within the playing area, place several small circuits for your players to dribble through. On the diagram you will see a triangle, a line of cones to go in and out of and a zig-zag formation. Make sure you have plenty of circuits to prevent players waiting.

PROGRESSION:

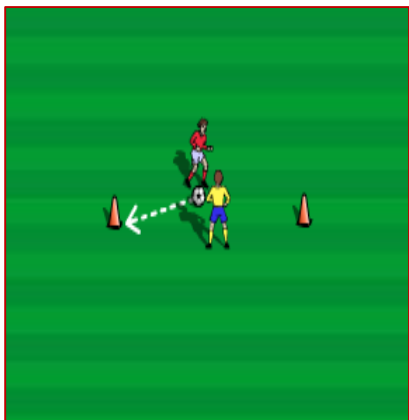
1. Restrict the players to using different surfaces of their feet. E.g. Sole of the foot/outstep only etc.
2. When the coach shouts 'change' players must leave their ball and go find a free one.
3. Challenge the players to travel backwards through circuits.

COACHING POINTS:

- Head should be constantly looking up and down to see where they are going and where the ball is.
- Keep ball close when travelling through circuit.
- Try to speed up as you become comfortable.
- Move quickly to spare circuits using larger touches.

Activity 1: Mirrors.

15 Minutes



SET UP: Two cones 5 yards apart. Set up several times.

Players stand either side of the cones. The red player starts with the ball. They must out-fox the defender by dribbling to one of the cones and stop the ball before the defender gets there.

PROGRESSION:

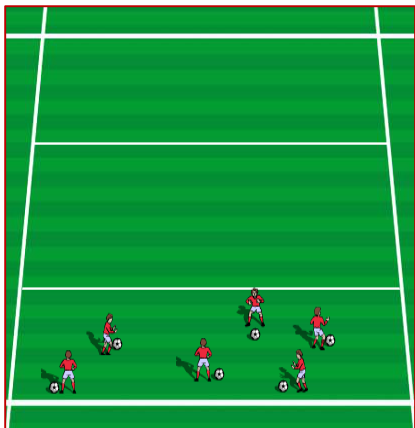
1. Yellow player starts with the ball.
2. Rotate partners.
3. Now the player with the ball must get over the line. The defender cannot cross the line.

COACHING POINTS:

- Keep the ball moving to make the defender worry.
- Use of different surfaces and moves to beat defender.
- Changes in speed and direction.
- Can you perform a skill of your own?

Activity 2: King/Queen of the Chambers.

15 Minutes



SET UP: Three 15x15 Yard Area. Adjust if necessary.

The players must try to kick each other's balls out of the area whilst protecting their own. If you lose your ball you go to the next chamber and wait for others to carry on the game. The same happens into the final chamber. The last person in the chamber must move into the next one. The overall winner is the person who is the very last person out.

PROGRESSION:

1. In the last zone, when a player loses their ball, they then act as a support player. Players can pass to this player who looks after the ball until they can give it back.
2. Once your ball is kicked out you join the catcher. Last person in is declared King/Queen.

COACHING POINTS:

- Protect your ball by putting your body between yourself and the catcher.
- Try to get away using moves and different surfaces to dribble with.

GAME:

Finish with a SSG: 4v4 – 6v6.

COOL DOWN:

5 minutes, light movement and review Session.