



U8 Academy Week 6

Category: Technical: Ball Control

Difficulty: Beginner

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Individual-Adult Member

Dribbling

Gates : Dribble

Organization. Set up one less gate than the number of players you have. 7 players = 6 gates.

20X20 Grid.

Don't worry if gates are not perfectly spaced and/or the same distance from cone to cone.

Activity: Each player has a soccer ball. The players are asked to dribble their soccer ball in the area.

They can not have any collisions with fellow team mates.

Encourage players to keep their soccer ball close to them, by using small touches and lots of them.

They are asked to push the ball, with their baby toe. Dribbling foot is slightly turned inward and downward.

They are asked to make lots of touches on the ball with this surface of the foot.

We only use the inside and the outside surfaces to avoid collisions and/or change direction.

Move your soccer ball through as many gates as one can in 20 seconds. However they must use the correct surface of the foot to transition from one gate to the next.

Rules of play: Only one player at a gate at one time. If that gate is occupied they are asked to get their head and eyes up and find an open gate.

Don't allow them to dribble incorrectly. They must be shown and taught how to push the ball with the outside part of their dribbling foot. If unsure: Ask: Theo and/or Matt to demonstrate.

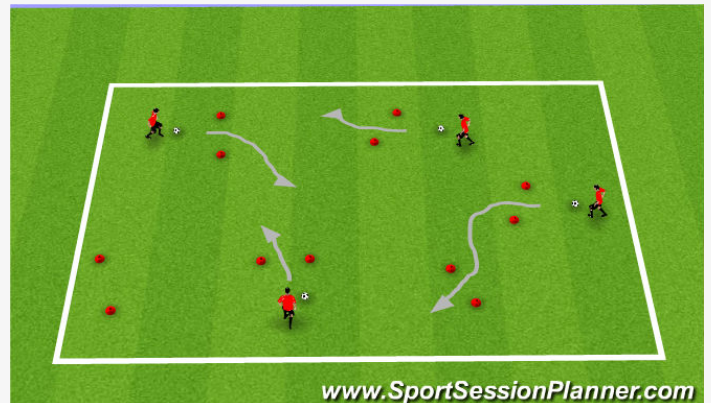
If they do have a collision with another player and/or their ball has a collision. Both players must start back at 0, and keep working.

Progression/Coaching Point #1: As they approach the gate, can we get our head and eyes up for a moment to spot that next gate, if needed, use the inside and/or outside surfaces to change direction, then we dribble with the proper technique to quickly get to the next gate.

Progression/Coaching Point #2: Have each player keep track of how many gates they got through in 20 seconds. Challenge them to let you know, how many more will they get the second/third/fourth round of this activity.

Progression: Ask them to get creative and/or you can get creative: Depending upon your team/players. Challenge certain players to get through the gates with their left foot only for example.

Make sure players find a new gate each time.



Dribble/Turning

Organization: Area is set up the same as prior.

We have not forgotten that they must continue to demonstrate the proper dribbling technique.

Activity: Can we turn at the gate.

Players are dribbling as seen in first progression. Now.

Once we get to an unoccupied gate:

Coaching Point: Players must: as they approach the gate: take a peek over their shoulder to make sure no one is right behind them, and then.

Execute a turn:

1. Inside cut: or an Inside hook turn.

As we approach the gate, dribbling with the right foot, allow the ball to drift just a bit to the left side. Our left foot is planted. We now reach around with our right foot: turning to our left, and touch the ball with the inside of our right foot. Goal is to get the ball moving directly back in the direction we were moving.

Once we execute our inside hook turn, we immediately get our head up and find the next open unoccupied gate. If no gate is available right away, keep dribbling until you can find one.

2. Outside cut or an outside hook turn.: Same notion as above, except now, as we approach the gate: we have checked over our shoulder. Allow the ball to stay along side the outside of our right foot. We then, reach around the ball with our baby toe to curl the ball and move it back in the direction we were coming from. Again, instruct the players to immediately get their heads up and dribble to the next open gate.

3. A step on- pull back or a drag back. Same coaching points as 1 and 2.

Now as we approach the gate. We use the sole of the foot to stop the ball, keeping the sole on the ball we roll/pull the ball backwards and across our body. Our first touch, then takes us in the same direction in which we approached the gate.

Encourage players to use both the right and/or the left to execute this turn.

If unsure: Pull in Theo and/or Matt to demonstrate for the players.

The number 1 is the dribble in while number 2 is the dribble out after the turn.

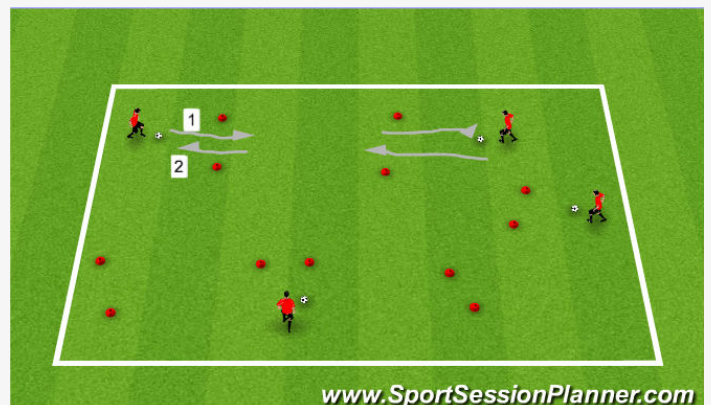


Figure of 8

Figure of 8 dribbling.

Use same gates. But now we are dribbling in a figure of 8. As shown.

Make sure players keep score of how many figure of 8 they perform.

Time the players 20 second cycles.

Once players complete one figure of 8 at a cone set, can we find the open/unoccupied gate: find a new gate and again complete a figure of 8

Progression.

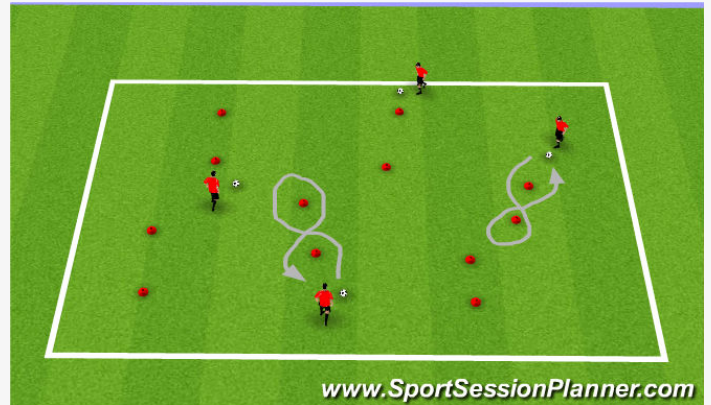
Use either foot/both feet to perform the skill. Try to not allow the ball to touch any part of the cones.

Use only the right foot: the dominant foot

Use only the non dominant foot: typically the left foot.

On the turn, encourage the players to compete the turn with repeated touches with the outside surface of the dribbling foot and/or the inside surface of the dribbling foot.

If unsure: Ask Matt and/or Theo to demonstrate.



Dribbling to End Zone

Organization: Play 4v4:

Dribble to end zone.

No Goals.

Points are scored, only with a dribble into the end zone.

Encourage the players to move with and without the ball, to create opportunities to get a dribble into the end zone. Continue to encourage players to dribble with the proper technique, use the laces and the little toe part of the foot, to move the ball.

