



# U7-U8 Fundamentals Outdoor 2018

## WEEK 3



### **Relays Set Up**

#### **Dribbling**

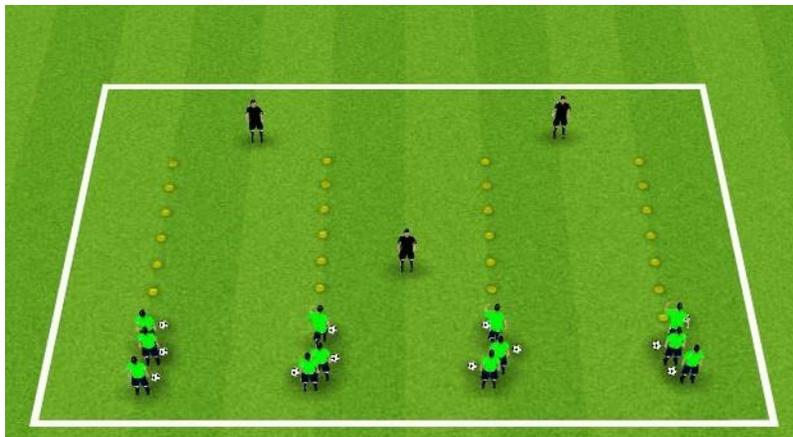
This session is based around 3 different ways in which dribbling can be delivered; Controlled (Relays), Creative (Special Delivery) and Reactionary (Across The Channel)

The keys in understanding dribbling are simple and easy:

Keep the ball close with small touches

Keep arms close to the body

Watch the ball but look up often to see the field of play



### **Relays (15 mins)**

#### **Set Up:**

4 lines with up to 3 players each with a ball

Use 5-8 cones 2-3 steps apart

#### **Instructions:**

Line up the players in order from 1 to 3

"Go!" one player at a time using inside and outside of foot to get in between the cones and back

#### **Options:**

One foot only

Make a move before making your way back

Make it a Race



### **Special Delivery (15 mins)**

#### **Set Up:**

Up to 12 players with a ball(package) each

Mark out 4 corners or areas

(delivery destinations)

Name the areas (make it fun!)

#### **Instructions:**

"Go!" everyone begins to dribble

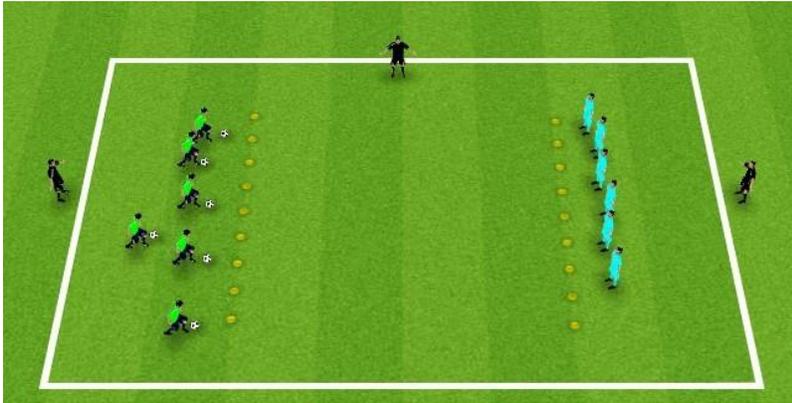
"Call out name of destination" and the mail men/women deliver their package

#### **Options:**

Call out more than one location and have them deliver their packages in order

One foot only

Add moves



### **⚽ Across The Channel (15 mins)**

#### **Set Up:**

Up to 12 players working in pairs  
Set up 2 rows of cones about 20 yards apart

#### **Instructions:**

"Go" Player 1 starts across the channel towards Player 2

"Challenge" Player 2 tries to win the ball back whilst Player 1 turns back to start

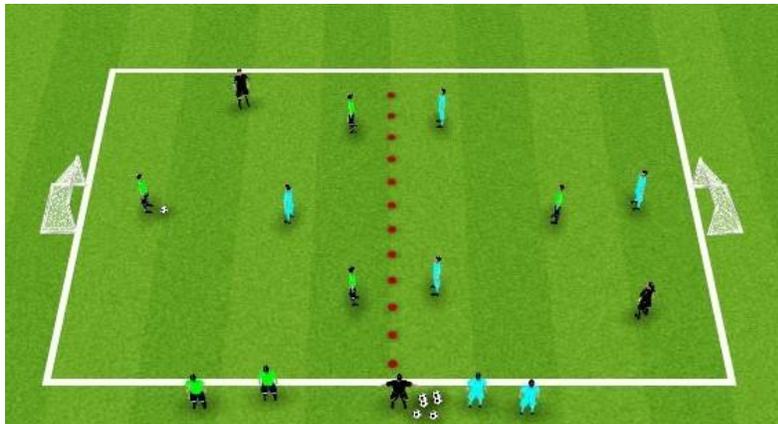
Reverse roles

#### **Options:**

"Switch" Player 2 attempts to win the ball from Player 1 as he tries to get by him

Adjust the distance of the channel

Encourage specific moves



### **⚽ Regular Small Sided Game 4v4 (10 mins)**

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

#### **Encourage:**

Spreading Out in a *Diamond*

Staying *High/Wide/Deep*

Keep their heads *UP*

#### **Of Note:**

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*