



U7-U8 Fundamentals Outdoor 2018

WEEK 9



⌘ Set Up

Dribbling

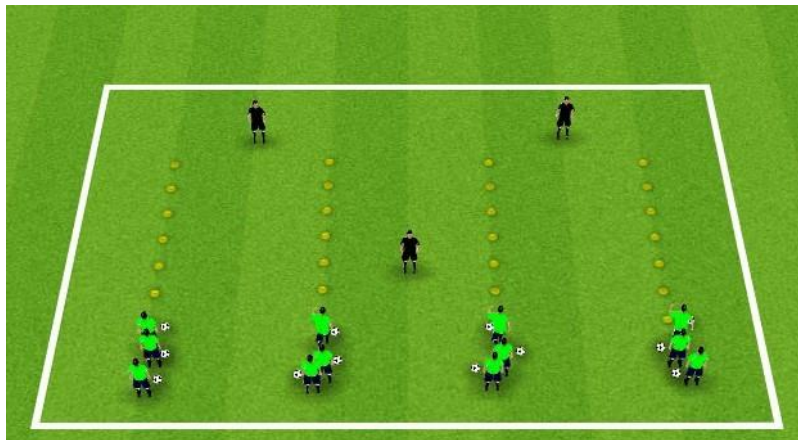
This session is based around 3 different ways in which dribbling can be delivered; Controlled (Relays), Creative (Special Delivery) and Reactionary (Across The Channel)

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

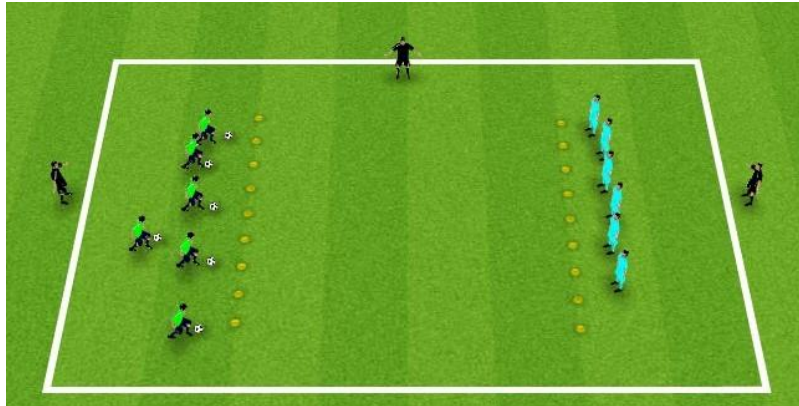
"Call out name of destination" and the mail men/women deliver their package

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:

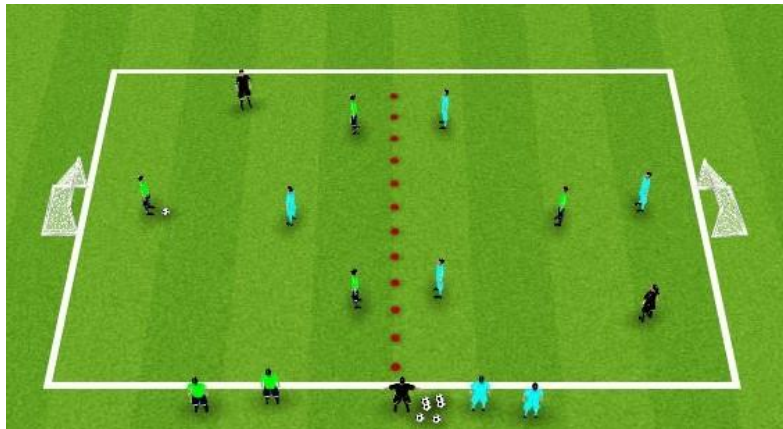
Up to 12 players working in pairs
Set up 2 rows of cones about 20 yards apart

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*