



U7-U8 Fundamentals Outdoor 2017

WEEK 9



⌘ Set Up

Dribbling

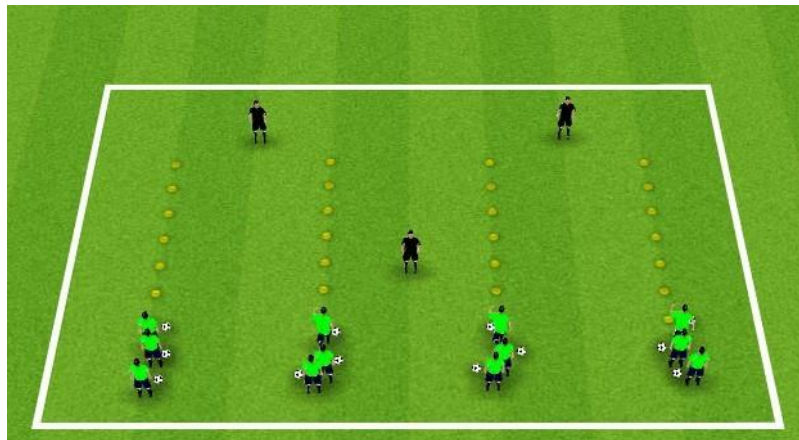
This session is based around 3 different ways in which dribbling can be delivered; Controlled (Relays), Creative (Special Delivery) and Reactionary (Across The Channel)

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

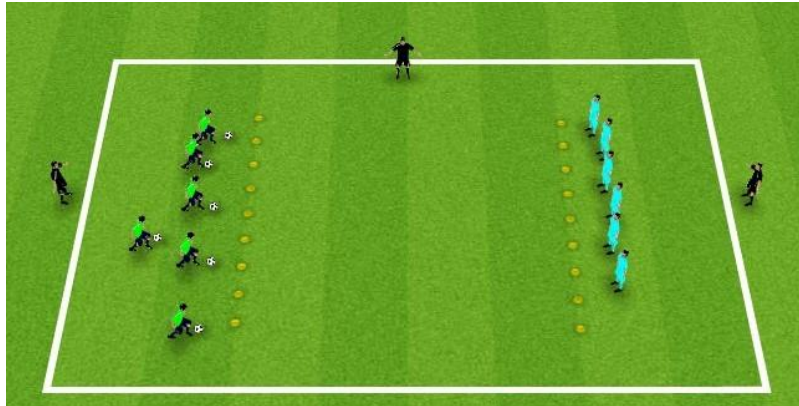
One foot only

Add moves



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Across the Channel (15 mins)

Set Up:

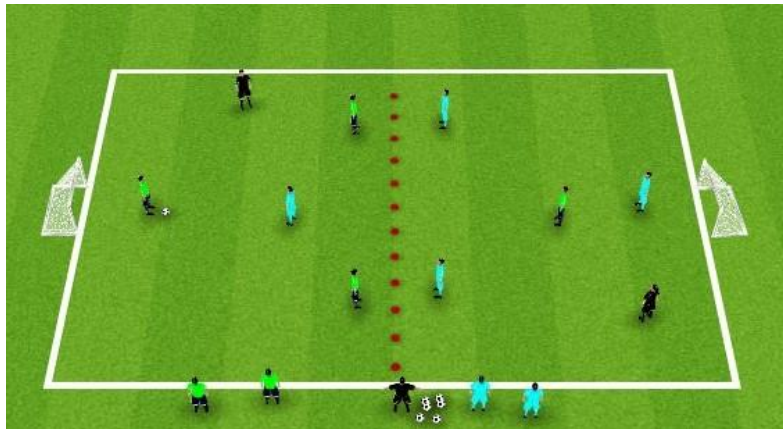
Up to 12 players working in pairs
Set up 2 rows of cones about 20 yards apart

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*