

## Week 2: Dribbling Moves

September 12, 2011

Cutters Community Soccer U-8 Boys

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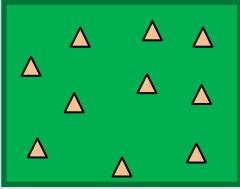
### Coaching Points

- Dribbling with head up
- Sell the fakes
- Explode out of move
- Keep the ball close

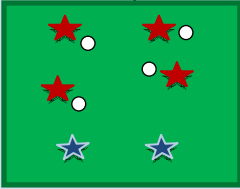
### 6 - 6:10 p.m.

<b>1. Warm Up</b>	Coaches Phalo and Alex will demonstrate different moves during the warm-up activity, including u-turns, scissors, Cruyff turns, step overs and more.		Coaches Phalo and Alex will run the warm-up activity with the help of the age group trainers and parent coaches.  They will demonstrate the skills for the day and emphasize the coaching points.
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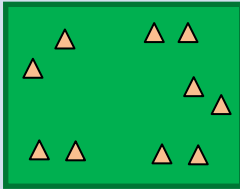
### 6:15-6:25 p.m.

<b>2. Beat the "cone" defender</b>	<ul style="list-style-type: none"><li>• Players will pretend the cone/bib is a defender.</li><li>• They have to count how many "defenders" they can beat using the different moves.</li><li>• Try one move as they approach a cone, another as they approach the bib.</li><li>• Play 60 second rounds, ask players how many times they were successful. Try to beat personal best in next round.</li></ul>	Setup: Scatter your cones and scrimmage bibs randomly around the field.  	<ul style="list-style-type: none"><li>• Keep head up while dribbling</li><li>• Increase speed (explode) after beating the defender</li></ul>
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### 6:25-6:35 p.m.

<b>3. Knock Out</b>	<ul style="list-style-type: none"><li>• Everyone has a ball except one or two players.</li><li>• The players without balls are trying to kick the other players' balls out of the grid.</li><li>• The players a ball are dribbling around designated area trying to keep their ball in the grid.</li><li>• If a ball gets kicked out of the grid, that player tries to kick other balls out of the grid.</li><li>• Play a few rounds.</li></ul>	20 yd 15 	Coaching points: <ul style="list-style-type: none"><li>• change of speed = speed up to get away from defender and slow down once you get into open space</li><li>• keep the ball under control/close to your foot</li></ul>
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### 6:35-6:45 p.m.

<b>4. Multiple Gate (goal) Dribbling</b>	<ul style="list-style-type: none"><li>• Divide group into pairs and have simultaneous games of 1v1 where the attacker attempts to dribble through as many gates/goals as possible.</li><li>• Players may not score consecutively at the same gate.</li><li>• Go for about a minute and have the attacker and defender switch roles.</li></ul>	Rearrange the cones into pairs (to form gates/goals scattered around the field).  	<ul style="list-style-type: none"><li>• Keep head up while dribbling (look for obstacles &amp; the next open gate)</li><li>• Practice different fakes</li><li>• Increase speed (explode) after beating the defender</li></ul>
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### 6:45-7 p.m.

<b>5. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your "practice partner" team.		<ul style="list-style-type: none"><li>• Reinforce lessons from training during the scrimmage.</li><li>• Use this time to ask trainers questions about game tactics, if needed.</li></ul>
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**Players' Homework:** Practice your dribbling moves this week. Be prepared to show Coach Phalo or Coach Alex your NEW favorite move next week during warm up!