

# Week 1: Dribbling with different surfaces of the foot

March 28, 2011

Cutters Community Soccer U-8 Girls

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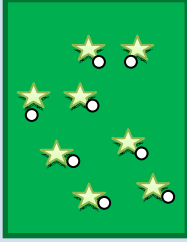
## Coaching Points

- Dribbling with head up
- Use all surfaces of your foot
- Keep the ball close


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

<b>1. Warm Up</b>	Coach Harvard will run the warm-up activity with the help of the age group trainers and coaches.  He will demonstrate the skills for the day and emphasize the coaching points.		Demo of Yard Dribbling
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### 6:15-6:25 p.m.

<b>2. Musical Balls</b>	(Activity similar to musical chairs, but no elimination.) <ul style="list-style-type: none"><li>• Each player has a ball.</li><li>• Players dribble within a defined area.</li><li>• On coach's signal, players must leave their ball and find a new ball to dribble.</li><li>• When all players get to a new ball, they do 10 step ups before resuming play.</li><li>• Play multiple rounds.</li></ul>		<ul style="list-style-type: none"><li>• When dribbling, the players should use all surfaces of the foot: Sole/inside/outside</li><li>• Players should keep their heads up, be aware of the players around them.</li></ul>
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### 6:25-6:35 p.m.

<b>3. The Glob</b>	<ul style="list-style-type: none"><li>• Position all of the players but two on one side line of your half of the field.</li><li>• Parent coach and the two other players join hands and start as the Glob.</li><li>• On coach's signal, players dribble and try to get to the other side of the field without being tagged by the Glob.</li><li>• Players tagged by the Glob join the Glob for the next run.</li><li>• When only one player remains, select two new players as the Glob and start again. Play several rounds.</li></ul>	 <p>your half of the field</p>	<ul style="list-style-type: none"><li>• Encourage players to dribble with speed</li><li>• Head up</li><li>• Dribble into open space</li></ul>
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### 6:35-6:45 p.m.

<b>4. Red Light, Green Light</b>	<ul style="list-style-type: none"><li>• Each player has a ball.</li><li>• Players start on sideline. Coach gives commands:<ul style="list-style-type: none"><li>• Green light – dribble</li><li>• Red light – players put foot on top of ball to stop</li><li>• Yellow light – dribble slowly with caution</li><li>• U-turn – change direction</li><li>• Indy Car – go fast!</li></ul></li><li>• Play several rounds as players try to reach other side of the field.</li></ul>	Use same grid as last activity.	<ul style="list-style-type: none"><li>• Players dribble with head up</li><li>• Keep ball under control</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>• Teach the players what to do in the game situation – out-of-bounds, restarts, tussles, etc.</li></ul>
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**Homework:** Yard Dribble – ask Coach Harvard how to play at home!