

Week 1: Dribbling with different surfaces of the foot

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Cutters Community Soccer U-8 Girls

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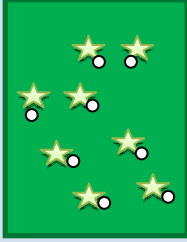
Coaching Points

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


6 - 6:10 p.m.

1. Warm Up	Coach Matt 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.		
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6:15-6:25 p.m.

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

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

4. Red Light, Green Light	<ul style="list-style-type: none">• Each player has a ball.• Players start on sideline. Coach gives commands:<ul style="list-style-type: none">• Green light – dribble• Red light – players put foot on top of ball to stop• Yellow light – dribble slowly with caution• U-turn – change direction• Indy Car – go fast!• Play several rounds as players try to reach other side of the field.	Use same grid as last activity.	<ul style="list-style-type: none">• Players dribble with head up• Keep ball under control
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6:45-7 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. To get to know your team better, scrimmage against your own team this week.		<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Teach the players what to do in the game situation – out-of-bounds, restarts, tussles, etc.
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Homework:

Be prepared to show the coaches and trainers your favorite soccer move at the next practice!