



U8 Rec session #1

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| PRINCIPLE | Dribbling | LEARNING OBJECTIVES | Space in front dribble No space dribble away from defender or pass |
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| | STAGE 1 Organization: | |
| | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted |
| | Guided Question | <ul style="list-style-type: none"> - Can you go towards goal? |

Organization | .25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.

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| | STAGE 2: | |
| | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - Space in front dribble forwards - Dribble fast to get away from the defender |
| | Guided Question | <ul style="list-style-type: none"> - How do i know if i have space in front of me? We must scan (or look) - How can i get away from the defender and go to the goal faster? Dribble fast |

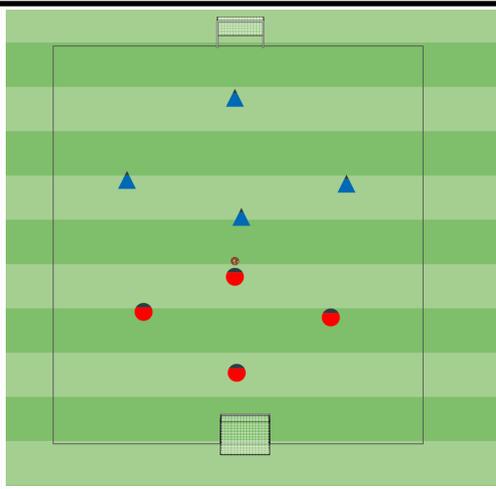
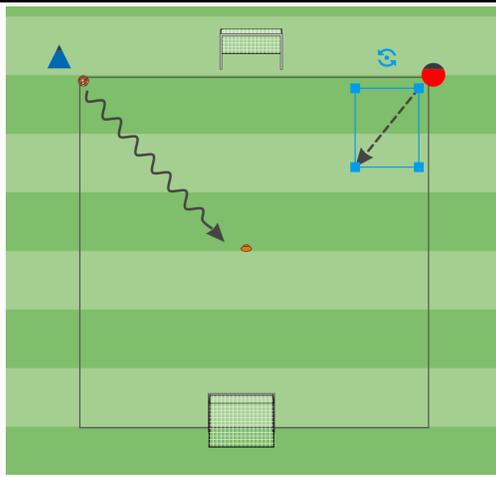
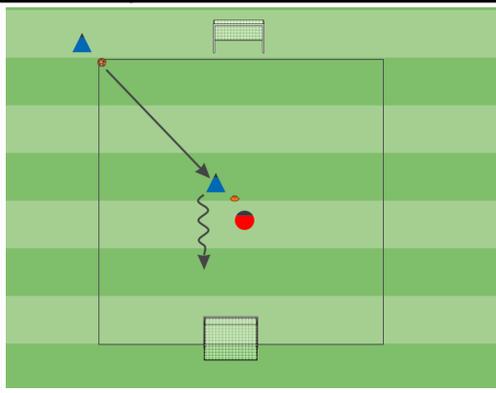
Organization | 15 yds width x 25 yds length. Balls pennies, cones, two goals, one line of players attacking and one line of defenders chasing the attacker.

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| | Stage 3: | |
| | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - No space dribble away from defender |
| | Guided Question | <ul style="list-style-type: none"> • What are my options when the defender pressures me? Beat the defender or shield |

Organization | 15 yds width x 25 yds length. Balls pennies, cones.

Play 15: Check for understanding

Session #2

| PRINCIPLE | Dribbling | LEARNING OBJECTIVES | Turning Shielding |
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|  | | STAGE 1 Organization: | |
| | | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted |
| Organization 25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play. | | Guided Question | <ul style="list-style-type: none"> - Can you go towards goal? |
| | | STAGE 2: REPS: 4 WORK: 3 REST: 20 | |
|  | | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - Scan (look) to find the open space to dribble into - Slow to fast as we dribble into the space |
| | | Guided Question | <ul style="list-style-type: none"> - How do i find the open space? Scan or look - Why do i want to go fast when i dribble past a defender? To get away from the defender |
| Organization Split first play grid in half to use halves as stage 2 & 3 grid. No more than 2 players in one line (2 blue and 2 red players per line). Balls, pinnies, cones, mini goals (use cones as mini goals if needed). | | Stage 3: Discovery Game REPS: 4 WORK: 3 REST: 20 SECONDS | |
|  | | Coaching Points (Over the flow of play) | <ul style="list-style-type: none"> - With no space shield to protect the ball - Scan or look to find open space to dribble into |
| | | Guided Question | <ul style="list-style-type: none"> • Show me how to shield the ball (check for understanding) • When we shield what should we be scanning (looking) for? Space to dribble into (turning) |
| Organization Split first play grid in half to use halves as stage 2 & 3 grid. No more than 2 players in one line (2 blue and 2 red players per line). Balls, pinnies, cones, mini goals (use cones as mini goals if needed). | | | |

Play 15: Check for understanding