Organization: **Somerville** Week:

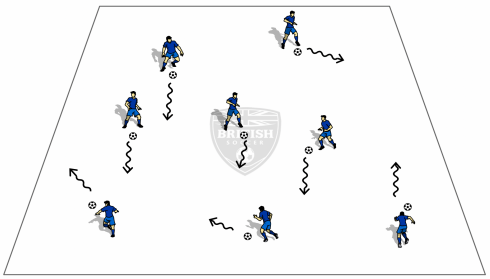
Age Group: **U8s** Minutes

Category: **Recreation**

Topic: Dribbling & Running with the Ball

Objective: To understand how to dribble and run with the ball at different speeds and directions.

Session Part: Warm-up

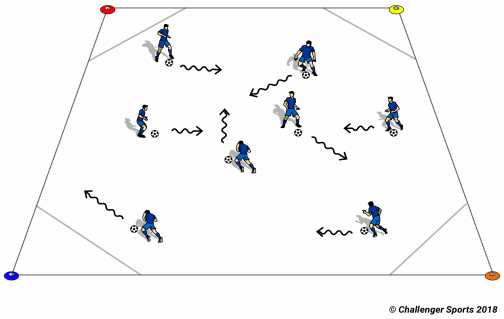


Organization	Time: 10
Area:	20x20
Numbers:	8

Dribbling Warm Up (1 ball per player)
Players begin the warm up without a ball. Coach introduces three colours of a traffic light and players respond to coaches call. Red = stop. Yellow = walk. Green = Sprint.
Players perform ball mastery skills on coaches call of a number. 1 = toe taps. 2 = Side to sides.

Progressions	Coaching Points
Hold the cones in the air without calling to get players to look up. Add additional colours. Blue = change balls. Increase/Decrease area size.	Soft touches of the ball in tight areas Bigger touches when in open spaces Head up Execution of ball mastery skills

Session Part: Technical Fundamentals

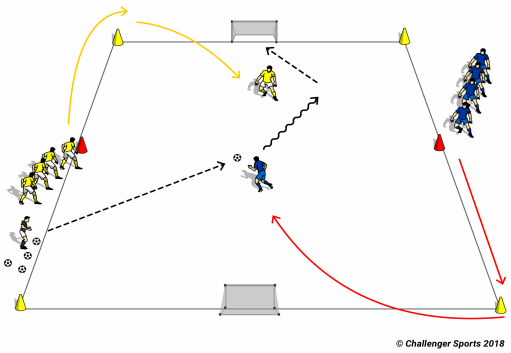


Organization	Time: 20
Area:	20x20
Numbers:	8

4 corners set up within the area - each designated a specific colour. On coaches call, players dribble into that coloured corner and stop their ball in there. Emphasis on dribbling/running with the ball technique over speed to being exercise. Exercise can be stared without a ball to help players understanding.

Progressions	Coaching Points
Coach holds a coloured cone in the air instead of calling. Players receive a 5 second warning to chose the coloured corner cone they think coach is holding in their left hand behind their back - points awarded.	Soft touches -close control Awareness of space Speed of movements Changing Direction at speed Stopping and turning with the ball.

Session Part: Game Scenario

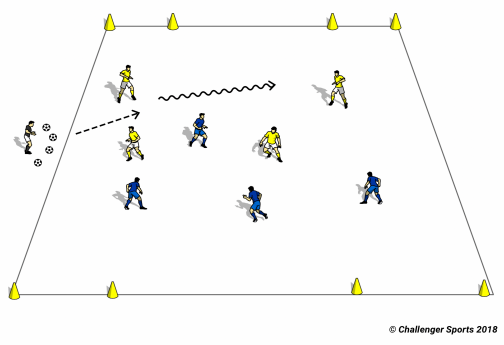


Organization	Time: 15
Area:	30x20
Numbers:	8

Group split into 2 equal teams of 4 either side of the half. Coach is stationed in the corner with a healthy supply of balls - 2 goals at either end of the field. Players are numbered 1-4 and enter the field when coach calls their number. If the ball goes out, coach calls "new ball" and players continue.

Progressions	Coaching Points
Increase/decrease field size Add a second player Add a second ball so there are two 1v1 battles.	Speed to get there first. Positive first touch Close control Confidence to beat opposition.

Session Part: Small Sided Game



Organization	Time: 15
Area:	30x30
Numbers:	8

4v4 Game
4 gates at either end of the field - 2 for each team.
To score a goal players must dribble/run through the opposing teams goal.
If the ball goes out coach sends in a new ball.

Progressions	Coaching Points
Increase size of the field. Create overloads End with a free play	Awareness to receive the ball Confidence when in possession Quick decision making Teamwork and communication

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