

# U-8 Week 1 Dribbling Practice

By Lee Swafford

## **Warm up: 3 to 5min.**

**Cone Running** – Allow the children to run in and out of the cones without the ball and run straight back to starting point while others run through cones. Make two lines if needed. Change the activity by getting the children to hop on two feet, make large jumps over the cones or go completely around every 2nd cone. You can also do this drill in the form of a circle instead of a straight line. This will get them warmed up.

## **Skill Work: 10 to 20min.**

1. Pull, Push with Laces (Stationary) – Pull the ball back with the sole of the foot, push the ball forward with the lace of the foot, toe should be pointing down alternate feet. Do this 2 times 15 to 20 seconds. (if they are good at this challenge them to do it quicker)
2. Inside – Inside - Pass the ball from inside of left to inside of right and continue. Try to keep the ball back by your ankle bone. Do this 2 times for 15 to 20 seconds.
3. Have players do Inside – Inside to a cone and then come back. Do this 2 times at a distance of 10 to 15 yards.
4. Toe Taps - Lightly touch the ball with bottom of right foot then with left. Ball should remain still. Do this 2 times increase speed for both. (20 seconds)
5. Laces Dribbling – Give them an example, toe pointed down dribble ball forward with ball touching laces. **Coaching point:** This is considered speed dribbling or how you should dribble fast. Let each player do this 3 or 4 times to you or a set cone, stop, then come back. (Distance 20 to 25 yards.)
6. Inside of the Foot Dribbling with one foot – Give them a quick example, toe pointed up ball back by the ankle bone. Let them do this 1 or 2 times to you or a set cone, stop then come back. **Coaching point:** This is a slower dribbling method, but the surfaced used to dribble is bigger and so better control is felt with the foot. The player should feel more comfortable with the ball and be able to pick their head up and survey the field for open space on the field or passing options.

**Progression:** Stand at one end and ask them to dribble with the inside of their foot toward you with their head up as much as possible. Hold up a number 1 through 5 on your hand and ask them to call that number out when they see it. Then switch ends and repeat 3 to 5 times. (Distance 25 to 30 yards)

**Slalom Dribbling:** Set up 3-4 lines, of 5 or 6 cones in a straight line spaced 5 yards apart. In groups of 2 or 3, one at a time have each player dribble through the cones around the last one and back through the cones. When the person going gets to the next to last cone tell them they can pass to the next person, then that person can go. Do this a couple of times then make it a race one line against the other. The players all have to sit down when they are finished to win the race.

**Coaching point:** Emphasis dribbling with their laces to be faster.

**Progression:** Dribble with right foot only, left foot only and insides only.

**Game Using Skills: 15min.**

### Speed Dribbling

Here is an activity that works on speed dribbling and also getting the ball under control after dribbling with speed.

Start with a 40-yard field with a 5-yard "buffer zone" on each end. If there are 10 players at a practice have players start on the end line, each with a ball. The other 3 players start 5 yards back without a ball. See the diagram below for the basic setup.



When the coach tells them all to start, the 7 players with the balls try to dribble at full speed down to the other end line and get three touches on the ball in the far buffer zone. The 3 other players are trying to stop them by either winning the ball, playing the ball away or knocking the ball over the end line. If the players with the ball are able to control the ball in the opposite buffer zone with three touches on the ball, they get to go again in the next round. If the players with the ball lose the ball, they join the defenders in the next round. The last player with a ball wins.

With 10 players you can play this game 4 times to have each player have a

chance starting as a defensive player and each player has 3 chances starting as an attacking player.

Not only doesn't this activity work on speed dribbling, but it's also great for shielding, turns, change of pace and direction, as well as excellent fitness work.

**Another Game: 10 min.**

## **2v1 dribbling drill**

### **Setup**

Create a 30X15 yard grid, and split it in half with cones to make two adjacent grids touching on one side. Place two attackers on one side of the grid with the goal on the other touchline opposite the attackers. A single defender should be placed on the side of the middle line. You can use a Pugg Goal in place of the larger goal and goalkeeper.

### **Instructions**

The first attacking player plays to the second attacking player. Once the pass is made, the defender becomes active and defends the attacking players. The defender is only allowed to defend in the 1st grid. Instruct the attacking players to take on the defender and attempt to score a goal. The attacker in control must decide whether he should pass or dribble.

### **Variations**

- Use a Pugg Goal in place of the larger goal and goalkeeper.

### **Coaching Points**

- Good choice to pass, dribble or shoot
- Close Control
- Change of Direction
- Change of pace/Speed dribbling



**Another Game: 5 to 10min.**

## **1 V 1 BATTLES**

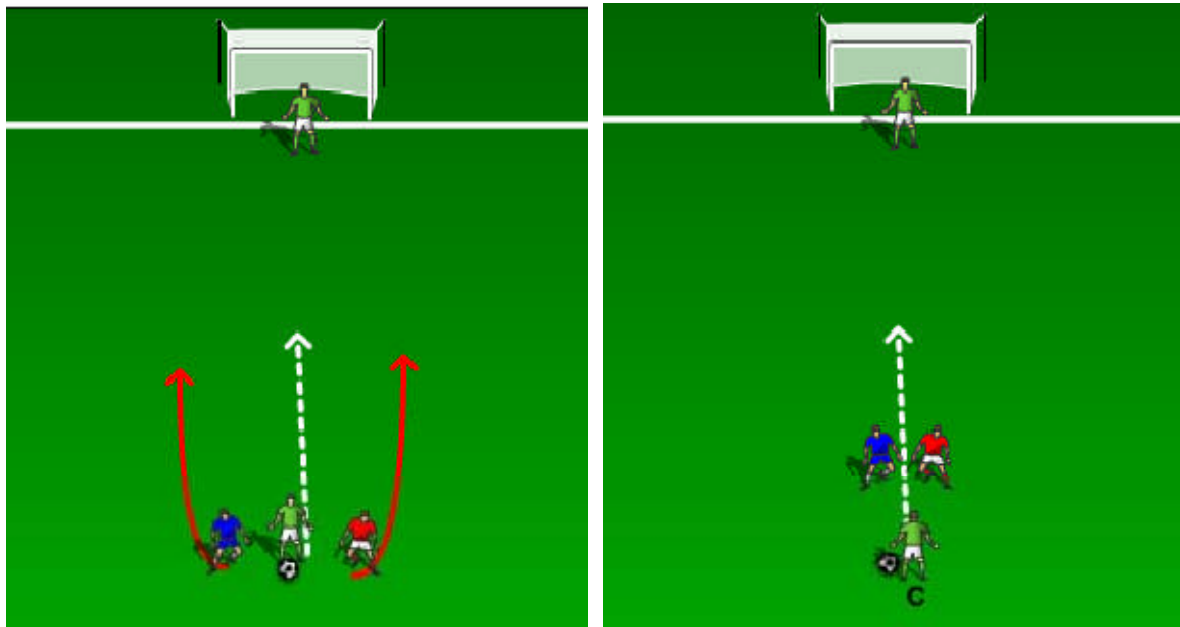
### **SET UP / RULES**

#### **Pitch 1**

The players stand to the side of the coach and away from the goal  
The players must react to the coaches throw and race to the ball.

#### **Pitch 2**

The players stand side by side (away from or facing the goal).  
The players must react to the coaches throw and race to the ball.  
Both games continue until the ball leaves play



**Play 4 v4 game with rotating goalie's: 10 to 20min.**

**Coaching Points:** Emphasis speed dribbling when the opportunity presents it's self.