

U-8 Week 2 Dribbling/Ball Control Practice

Warm up: 5min.

Juggling – Everyone should begin to juggle upon arrival. Hand – thigh – catch, a couple of times. Hand – foot – catch a couple of times. Hand – bounce – foot – bounce -... Hand – feet – (no bounce) - ... “The ultimate goal is to start with the ball on the ground and juggle.”

Skill Work: 15 to 20min.

1. Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot one touch, to the outside of the foot one touch continuously. The repeat with other foot. (Distance 25 to 30 yards).
2. Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of you left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. (Repeat sequence, do this 2 or 3 times)
3. Inside rolls (Stationary) – with ball in front, roll ball with sole of right foot to inside (across body) and back to center; repeat with left foot; 10 times alternating with each foot.
4. V-Cut – You will need to perform this move from a stationary position. Start with the ball in front of your left foot with your right foot on top of it. Pull the ball back so that it is right underneath your right hip. Quickly pivot your hips and push the ball with the inside of your right foot towards 2 o'clock. The ball should follow a V like path.
This move is most effective if your defender lunges or stabs at the ball right before you perform your pull back.
5. Scissors (Stationary) – Stand behind the ball, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and then repeat same motion the other direction with your right foot. Then repeat the move over and over making a scissor motion around the ball. Do this 20 to 30 seconds and repeat.
6. Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to accelerate away from the defender.

Be sure to use your upper body to sell the fake. Use your shoulder drop to

get the defender leaning the wrong way. You can perform multiple quick "Scissors" while going right at your opponent to try to throw him off balance.

7. Step Over (Stationary)- With one foot, step over the ball from outside to inside. Take two steps on that side of the ball to regain your balance and repeat. Do this for 20 to 30 seconds, 2 or 3 times.
8. Step Over – dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward.
9. "Step Over 180 turn" - Start with the ball between your feet, as it is during your "inside-inside". Put your weight on your left foot as you swing your right foot up and over the ball (**turning counter-clockwise** towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "step over" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (**turning clockwise this time**) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction.

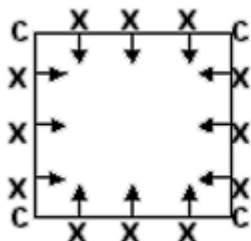
Set Up: Cones 8 to 10 yards away for each pair.

1. Pullback Turn – Dribble the ball forward. With the sole of the foot, pull the ball behind you turning the same direction, following the ball with your eyes.
2. Inside of Foot Turn – Dribble ball forward, move past the ball and turn toward the ball and take it with the inside of the foot in the opposite direction.
3. Outside of the Foot Turn – Dribble the ball forward, move past the ball and turn toward the ball while taking it with the outside of the foot with the toe up in the opposite direction.
4. Pull and Roll Behind – Dribble the ball forward and pull the ball back with the sole of the foot. Rolling the ball underneath you past the inside of your standing leg with the sole of the foot. Control the ball with the other foot.
5. Cruyff Turn – Dribble the ball forward and pull the ball with the sole/toe of the foot, passing the ball behind the standing leg. The easiest way to teach kids this move for the first time is to use the inside of the foot to pass the ball back past the standing leg (instead of using the sole/toe). Control the ball and dribble away 180 degrees the other way.

Drill Using Skill Work: 5 to 10min.

Dribble Across A Square Game

- Set-up:
- Use 4 disk cones to make a square about 10 steps wide (smaller or larger depending on age & number of players) -- make your "steps" the size of your players; so a "step" for U-8 is shorter than a "step" for U-14... by doing this, the square will always be about the correct size for your players.
 - Every player has a ball
 - Spread players around the square, all facing inward (like below):



PLAYERS DRIBBLE
ACROSS SQUARE
& BACK
X = Players C = Cones

The
Game:

- All players start on "Go" & **each player dribbles across the square & back**. (Tell them to dribble to the imaginary line on the opposite side of the square, make a turn & dribble back to where they started. Point out at the first of the game that the cones create an imaginary "Starting Line" and "Turning Line" for each player).
- Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions).
- Each player keeps count of his or her trips across the square. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score after each game.
- Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with.

Coaching "Control Dribbling" - When in traffic, keep the ball close to

Points: your feet so you can protect it ("shield" it) and learn how to look up while dribbling by keeping the ball close to your feet so you know where it is.

"Speed Dribbling" - When you get "open" (out of traffic), you can kick the ball using the inside of foot or the "laces" & run to it so you can go faster, but you must still keep it under control so you can turn.

Another Game: 10min.

Jurassic Park

Make a grid 30 yards long by 20 yards wide. All the players' need a ball and go to the same end line facing length wise. You need one defender in the middle of the grid. Each player who has a ball will be a dinosaur and they are T-Rex, Triceratops, Velociraptor and Stegosaurus. The person in the middle can call out one of the names of the dinosaurs or Jurassic Park. If they call a name of a dinosaur then only those players try to dribble across the grid to the other side without getting their ball knocked out. If they get their ball knocked out then they join in the middle and try to knock out other dinosaurs. If you call Jurassic Park then all the players go across at once. Once all the players have been call then the ones that made it across get called again and try to back across till there is only one person left they win. Play a couple of time the kids really love this game!

Another Game: 5 to 10 min.

Steal the Bacon

It is a simple 1 v 1 game where players are divided into two teams. Each player is given a number and stands beside their goal.

The coach calls out a number (or sometimes two) and then at this age throws the ball directly to one of the players on the ground, so that the players have to gain control of and take on the player. Play continues until a goal is scored or the ball goes out of play.

Play 4 v4 game with a "diamond shape" goalie's optional: 10 to 15min.

Finish Practice with some shooting. Have the players in a line starting 12 to 15 yards away from the goal. Tell them to pass you the ball then run off to your side. Pass the ball back to them they should settle it, dribble then shoot. You can also get closer and ask them to shoot "First Touch". (Focus on proper technique)