

Milton YS -- 2nd Grade: Week 8

Category: Technical: Dribbling and RWB

Skill: U8

Move of the Week: Maradona



Hermes Lima Soccer Academy, Quincy, United States of America

Team keep away

Keep Away

2 defenders (coaches) - 4 soccer balls per team -

Can the players keep the ball away from the defenders - dribble away from them or pass to someone who does not have a ball?

Progression -

If the defender wins the ball - that player then swaps roles and becomes the defender trying to win back the ball - Only have a max of 2 defenders at a time - less defenders make it easier to get success in passing, we hope

Coaching points -

Work together as a team to protect the ball

Use speed to get away from the defender

Pass - try and use inside of foot - no to the toe



Relay races

Set Up:

Teams of 3 or 4 - Two areas suitable distance apart opposite each other. Players in one area - Balls in the other.

Teams need to run over and dribble their own ball back to their team, next player going once past the cone. They need to get all the balls from one box and transfer them to the other by dribbling the ball across the area.

Progression - Make it a passing relay - Run over and pass the ball back to the team a t e s - next player can only go when their passing teammate returns to their team.

Progression (2) - Change the starting location for the teams - Make the further away or change their starting position though still trying to get balls from the same area i.e., white, and green teams swap position but still need to

Aim:

For players to start dribbling in one direction

Moving the ball with speed

Coaching Points:

Dribbling technique

Small touches on the ball (under control)

Laces to push the ball forward



End zone

Set Up:

2 evenly split teams - Each team starts at opposite ends of the playing area; each player has a ball at their feet.

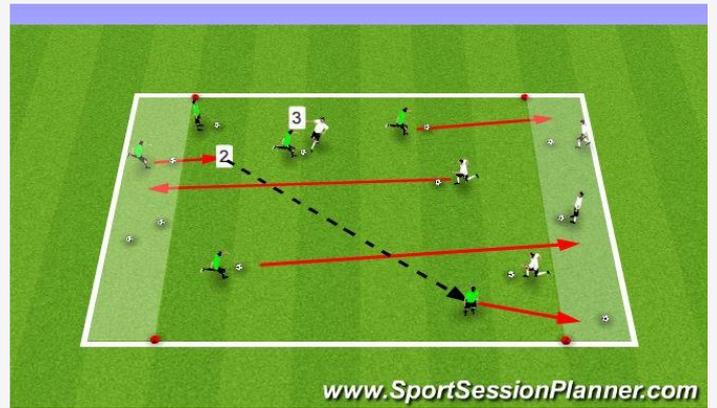
As a team, they all dribble their balls across the field, trying to get their ball to the other side of the field and into the opposition's end zone. Once there they leave their ball there and run back to their original end zone, in doing so they collect a ball left there from the other team.

Objective is to get as many balls as possible into the other end zone by the end of 1 minute. Play a couple of times and then add in progression (2)

If you bump into someone from the other team, you need to go back to your own end zone and start again

Progression (2) - to move the ball quicker can teammates work together to pass and / or dribble the ball across the area to move the ball.

Progression (3) - 1 player on each team can be a defender to try and slow the opposite players down. If the defender wins the ball, they



can give it to a team mate to take to the appropriate end zone.

Aim:

- Possess and switch the ball from one end zone to the other by dribbling or passing
- To improve vision to play the ball

Coaching Points:

- Attack space
- Reaction/concentration of players - be ready to leave the end zone, look for best pathway
- positive first touch/pass
- Communication - if someone is a passing option - let team mates know.

In town Scrimmage

Scrimmage -

Both teams split into even numbers and play against each other over 2 fields

Coaches have spare balls at your feet to pass in if ball goes out of bounds in order to keep players on field.

Any player not overly involved or shy - give them their own ball to score a goal - does not matter what goal they shoot into - encourage a sense of accomplishment/success.

