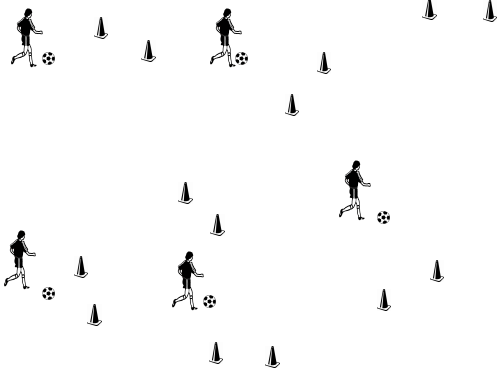
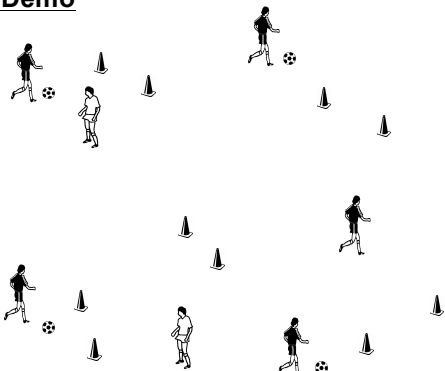





Club:	Weyburn Soccer Association
Session:	13
Team:	U8
Session Topic:	Dribbling

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p><b>Implementation</b> – Each player has a ball and dribbles around the grid. When the coach shouts 'Go', players have 1 minute to dribble through as many gates (2 cones) as possible. Stop players after the minute, ask how many they got and re-affirm coaching points and then start them dribbling again. Give them another minute, ask players who beat their initial score. Go again until everyone has beaten their first score! If needed, extend it beyond a minute to ensure everyone beats this.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close and have lots of small touches.</li> <li>• Using inside, outside and laces to dribble – both feet</li> <li>• Head up looking for space and free gates</li> <li>• Accelerate once through a gate</li> </ul>	
Stage 2: Opposed		7 Minutes
Field Demo	 <p><b>Implementation</b> – Same as previous, but now there is a set number of 'defenders' – just 1 or 2. Defenders can only put pressure on players and if they stand in a gate, a player cannot try and dribble through. Increase difficulty by allowing defenders to win the ball, if they win the ball off a player, that player becomes a defender and cannot go straight back for the same ball. Give them a minute to see how many they can get.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Keep head up looking for defender</li> <li>• When they see a free gate, accelerate towards it</li> <li>• Ask players what they can do if a defender is blocking a gate/coming at them? TURN! SHIELD! ACCELERATE! Use all of the techniques they have learnt in previous weeks.</li> </ul>	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p><b>Implementation</b> – Each player has a ball, all start at one end of the grid and attempt to dribble down to Shrek's layer and steal his gold. Shrek pretends to be asleep but when he wakes, players must freeze. If frozen, Shrek cannot see them or take their ball. If they move, Shrek can chase them back to their base. Ensure 1 piece of gold at a time and take back to start.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Put foot on the ball when standing still</li> <li>• Keeping ball close when dribbling</li> <li>• Important to keep head up to watch for Shrek</li> <li>• Re-enforce use of foot to stop. NO NO NO HANDS!</li> </ul>	
Game Time		