



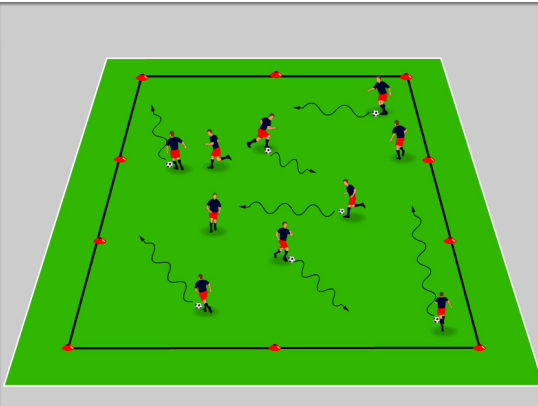
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Duration: 00:30 min
Time: 18h 00m
Age/Level: U8 - U10

Session: Dribbling
Objective:

U7/8 Week 9

Take a Ball



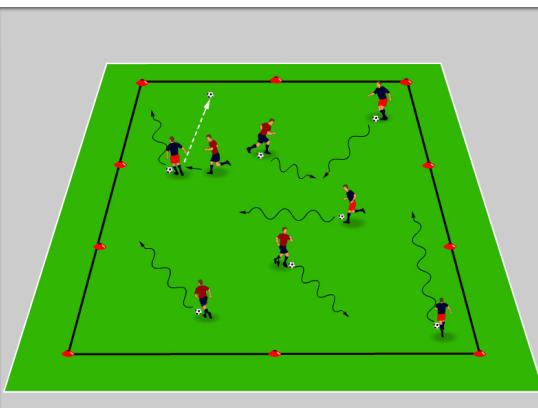
Description:

Set up a 20X20 grid. 8 players with a ball and 4 without. The idea is very simple. Players with a ball dribble and the players without a try to get one. If a player steals a ball, he will dribble and the player that lost the ball must take one from someone else.

Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Shield the ball
5. Change direction

Demolition Derby



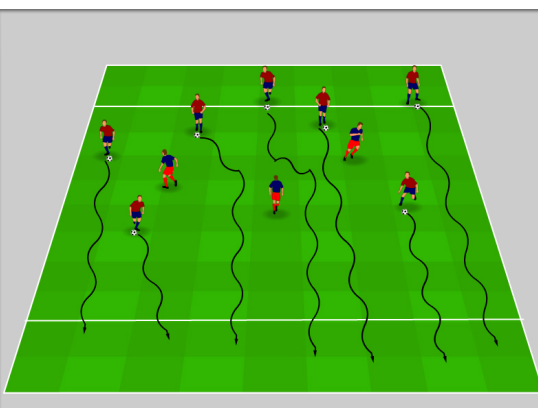
Description:

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Change direction

Cops and Robbers



Description:

Set up a 40X20 grid. All except 2 players line up at one end of the grid. The other 2 (cops) stand in the middle. On the coach's signal, the robbers try to dribble their ball to the other end of the grid. If one of the cops takes a ball from a robber, then the robber becomes a cop too.

Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed
4. Use tricks/feints and skill the beat defenders
5. Sell the feints