

PREMIER UK UNDER 8 COACHING DIARY

Session 2 Warm Up Technical

SESSIONS OBJECTIVES :

1. To develop ball touch and basic dribbling techniques.
2. Developing Dribbling Skills in mini soccer.
3. Single Scissors and double scissors.

WARM UP ACTIVITIES :

PLAYING AREA 40m x 40m

Using 3 different multi markers 12 triangles are set out randomly within the laying area.
8 to 12 players with a ball each.

Each player selects a colour as their "home" triangle.

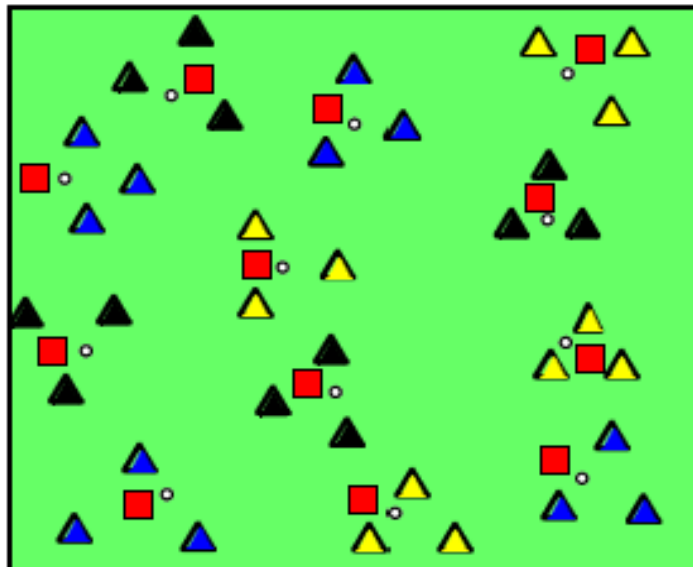
Players then travel with the ball to all the triangles of their own colour returning home between each visit.

Progress the activity by instructing the players to select and use a different part of the foot each time they travel. For example first travel only using inside of foot, second travel only use outside of foot, thirdly travel using outside inside as a combination ensuring its done with good balance and composure.

Introduce competition in the form of races.

KEY COACHING POINTS :

1. Close control by using – Little touches on the ball.
2. Head up – Observe and avoid other players using the space available – especially when concentrating on specific parts of the feet.
3. Shape the foot correctly to get a good touch with the appropriate part of the foot.
4. Ensure players practice using both feet alternately.



TECHNICAL ACTIVITY : Basic Dribbling

PLAYING AREA Set up as previous activity

The players with a ball each dribble around the area visiting as many triangles as possible. On the coaches shout of "home" they must immediately return to their home triangle. On entering a triangle they must change direction and leave through a different side of the triangle.

PROGRESSION

Introduce simple dribbling moves and feints ie scissors and double scissors.

Here is a link to some feints-

<http://www.youtube.com/watch?v=t75UGioAsz4&p=F575ADEB0A3CD5C2&playnext=1&index=4>

Players now use all 3 sides of the triangle

- Enter through one side of the triangle
- Pretend to leave through the second side
- Leave through the third side

Dribbling Feints and Moves

Giggs Feint (Matthews)

Scissors

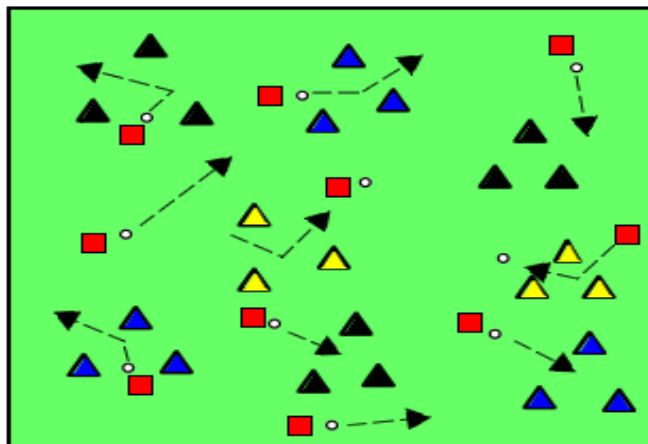
Double Scissors

Rivelino – Steptover

Double touch

KEY COACHING POINTS :

1. Make a slow controlled approach through one side of a triangle.
2. Pretend to take the ball one way by using a fake move to disguise which way you will leave the triangle.
3. Players should bend their knees, and shape their body, and transfer their weight quickly.
4. Having completed the deception they should change direction and accelerate out of the third side of the triangle.
5. Encourage players to try the moves with both feet so they can learn to go both ways past a defender.



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Session 1 Skill Game

SKILL PRACTICE 1 V 1 Dribbling

PLAYING AREA 30m x 20m

10 to 12 players

6 to 8 goals placed towards the outer edge of the playing area. 6 players with a defender who must remain on the goal line.

The attackers score by dribbling through one of the goals and stopping the ball under control within the playing area. Players return to the pitch through the gaps between the goals. Only 1 dribbler may attack the defender at any time and after each attempt the attacker must travel back through the centre circle before attempting to score through the different goal. After a few minutes attackers swap roles with the defenders.

Encourage players to try there new skills to beat a player, ensuring good technique and timing as this will equal quality.

KEY COACHING POINTS :

1. Close control with head up to observe which goal to attack.
2. As you approach the defender use clever movement of the feet or body to unbalance the defender.
3. If the defender moves side ways to protect one side of the goal – change direction and accelerate through the space available to score.
4. Return to the pitch and try to score at a different goal.



MINI SOCCER : 3 v 3 When and Where to Dribble

PLAYING AREA

Two mini soccer pitches 25m x 20m are set up
4 teams of 3 / 4 are organised.

In this practice players are given 3 goals for successfully using any of the dribbling moves taught in the technique and skill practices.

Rotate the teams regularly to play against all other teams. Allow players time to recover and have a drink between matches.

After a couple of matches of the players are doing particularly well change the rule so that the feint or trick will only receive 3 goals if it results in a shooting opportunity.

Initial matches should be played without goal keepers so all players must practice with their feet but after a few games the players should be asked if they wish to play the remaining games with goalkeepers or without.

KEY COACHING POINTS :

1. Players should initially be encouraged to try the feints and tricks whenever possible.
2. When using the feints they should do so at the correct distance from the opponent. They need to make their moves just outside the playing distance of the defender. It is essential that they then take a positive touch into the space beyond the defender to complete the dribble successfully.

It is important players understand:

3. Why players dribble? To get past defenders to create overloads – to get closer to goal – to create shooting opportunities.
4. When should players dribble? In situations where they have a 1 v 1 situation and space to exploit
5. Where should players dribble? In the attacking half losing the ball is not as risky as in our there own half.

