

Title: **Passing and Dribbling for Under 8s**

Date:	Venue: Training Ground	Duration: 85 Mins	No of Players: All	Ability / Level: All	Equipment: Balls, bibs and cones
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Session Goals:
 To improve these young players' ability in turning, dribbling and passing.
 To allow them to express themselves and their skills while offering them ways to improve.

Personal Coaching Goals:
 Get players competent at passing and dribbling while enjoying the activities at hand.
 Repeat the basics where needed to ensure that these young players get the basics right and do them well.
 Get the players to look up when dribbling and improve confidence on the ball.


Time	Task / Activity / Session Content	Coaching Points
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Warm Up

Bib Catch

5 mins

All players have a bib tucked into the back of their waistband (must be visible).
 On the whistle, players attempt to catch as many bibs as possible - whilst keeping their own one in the back of their waistband.



Coaching Tips

With younger players, complete this practice on a time basis so that players are not automatically 'out' when they lose a tail - instead they have lost one life.
 Variation:
 Players work in pairs. Each person tries to catch their partner's tail.

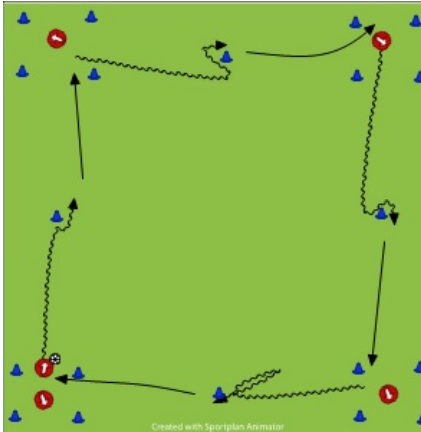
Dribbling Development - Speed, Agility, Quickness

Square Dribbling

15 Mins with Progression

Set up as shown.

Players run with the ball towards the centre cone before performing a dribble and then passing the ball onto the player in the next square. Players follow their pass.



Coaching Tips

Work on getting good acceleration from your players once they get out of the square.

Demand tight control and touches with all parts of the feet when performing the dribble.

Look for good movement from the players in the box, simple checking in and out will be good enough.

Ask for improvisation when dribbling; allow turns and small, sharp feints.

Progression

Progress by having 6 players and have 2 balls start at opposite corners. This will increase the tempo and thus players will have to work harder.



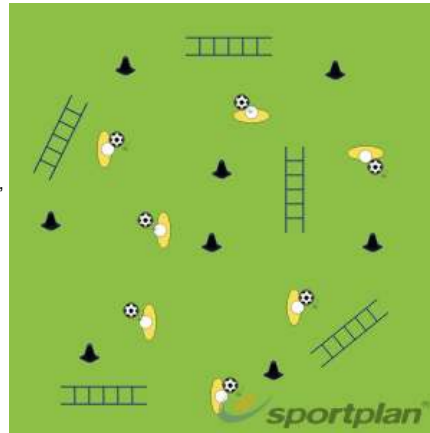
Snakes and Ladders

Set up as shown with 8 cones and 5 ladders (can change depending on numbers).

Players dribble freely within the coned area. They try different turns and ball manipulations as shown by the coach.

They then pick up their ball and slither through the ladder, put their ball down and accelerate away into space.

15 Mins



Coaching Tips

Start with simple turns such as the Cruyff turn and inside/outside hook.

Include simple ball manipulations such as toe taps and inside/outside (small toe/big toe) touches.

If players respond well you can move onto more difficult turns/dribbles/ball manipulations.

Look for good footwork through the ladders; can they slither through like snakes? Ensure the players get good foot contact in the spaces within the ladders.



Dribbling Under Pressure

Get into Squares

Set up as shown, with 4 squares in the corners. Play 2 vs 2 in the middle.

Players need to combine using the dribbling and passing skills they have performed to get the ball into one of their end zone players.

Play restarts from the coach once a goal is scored.

20 Mins with progressions



Coaching Tips

Work on your players movement to create space for themselves and their teammate.

Can they combine with good passes and take dribbling opportunities when they arise.

Encourage eye contact before making passes.

Change the players accordingly every 4 minutes of play.

Encourage use of different parts of the feet when passing.



Notes

You can allow players in the square to come out 2-3 yards to receive the ball and take it into the square to score.

You can also allow natural rotation instead of changing players every 4 minutes. To do this have players receiving the ball in the square dribble out and the player who passed to them takes their position in the square.

This works best when you have the players in the square set up diagonally opposite each other.



Progression

To progress, you can change the positioning of the players in the squares.

You can have them on the same side but vertically so the pitch is wider.

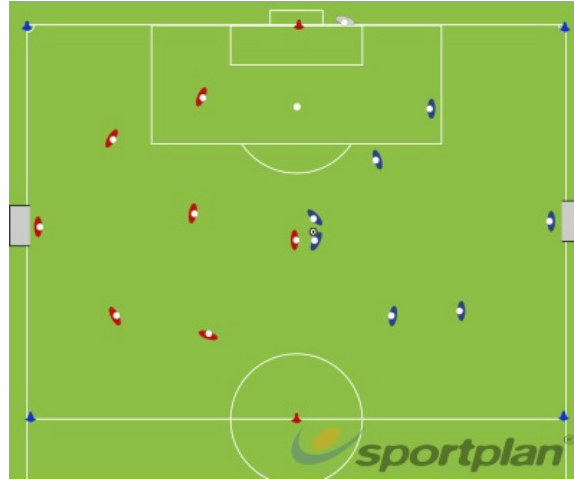
You can also have them on opposite sides diagonally so you have a two-way game which allows for forward and backwards passing.

Final Game

Small Sided Game - 7 a side

25 Mins

Finish with a small sided game of 7 vs 7 including goalkeepers.
Examples of playing Formations:
3-2-1 vs 2-3-1
3-1-2 vs 1-3-2
Concentrate on the areas covered in the session.
Can your players show good passing technique with different parts of the feet?
Highlight opportunities whereby players can make their body positioning or pitch positioning better in order to take advantage of opportunities to pass or dribble quickly.



Coaching Tips

Look to coach different aspects of attacking when they arise, e.g.:

- 1) When to pass, when to dribble
- 2) Passing into space
- 3) Passing into feet
- 4) Dribbling at players
- 5) Dribbling into space

Can you get them to attack effectively, making the right decisions on when to pass and when to dribble and how they do this?

Cool Down

Ball Manipulation

5 mins

Work on slow jogging around the pitch with interspersed ball work.
Bring the jog down to a walk and provide Q & A to check players understanding.



Discussion

Ask open questions to allow opportunities for your players to express and share their knowledge on the session.

Other Comments:

Evaluation: