

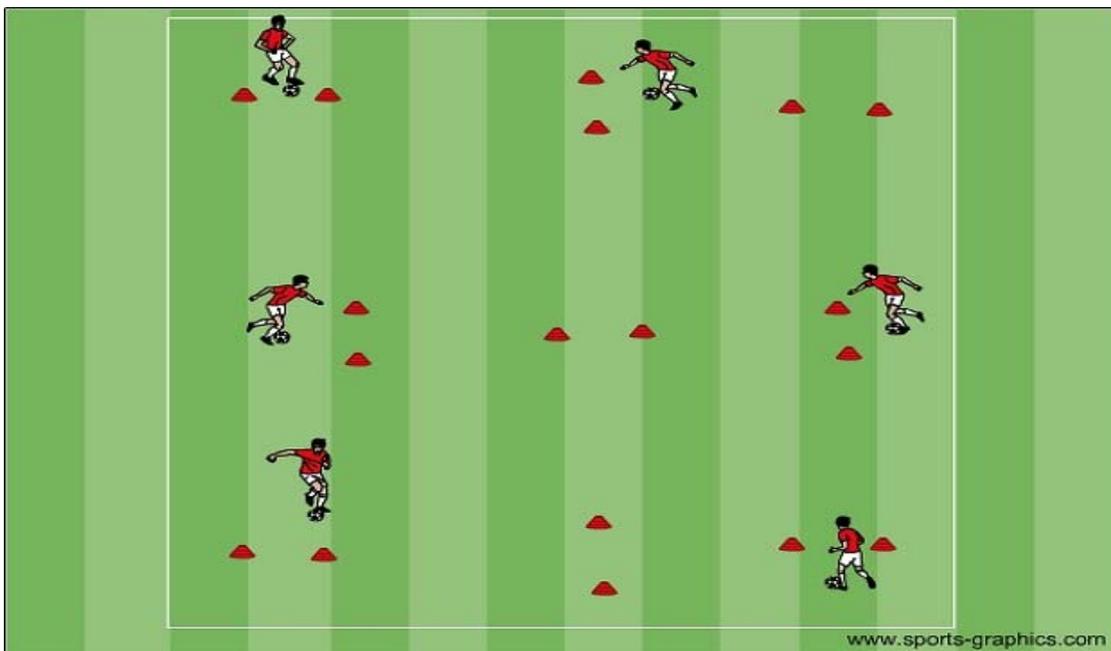


**Connecticut Junior
Soccer Association**

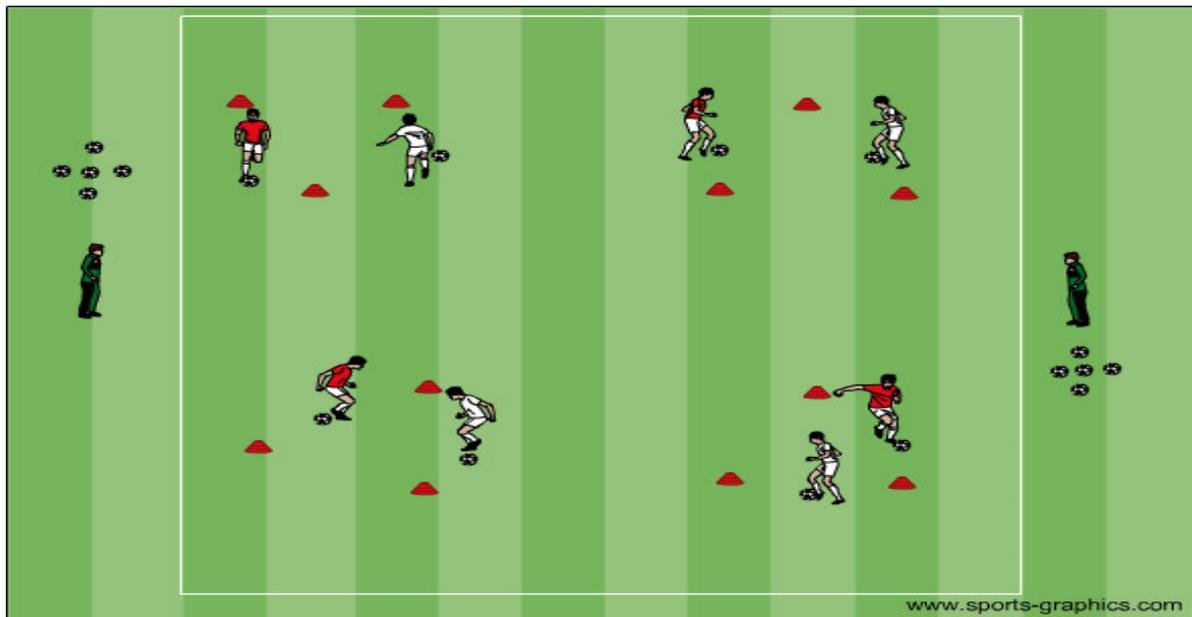
U8 SESSION#6

In week six, we will review dribbling to turn away from pressure, and dribbling to beat pressure. Players will be able to turn using the inside, outside and sole of the foot, and will also work on shielding the ball once they have turned away from pressure. Additionally, players will be able to take on a defender by feinting one way, and going the other. They will learn/review and practice three different moves to beat players. Finally, the players will play 1v1 games that encourage them to take on opponents in game-like situations.

1. **Gates**---Randomly place many pair of cones making small goals (1 yard) in a large space (30 x 20 yards) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. After doing once, ask them to improve their score by 2 and play the game again. Challenge each child individually. **Version 2:** Players can only dribble through goals with their right foot or their left foot. Note: You may need to make a rule disallowing players from dribbling back and forth in one goal or just two goals. **(5 minutes)**

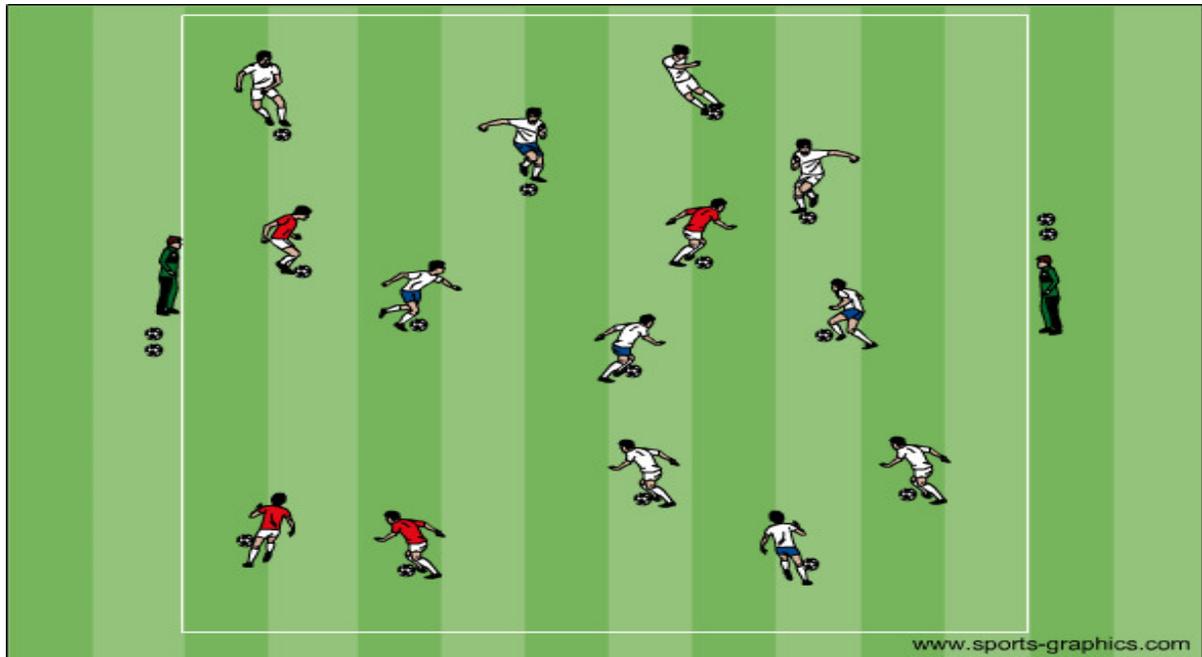


2. **Triangle Tag**---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the game tag, one player is being chased and one is “it”. However the player who is “it” tags the player by kicking her ball and hitting the other player’s ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. **Version 2:** Allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic). Two pairs can be at the same triangle at the same time, but players only compete with their partner still. Note: For more difficulty, do not count hitting a player below the knee as a tag. **(10 minutes)**

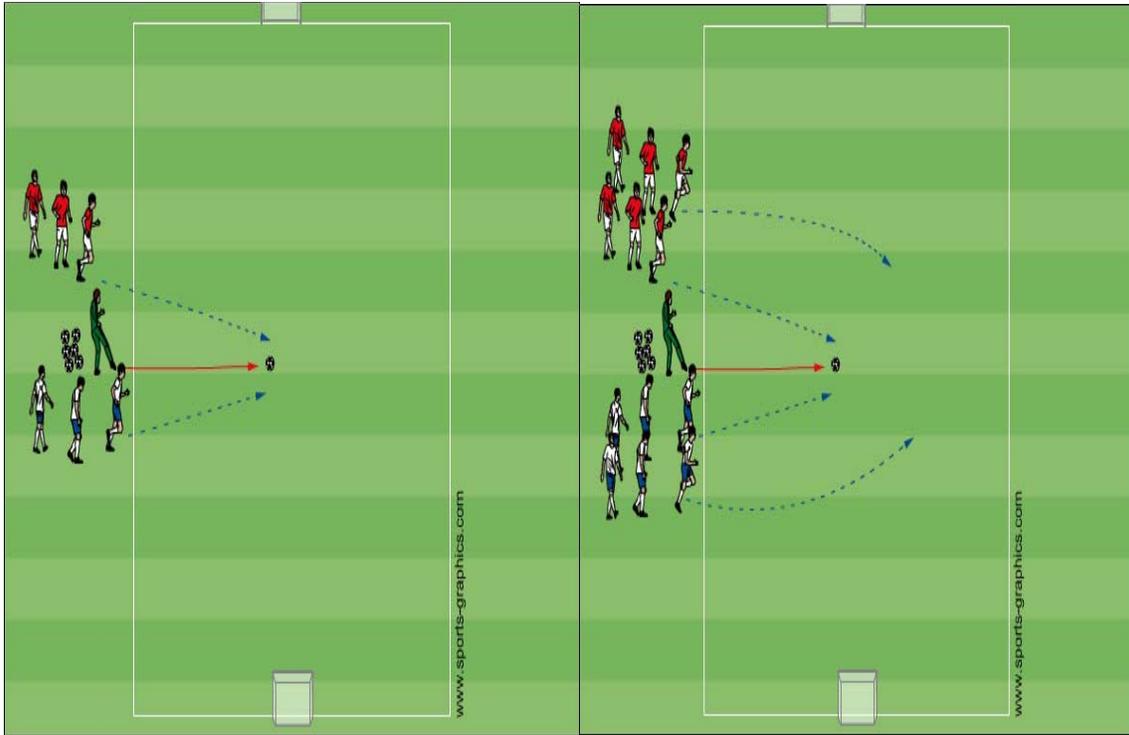


3. **Free Dribble**---Everyone with a ball. Review “spin-in” using the inside of the foot to turn away from pressure, “spin-out” (outside of foot for same) and sole (named Mia Hamm) to pull the ball back and turn 180 degrees. Moves to beat people and are called Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel). Matthews has the player touching the ball with the inside of one foot 2-3 times in one direction (to get the imaginary defender to lean that way), and then cutting the ball with the outside of the same foot in the other direction (to go past the defender). Rivaldo is similar with the player faking to dribble the ball with the outside of one foot, and then taking it with the outside of the other foot in the opposite direction. Double Lollipop is Rivaldo with two outside of the foot fakes, one with each foot, and then go the opposite direction from the last fake with the outside of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. **Version 2:** players are asked to put 4 moves together in a sequence, then asked to do the sequence forwards and then in reverse order (move 4 is now first move) and then all moves are done with weaker foot, then with both feet for a total of 16 back to back moves. Coach selects

players to demonstrate after each progression. If the group is doing particularly well, another move or two can be added to the sequence by players. **(10 minutes)**



4. **Get Outta Here**---Place two small (4 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players (one from each team) run out and try to score on each other's goal by dribbling through it. If the ball goes in the goal or out of bounds, the coach yells "get outta here" and plays in a new ball immediately for the next two players. **Version 2:** Coach can stop yelling "get outta here" after a while and see if players recognize when balls go out and are attentive. **Version 3:** Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. **Version 4:** Numbers---Same set up as Get Outta Here, but teams assign numbers (1-6) to each player and when coach calls out a number, the players from each team with that number come out to play 1vs.1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. **(10 minutes)**



5. Game: 4v4 to goals. --- Dual Field--- 4V4 with no goal keepers. (25/30 minutes)

