



October 2nd - 15th

First Kicks: U7/8 # 2

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Category: Technical: Dribbling

Whole

Objectives: Dribbling

Organization:

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

Coaching point:

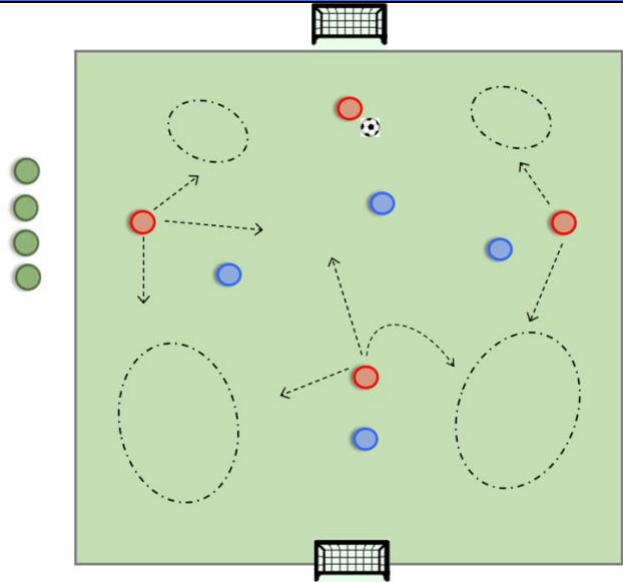
Dribbling: Encourage players to dribble forward

- Find the gaps between defenders
- Find the free spaces

Reminder!

Team shape: remind players to adjust their position to keep their team shape (diamond) as moving forward.

Duration: 10-15 min



Part (individual base)

Objectives: Dribbling

Organization:

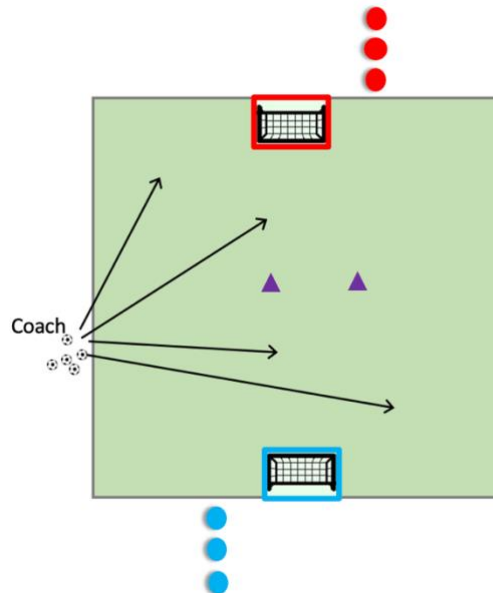
Divide players into two teams: blues and reds.

Put one gate in the middle. Teams will line up in opposite directions. The coach will play a ball to the center or one of the corners. The first players from each line will compete to get the ball first and become a striker. The striker should dribble through the gate and score on the pug, while the defender will try to close the gate and deny the ball. If the defenders win the ball, they can score on the pug without dribbling through the gate.

Progression:

- Two players from each team will play and make a 2v2 situation.

Duration: 10-15 min



Whole

Objectives: Dribbling in game situation

Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

Coaching points:

- Team shape (i.e., diamond)
- Attacking the free spaces in between or behind defenders

Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points. Try to highlight the positive performance of players in the game and discuss it with the players who are not playing at the moment.

Duration: 15-20 min

