

Week 5 Instructions (U7-U8)



PREPARATION

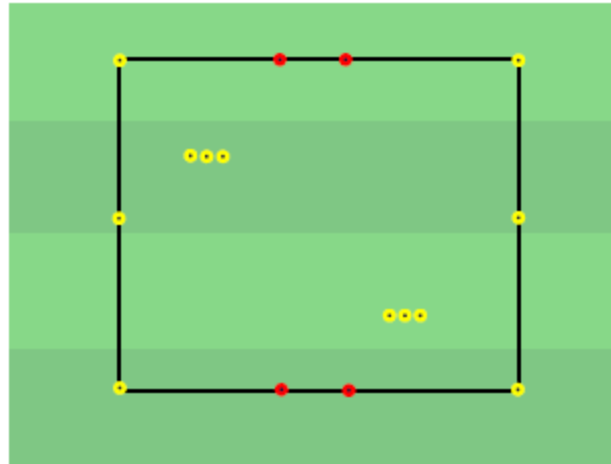
10 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 10 cones to create a 10yd x 10yd box as shown in the attached image. One opposite ends of the box, you'll need to create a small gate/goal using cones for use later in the practice.



Dummy Step (Body Feint)



PREPARATION

Ball

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

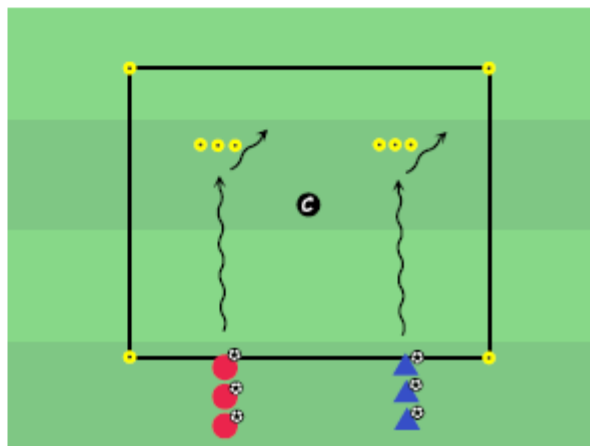
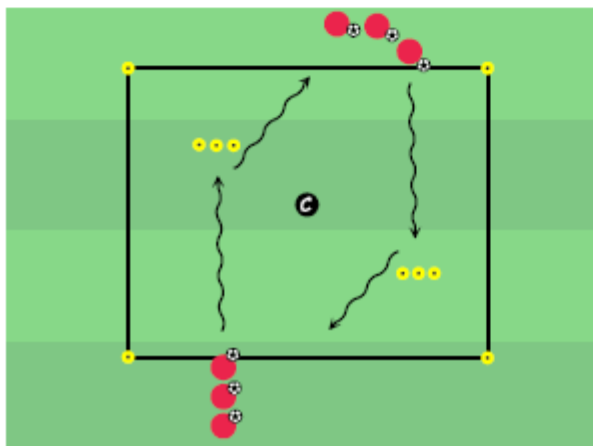
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of the box. The next player in line should wait for the player in front of them to perform the dummy step before taking their turn. (Image 1)

An alternate setup is simply having the players all line up on the same side of the box, one or two lines depending on the number of players available. After performing the dummy step, the player should dribble to the back of the line they came from.

Players should dribble toward the defender (cones) and then, before reaching the defender, perform a step to their right or left without the ball to pretend to be running in that direction. Then, lunge back the opposite direction using the outside of their opposite foot to kick the ball forward in the direction that are actually running. See attached video for an example.

COACHING POINTS

- Fake by dropping shoulder and knee when pacing plant foot
- Use the outside of the opposite foot to push the ball forward after performing the move
- Accelerate out as soon as your foot hits the ground



1v1 Dribbling Challenge



PREPARATION

Cones, Balls
10 x 10 area

PLAYERS

2 players
(1 ball per pair)

 **4 min**

4 reps
1 min +

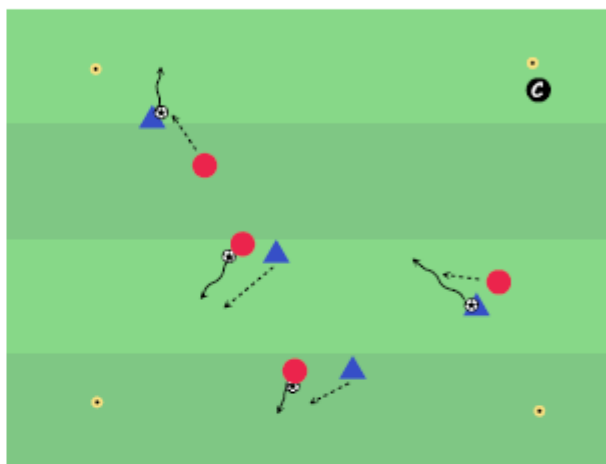
INSTRUCTIONS

Set up a 10x10 yard box. Players should pair up and share one ball. At the coach's direction, the game begins with one player trying to maintain their dribble while being defended by their partner. The player in possession of the ball may need to shield it (put their body between the ball and their partner) to maintain possession. If the ball is stolen at any time, the roles are reversed.

Variations:

1) Players can freely dribble anywhere within the box. Players try to keep possession of the ball for as long as they can. Switch who starts with the ball with each rep.

2) Begin with partners lined up on opposite sides of the box. To score a point, the player in possession of the ball must reach their partner's side of the box and stop the ball on the line. If they succeed, their partner tries to go back the other way to reach their opponent's line.



COACHING POINTS

- Key Words: Dribble forward to go by your opponent. Move the ball side to side to get around them.
- If your partner gets past you, run fast to catch up and try to get the ball back.
- Don't forget to try a skill move, like the dummy step, to get around your partner.

3v3 Dribbling



PREPARATION

Cones, Balls, Pinnies
10 x 10 area

PLAYERS

6 players

INSTRUCTIONS

Players are divided into teams of 3. Coach is on the sideline with the ball. Game begins when the coach plays the ball into the grid. The teams will play until one team is able to DRIBBLE the ball through their goal, or the ball goes out of bounds. The coach will restart the game by playing a new ball into the space.

COACHING POINTS

- What should we be doing without the ball?
Moving into space. Communicating with teammates.
- What are some ways to move the ball?
Dribbling or passing.
- What should the player closest to the ball be doing?
Applying pressure to the ball.
- What should cover player be doing?
Communicating to pressure, filling gaps to prevent passing penetration.
- What should Balance player be doing?
Communicating to Pressure/Cover. Preventing the through ball.

