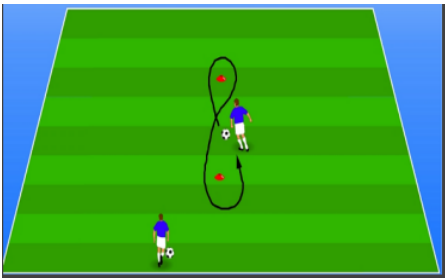
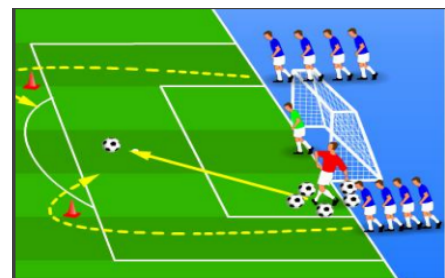



Bedford Youth Soccer U8 Week 1

Dynamic Dribbling

Warm up: Figure 8's	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> Two cones are set up about 3 yards apart. Two players are stationed at each set of cones. Each player is numbered either partner 1 or partner 2. One player will rest behind the set up while one will work. 	<ul style="list-style-type: none"> Players go through a dribbling progression by making a figure 8 between the cones. Players should try to move quickly, but with control. Partner 1 should work for 30-45 seconds while partner 2 rests/observes. On the coach's command, partner 1 rests and partner 2 begins working. Progression: 1). Insides only (foundations) 2). R foot only 3). L foot only 4). Sole (bottom of foot) only 5). Speed - count your 8's and see if you can beat your partner 6). Both players work on the same 8 at once 	<ul style="list-style-type: none"> Keep the ball close and take many touches. Accelerate through the middle, and lower your center of gravity when turning around the cones. Move your feet quickly, and try to dribble Your head up.
<p>Opposed practice: 50-50 1v1</p> 	<ul style="list-style-type: none"> Players are split up to make 2 teams. Each team has a cone as their starting point on either side of the goal and a target cone 15 Yards into the field. 	<ul style="list-style-type: none"> On coaches command, the first player in each line races from the start cone, around the target cone and into the playing area. The coach will play a ball into the playing area, And a 1 v1 will ensue. The game ends once a goal is scored or the ball Goes out of play. Coach can vary the feed to facilitate different situations And can vary the participants to make 2v2, 2v1, 3v2's etc. 	<ul style="list-style-type: none"> Try to be first to the ball! As the defender, try to keep your body in front of the attacker, and prevent the attacker from getting towards the middle of the field. Be patient, and don't dive in! Delay is important as a defender! For attackers, Use speed, strength and skill to beat the defender. Be deceptive, and shoot when you have space.
<p>Small Sided Game: 4v4 With Dribble Goals</p> 	<ul style="list-style-type: none"> The field size should be appropriate for 2 teams to play 4v4 2 Dribble goals (cones, 3 yds wide) are placed Behind opposing end lines 	<ul style="list-style-type: none"> Teams play a conditioned game to score goals Against the other. To score a goal, a player on the scoring team must Dribble across the opposing teams end line with The ball under control. If the attacking player scores by dribbling across the end line and through one of the opposing teams dribble goals, they score 2. 	<ul style="list-style-type: none"> Find spaces to support your teammates when you have the ball, work with teammates To close down attackers when you don't. Try to demonstrate dynamic, target oriented dribbling, players have to recognise gaps and be brave dribbling toward/through those gaps. <p>Possible progression:</p> <ul style="list-style-type: none"> Make target lines smaller (can only score through the dribble goals)