

## Speed Dribbling & Passing to Goal

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble

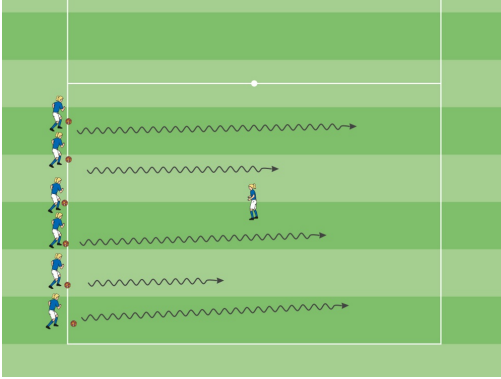
KEY QUALITIES: Optimal technical, Optimal physical, Read game/make decisions

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AGE: U7-U8 / 4v4 / 9 players

MOMENT: Attacking

DURATION: 10 min



### Cross My Ocean

OBJECTIVE: Dribble past opponents towards goal to score

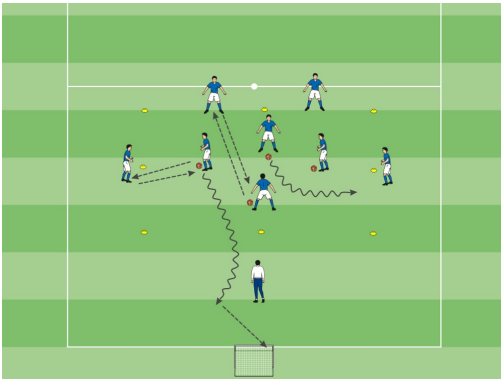
ORGANIZATION: All players on sideline with ball (Fishies). 1 Player without ball stands in Middle (shark).

KEY WORDS: Head Up. Fake. Control. Laces. Inside. Outside. Change Direction/Speed

GUIDED QUESTIONS: 1) How do you find space to dribble? 2) What can you do to get by the "shark" (defender)? 3) What part of the foot do you use when you have space in front?

ANSWERS: 1) Dribble with Head Up! 2) Use control with outside/inside foot to change direction & speed! 3) Laces to run with the ball at speed!

NOTES: Shark calls "fishies cross my ocean!" Players try to dribble to other sideline. Rotate Shark every game. Let game play 1 time before stopping to ask guided questions. To make more challenging add sharks. "Fishies" can become "crabs" to help "shark" after getting knocked out.



### Passing & Receiving Box

OBJECTIVE: Pass & Move the Ball to Create Scoring Chances

ORGANIZATION: 20 x 16 Yard Grid. Separate team into 2 groups. 1 inside the grid with ball & 1 outside without balls.

KEY WORDS: Pass. Scan. Head Up. Communicate. Inside Foot. Follow thru. Lock Ankle

GUIDED QUESTIONS: 1) How can you find teammates to pass too? 2) What part of the foot should we use to receive the pass? 3) What should you do after making a pass/before receiving a pass?

ANSWERS: 1) Dribble with head up! Communicate! 2) Inside of the foot. Toe pointed up to lock ankle & make big surface! 3) Move. Scan shoulder to look for next pass/dribble!

NOTES: Add defender and goals outside of grid after each group gets 1 rotation on inside. After 2 passes players can dribble to goal to beat defender and try to score! Defender can be coach in order to allow players to be successful scoring goals. Add player as defender to challenge team.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?