

## Dribbling & 1v1/2v1 Situations

GOAL: Improve scoring goals

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

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

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



### Sharks & Minnows

OBJECTIVE: Improve Control Dribbling & Finding Open Spaces

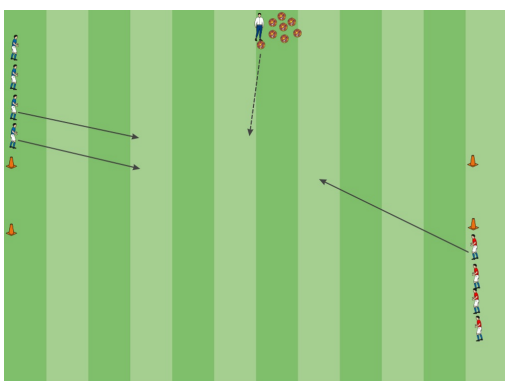
ORGANIZATION: Mark out one 12 x 15 yard space. All Players have a ball & dribble inside of the box. 1 Player is selected as the "shark". He/she does NOT have a ball. The shark tries to steal the balls from the other players (minnows) in the area & kick their balls outside of the zone (ocean).

KEY WORDS: Opening. Space. Head Up. Close touches to control. Dribble. Find.

GUIDED QUESTIONS: 1) How can you keep the ball in the ocean (zone)? 2) What are you looking for when we have the ball? 3) What parts of the foot should we use?

ANSWERS: 1) Close touches. Look for Space. Dribble away from shark! 2) Space/Defender 3) Inside, Outside, Sole & Laces!

NOTES: Start with Coaches acting as the "sharks" to allow players to keep the ball in zone as you passively look to steal it and to just get an introduction to the space and basic rules. After a few minutes, use guided questions with players to get them thinking about what everyone should be doing to help them be successful! Play 1 "round" where players get



### The Numbers Game

OBJECTIVE: To Improve Dribbling & Passing By Opponents and Create Scoring Chances

ORGANIZATION: Players are split into 2 teams. Two goals set up with cones on the sidelines of each half of the field. Each team lines up shoulder to shoulder beside the goals/gates they are defending.

KEY WORDS: Head Up. Dribble. Pass. Opening. Space. Attack. Spread Out.

GUIDED QUESTIONS: What are we looking for when we attack? If our teammate has the ball, what should you do? How do you know if a defender is coming?

ANSWERS: 1) Space/Opening. 2) Spread Out and ask for a pass. 3) Look! Dribble with head up.

NOTES: Each team is assigned a digit. Coach calls out a number. EXAMPLE "21". The team assigned the first digit sends out 2 players & the team assigned the second digit sends out 1 player. The coach plays a ball onto the field & teams play 2v1. When coach yells done, players return to the back of their line and repeat.

### 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?