


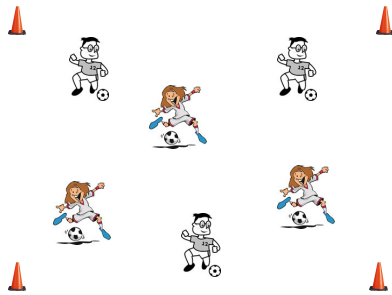


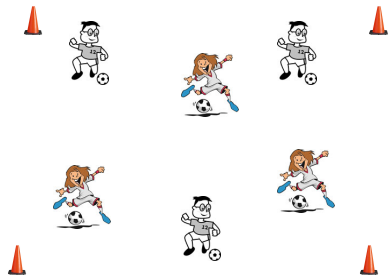
U-8 COACHING EDUCATION

2007

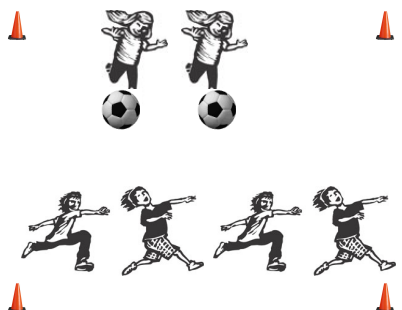
AHFSH	Coaching Education	Dribbling U8	Steve Jennings
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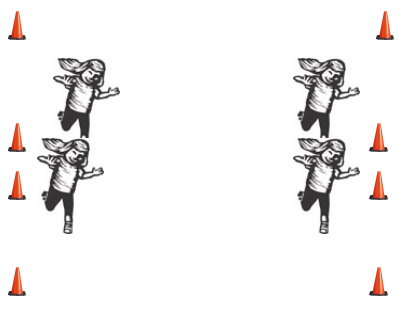
1. Gate Dribbling	Every player has a ball. Players must dribble through the gates, keeping score during a time limit. Use same time again, but players must try to beat previous score		Coaching Points; Vision, keep ball moving, keeping close control, using different foot surfaces, change of direction
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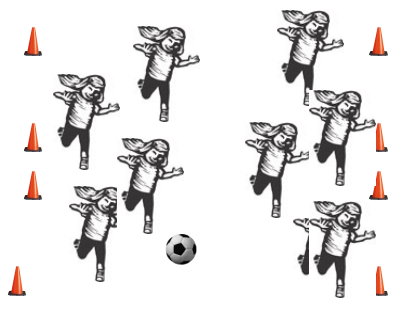
2. Stop and Go	Every player has a ball. On whistle players stop ball and then move at speed, coach demonstrates and players copy, players invent their own stop and go		Coaching Points; Vision, speed after stop, change of direction and speed
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3. Knock out	Every player has a ball and they all try to knock each others ball out of the grid. If knocked out, player must do 2 juggles before coming back n the game		Coaching Points; Keep close control of the ball, movement, speed and vision
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4. Pac-Man	Two or three players are it and have balls. If you are it, try to hit others with passes below the knees. Players that are not it, run and jump to avoid, if they are hit they join in also		Coaching Points; Vision, tackling, change of speed and direction
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5. Get in , Get out 2v2	Coach plays ball in. 2 players play against 2 others. When a goal is scored or the ball goes out of bounds, the coach yells get out and 4 new players move into the field and play once the coach throws in another ball. Play moves along fast paced		Coaching Points; Vision, tackling, change of speed and direction. Shooting
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6. 3v3	The activity ends with a 4v4 game		Coaching Points; Free play
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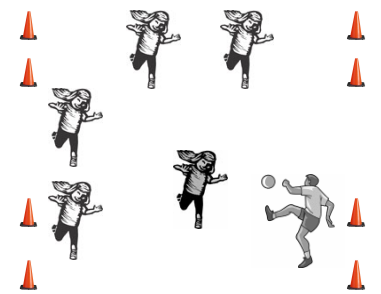
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1. Juggling	<p>Each player has a ball</p> <p>Player sits down and strikes the ball and catch.</p> <p>Tries twice and catch.</p> <p>Tries to work up to five kicks and catch</p> <p>Try both feet</p>		<p>Coaching Points;</p> <p>Eyes on the ball, bend at the waist, bend the knee, toe of kicking foot out, use sweet spot</p>
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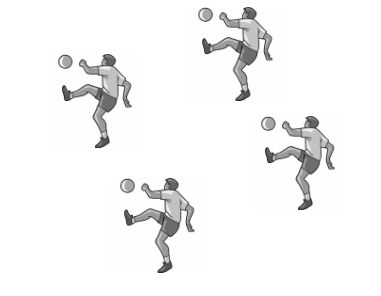
2. Pair Juggling Game	<p>Players are divided into pairs. Try to keep the ball off the ground using feet only. Can let the ball bounce once between touches also. Keep score</p>		<p>Coaching Points;</p> <p>Eyes on the ball, get into position early, lift the ball with the laces, use arms for balance</p>
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3. Volley game	<p>Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid. Go for thirty seconds</p>		<p>Coaching Points;</p> <p>Get in the line of flight quickly. Be ready to receive, choose platform surface, use sweet spot</p>
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4. Gaelic Football	<p>5v1 or 4v2.</p> <p>Play Volley, catch, volley. Volley ball from hands so it can be caught by a teammate. If defender intercepts the ball a point is scored. Try to play into the end zones for point</p>		<p>Coaching Points;</p> <p>Move the ball quickly, support quickly, move to open space</p>
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5. The Game	<p>Play 4v4 to goal.</p> <p>The coach throws the ball in to start play. If a ball goes out, the coach will throw another ball in to continue the play</p>		<p>Coaching Points;</p> <p>Look, move to open space, chose surface quickly</p>
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6. Cool Down	<p>Each player with a ball. Strike the ball up using foot, let it bounce and then strike it again. Do it till the players reach ten times. Then strike the ball twice and let it bounce and repeat.</p> <p>Get a drink and stretch</p>		<p>Coaching Points;</p> <p>Try it at home</p>
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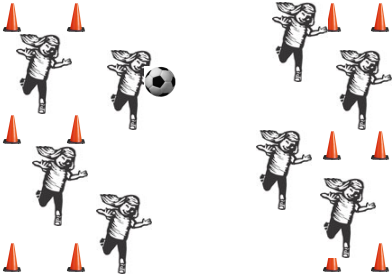
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1. Juggling with a partner	2 Players compete with other pairs to keep up the ball as many touches in a 3 minute period		Coaching Points; Move to get behind the flight of the ball, don't stretch, don't stretch
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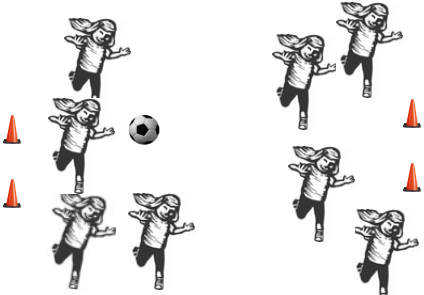
2. Soccer Toss	2 teams play against each other. One player throws it over the 'net' to the other team, if player catches it, feet, head etc and then catches it earns point. Partner can help, or allow 1 bounce		Coaching Points; Move quickly to get behind the ball, select surface early, cushion on contact
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3. Soccer Toss with pressure	One player throws the ball to his partner who is ten yards away, then moves towards his partner to apply little pressure. After players are successful, add the receiver has to do a move to get around the player to switch sides		Coaching Points; Receiving high balls with the correct surface. Keeping an eye on the ball and also on the advancing player, receiving the ball close
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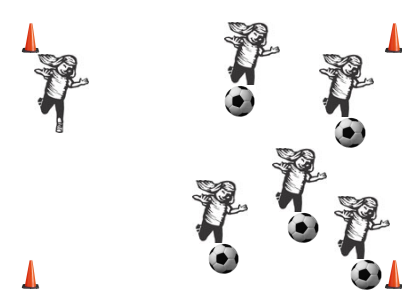
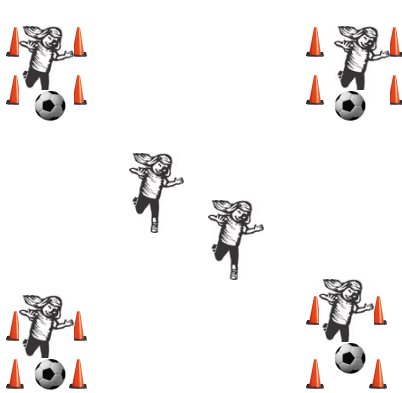

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4. Toss, Control, Catch	4v4 . Toss, receive catch to advance ball, If ball hits the ground goes over to the other team. Score by receiving in the end zone. Other team can block the toss		Coaching Points; Move to ball, select receiving surface quickly, look, get head up, move to open space
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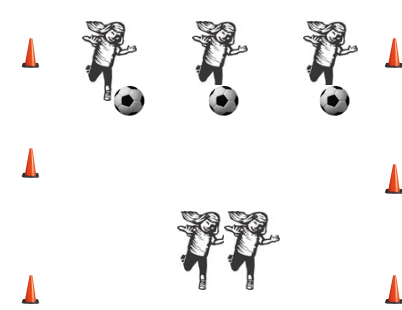
5. Throw in Toss	4v4. Play regular game. When the ball goes out of bounds player must throw the ball in high to encourage players to challenge and control a high ball		Coaching Points; Move to ball, select receiving surface quickly, look, get head up, move to open space
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6. The Game	4v4. Play regular game. When the ball goes out of bounds coach throws the ball in high to encourage players to challenge and control a high ball. 1 point for a regular goal, 2 points for a volley goal		Coaching Points; Move to the ball. Look, Choose surface early
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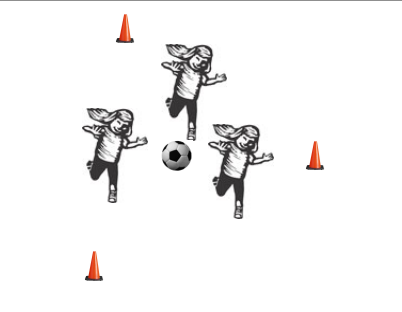
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1. Freeze tag	<p>Select a player who is 'it'. All others players have a ball. The chaser must try and tag all layers in a certain time. If a player is tagged he must pick up the ball and hold it above his head. He must stand with his legs open. To become unfrozen a teammate should pass the ball between the legs</p>		<p>Coaching Points; Dribbling with the ball at the feet, finding space and having fun</p>
2. 4 Square game	<p>2 players are it. All other players have a ball and are positioned in the 4 squares. Upon whistle players must dribble out of their square and try to get to another square without being tagged. If tagged must do 2 sit ups and then get back in the game. Rotate players</p>		<p>Coaching Points; Dribbling with the ball at the feet, at speed, finding space, keeping their head up and having fun</p>
3. Fire Drill	<p>Players have a home base. Balls are placed in the middle of the grid. Upon command players go and bring balls ball to their home base. Set a time. The player with most balls will win. Players can take balls from another base , but cannot take the ball away from another who is dribbling</p>		<p>Coaching Points; Have younger players use hands , and progress to feet</p>

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4. Snake Game	Have 2 players join hands. The other players have a ball and try to get across the grid within being tagged. If they get tagged , they must join the snake until all players are caught. Player are safe when they get to the other side		Coaching Points; Keeping the ball close, Dribbling away from the snake
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5. Musical balls	All players have a ball. Players dribbling around within the grid. When the coach whistles, players leave their ball and finds another. Add variations. Last player does sit ups. Take a ball out of the grid		Coaching Points; Keep the ball close. Change speed and direction
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6. 1v1v1	3 players will play using one ball. Place 3 cones in the area in the shape of a triangle. Players compete to hit the ball against the cone		Coaching Points; Change of direction and speed
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