



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to Create Scoring Chances

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Play forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

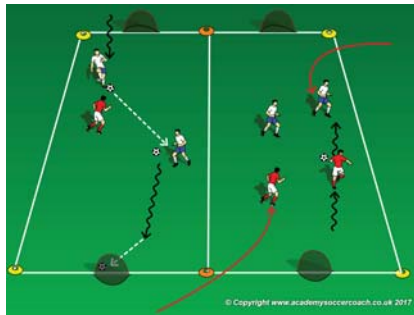
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble forward to get past defenders and score.

Organization: Set up two or three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start games with a kick off, play local rules on out of bounds. Monitor fouls. Play 1v1, 2v1, or 2v2 games, as big as a 3v3 game per field. Let players have free play.



Coaching Points: Positively encourage players to dribble forward with the ball. Dribbling when there is space in front of you or behind defenders.

Guided Questions: How do you know the players are engaged? They are all playing and no one is distracted. What tells you they are being successful? Players are dribbling past defenders and heading towards the opponents' goal.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

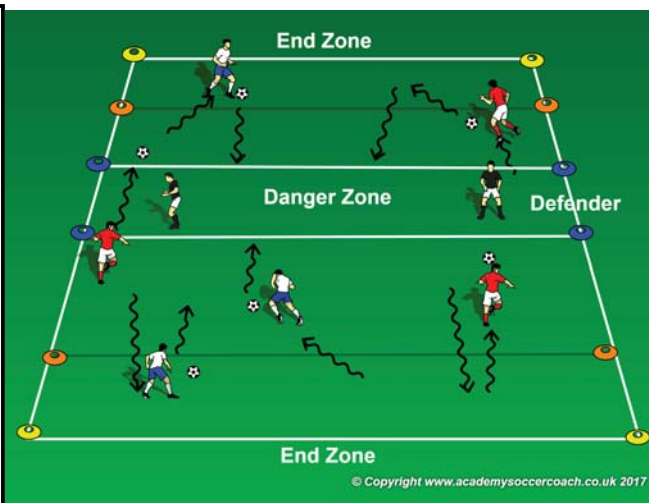
Does activity allow for Repetition? Coaching?



Less Challenging Activity

End Zone Dribble: Same as the core activity except w/out a Danger Zone. Players dribble to end zones & back. Play 10 rounds of 1min. Each round use a different surface of the foot & a different foot.

Rules: Every player with a ball. How many end zones in 1min, beat your score.

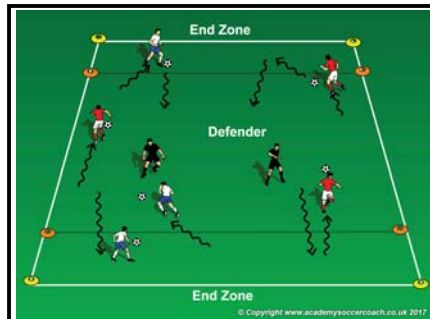


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

End Zone Dribble w/unrestricted defenders: Players dribble from end zone to end zone in 1min. Beat your score.

Rules: Every player with a ball. If defender steals the ball they become the attacker/dribbler. Switch roles.

End Zone Dribble w/Danger Zone: Players dribble from one end zone to the other & back through the Danger Zone.

Organization: In 20W x 25L field, w/a 5 yard end zone at each end & in middle of the field, the Danger Zone. Station 1-2 defenders in the Danger Zone. Defenders can only steal the ball when the dribbler enters the Danger Zone.

Rules: Players start w/a ball in an end zone & dribble to other end zone through the Danger Zone. If defender steals a ball from dribbler & dribbles stolen ball to an end zone, dribbler & defender switch roles. How many end zones did you reach in 1 min. Beat your score.

Coaching Points: Encourage dribbling forward w/the ball quickly through the Danger Zone. Dribble into open space past defenders. Do a fake or move to get around defenders.

Guided Questions: What tells you players are improving? They are successfully dribbling through the Danger Zone to the end zones. What ways can you explain how to dribble past defenders? Explain and show them how to keep the ball close using short touches. When they come to a defender they can use a move or fake to change direction to get past the defender. Ask players to "show" you their moves.

Is Activity Organized? Game-like? Challenging?

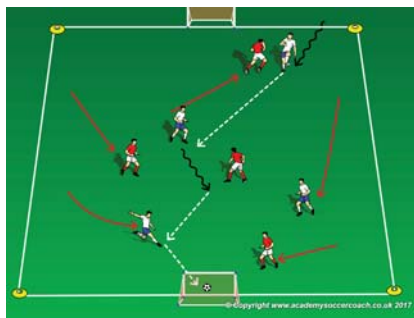
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: To dribble by opponents to shoot and score.

Organization: In a 25W x 35L field w/ a small goal at each end, make two (2) equal teams. Manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All 4v4 modified rules apply.



Coaching Points: Dribbling forward with the ball to beat defenders. Shoot, or pass to teammates who can shoot.

Guided Questions: When should a player dribble instead of pass? When there's only 1 defender in front of them or there is space to run into w/the ball. When should a player pass instead of dribble? Pass when there are too many defenders in front of them. How can you check to see if the players enjoyed the practice? Give them each a high five at the end of the session and say "thank you".