



SOCA Practice Plan

Weekly Practices & Exercises for Your Team's Success!

Age Group:
Week #:
Topic:
Equipment:

U8
Week 2
Technical: Dribbling
Balls, Cones, Pinnies, Goals

CRITICAL ANNOUNCEMENTS TO COACH:

- 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.
- No Laps, Lines or Lectures! Keep players active, not bored!

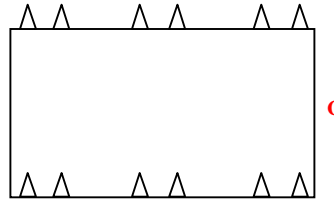
Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 40-50 yards wide by 30-40 yards long.

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach.

Keep your practices moving by keeping breaks short and the players moving!



C = Coach

□ = Goal

△ = Tall Cone; dotted line shows cone line

• = Ball

Dotted arrow = Pass/Shot

Solid arrow = Run

Wavy arrow = Dribble

Bent arrow = Long Pass

TIME

SETUP / PLAN

DIAGRAMS

COACHING POINTS

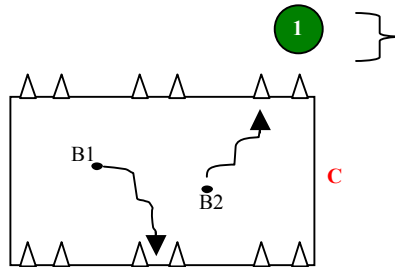
0-10M

WARM-UP PHASE 1

One soccer ball per player. Players must dribble without having the ball stop rolling. Show players how to dribble with inside of the foot, outside of the foot, instep and sole of the foot.

If the ball stops rolling or goes out of bounds, player must do a quick technical activity to continue the exercise (i.e., 10 toe-taps on top of the ball or 10 touches in between the feet). Include a dynamic warm-up and coordination activities (i.e., skipping, running and jumping, etc.)

Continue with players attempting to dribble through as many tall-cone goals as possible in 30 seconds.



Dribbling Foot = on contact of the ball, the foot should be firm but not locked. Players should attempt to 'feel' the ball as opposed to just kicking it around.

Left / Right Foot = at this age, it is extremely important for players to use and get used to dribbling with both feet. Encourage them to experiment and try things with both feet.

Change of Pace = players should be encouraged to dribble slowly, quickly in tight spaces and on a full spring with the ball.

Change of Direction = players need to be able to cut, change angles and direction with the ball.

Build off of technical skill points above.

Look for players that are dribbling with control, utilizing both feet!

Look for players that are dribbling with a change of pace but also searching for new spaces (head up).

Look for players that may be figuring out how to beat defenders on the dribble while also protecting the ball from being stolen.

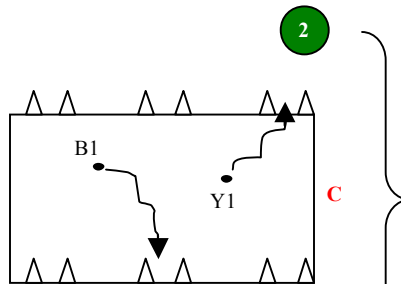
Challenge players to maintain possession – even if the ball is deflected away from the defender. Players need to learn the importance of keeping the ball under control for themselves and then for their teammates.

10-35M

TRAINING GAME PHASE 2

Two Teams (Blue & Yellow). Every player with a ball.

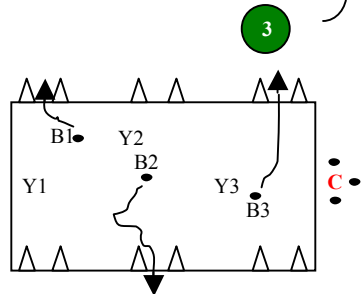
Individual players are trying to dribble through as many tall-cone goals as possible in 30 seconds. Once time is up, players on the same team get together and add all of their goals. Team that has the most goals wins and the other team must do a quick technical activity before the next game begins.



35-55M

SCRIMMAGE – WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Play to goals. You can begin with a restriction that include players must score by dribbling the ball to the end-line and stopping it or scoring in the goal. Gradually take off all restrictions and just let them play!



Look for successful moments of dribbling!

Praise players for the correct technique.

Focus on increasing confidence through positive reinforcement and limited constructive criticism.

55-60M

END OF TRAINING TEAM TALK!

Summary of Your Training! Ask your players what they have learned. Help them learn the most important points of the session. Ideally, they should talk about Dribbling skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!