U8-U9 Curriculum

Session Planner

PRINCIPLE: DRIBBLING - 1v1 to Finish | **TEAM:** U8/U9 | **COACH:** | **DATE:**

TRAINING OBJECTIVES:

TECHNICAL:	TACTICAL:	MENTAL:	PHYSICAL:
DEVELOP INDIVIDUAL SKILL AND CREATIVITY / FINISHING TECHNIQUE.	DEVELOP CHANGE OF SPEED AND DIRECTION TO CREATE SPACE TO FINISH.	CONFIDENCE. MOTIVATION. CREATIVITY.	CHANGE OF SPEED, DIRECTION, STRENGTH.

EXERCISE 1: Warm Up

WORK TO REST RATIO: 15 mins.

DIMENSIONS: 30 x 25 yards.

INSTRUCTIONS/RULES

Ball Mastery - work through individual dribbling, ball skills that are apply to finishing i.e. inside/outside, fake/take, scissors.
Knock Out - Players get a point for every gate they dribble through, 2 defenders attempt to tag balls, if their ball gets tagged, then player is knocked out of area, must perform 10 toe taps or 5 juggles on outside of area before re-entering the area.

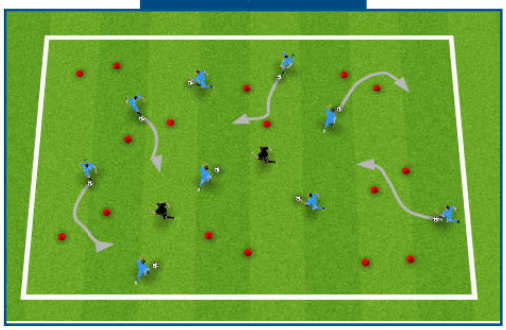
COACHING POINTS

Close control, head up, foot position when dribbling.
Change of direction and speed.
Creativity, confidence to try new skills.
Awareness of defender / space.

KEY QUESTIONS

How can you make skill move realistic and more deceptive?

DIAGRAM



EXERCISE 2: Exploration Game

WORK TO REST RATIO: 15 mins. 5 x 2:30 mins : 30 sec rest.

DIMENSIONS: 30 x 25 yards.

INSTRUCTIONS/RULES

Set up with 4 goals and keepers, three boxes with balls, 3 attackers and 3 floating defenders.
Attackers get ball from any square and can dribble and attack any goal.
Defenders have free movement and attempt to steal ball and return to squares.
Rotate roles every 3 mins.

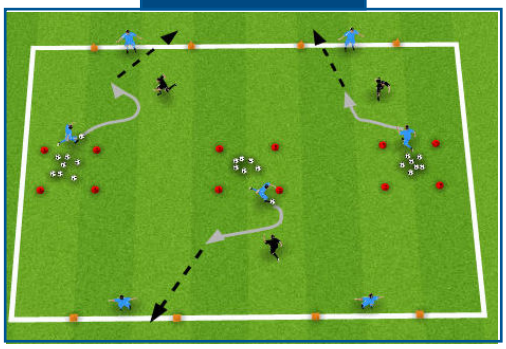
COACHING POINTS

Awareness of space and defender.
Change of speed and direction to create scoring opportunity.
Finishing technique - power vs placement / creativity and variety.

KEY QUESTIONS

How can you use the multiple goals to your advantage? (answ. as a decoy for change of direction)

DIAGRAM



EXERCISE 3: Execution Game

WORK TO REST RATIO: 15 mins. 5 x 2 mins : 1 min rest

DIMENSIONS: Two 15 x 25 yard fields.

INSTRUCTIONS/RULES

Set up two fields. Play 1v1 to goal.
ACTIVITY 1: Defender passes out to attacking player who attacks 1v1 and attempts to score. If defender wins ball the can counter to opposite goal.
ACTIVITY 2: Attacker dribbles in from side, defender starts in middle, attacker can score on either goal. If defender wins ball the can counter to opposite goal.
Add competition - who can score most in 2 mins etc.

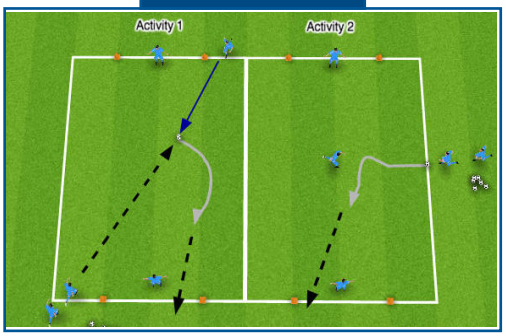
COACHING POINTS

Quality of first touch.
Engage defender.
Change of speed to draw in pressure and beat pressure.
Change of direction.
Decision making - when do you have enough space to finish?
Finishing technique and variations.

KEY QUESTIONS

How can you unbalance the defender?

DIAGRAM



EXERCISE 4: Autonomous Game

WORK TO REST RATIO: 15 mins. 3 x 4 min games :1 min rest

DIMENSIONS: Two 15 x 25 yard field

INSTRUCTIONS/RULES

Play "world cup" tournament, teams of 3 or play 2v2 +neutral if needed.
round robin games, 3 point for win / 1 point for tie.

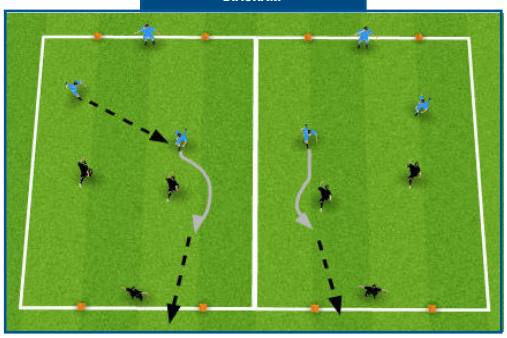
COACHING POINTS

Creative mindset.
Be positive in 1v1 - commit defender.
Decision making - when do you have enough space to shoot, when to go 1v1 etc.
Be creative with finishing variations.

KEY QUESTIONS

How can you create space to go 1v1 to finish?

DIAGRAM



DESIGNER : MICHAEL MORRIS. PROPERTY OF SOUNDERS FC. ANY AND ALL REPURPOSING OF THIS FORM MUST COME WITH WRITTEN CONSENT OF THE PRODUCER.