



## Interactive Session Plan™



Select a Date

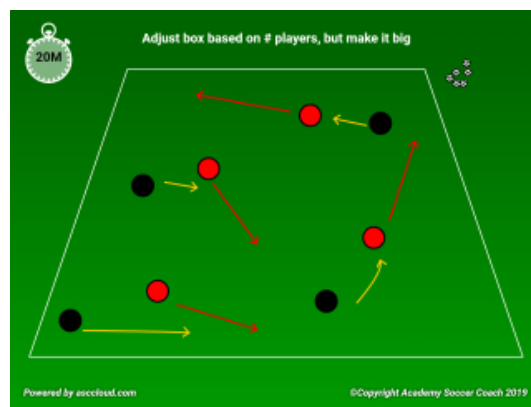
Coach

Age group:

U8s

### Dribbling - Running W/ The Ball Session

75-90mins



#### Dribbling - Running w/ the Ball - Part 1

##### Setup:

- 30/x30yd square
- 2 even teams in different color pinnies - players put the pinnie in their shorts like a tail
- Players partner up with player from other team

##### Rules:

###### Progression #1:

- No soccer balls for either player
- Black player chases their red partner and tries to pull their pinnie out as many times as possible. (If pinnie is pulled, put it back in and resume roles after giving attacker a brief head start)
- Red players try and escape their black partner by turning, spinning, accelerating.
- Switch the roles after 1 minutes. Who can get the most pinnie pulls?

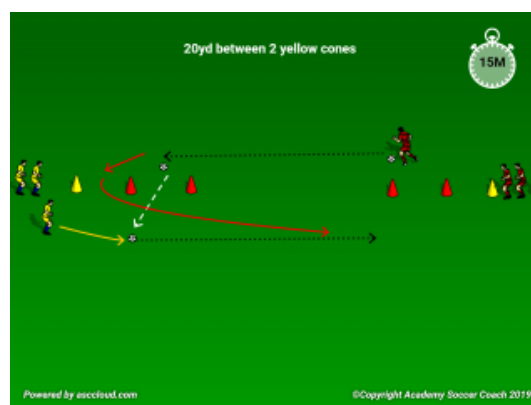
###### Progression #2:

- Black player has a ball at their feet, red player does not.
- Black player tries to pull the pinnie of the red player while dribbling and staying in control of the ball
- Red player does not have a ball and tries to evade the black player
- Switch the roles after a minute. Who can get the most pinnie pulls?

###### Progression #3

- Black player has a ball at their feet, red player has a ball at their feet too.
- Black player tries to pull the pinnie of the red player while dribbling and staying in control of the ball
- Red player has to dribble and stay in control of the ball while trying not to get tagged
- Switch the roles after a minute. Who can get the most pinnie pulls?

Keys: Turning, running with the ball, agility, head up, awareness, finding space, acceleration



#### Dribbling - Running w/ Ball - Part 2

##### Setup:

- 1) 2 lines behind yellow cones
- 2) Yellow cones - 3yd - Orange Cone - 2yd - Red Cone
- 3) 1 Ball

##### Directions:

- 1) Red dribbles ball until they get to red cone gate - they play the ball thru the gate.
- 2) Yellow player should be anticipating the ball to come through the gate and will take their 1st touch forward and dribble to opposite side
- 3) Red player who just played the pass will go around the furthest red cone and chase after the yellow player dribbling
- 4) Cycle is repeated on the other side

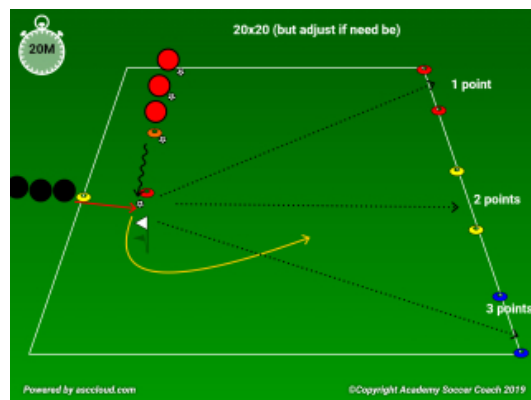
Note: Defender is not trying to win the ball, they are just putting pressure on player, tag for a point

Order of Events: Receive Ball - Dribble - pass thru gate - chase

##### Progressions:

- 1) Right Side. 2) Left Side. 3) Have to do a skill in between. 4) Can play to either side

Keys: Positive 1st touch, running with ball under control so you can play pass, ot of your feet.



#### Dribbling - Running w/ Ball - Part #3

##### Setup:

- Big Grid
- 3 goals
- 2 teams in two lines, 1 line with soccer balls, the other without

##### Rules

- Red dribbles the ball up to the red cone and puts their foot on it to stop it by the red cone
- Black leaves their yellow cone and takes the ball over and tries to dribble through 1 of the 3 goals
- Red now has to chase around the corner flag and stop the player from getting through any of the goals
- Play for 2 minutes and then switch the roles

Progression: adjust the distances to make it easier/harder, have to do a skill before scoring



#### Dribbling - Running W/ Ball - Part #4

##### Setup:

- 1) 20x20yd square
- 2) 4 triangles spread out on the field (3x3yd)
- 3) 3v3 on the field. 1 server

##### Directions:

- 1) Dribble through any triangle for a point

##### Progressions:

- 1) Have players set their own triangle. 2) First to score in all triangles win. 3) Play 3v3 to endline with a dribble through goal