



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to Create Scoring Opportunities

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?

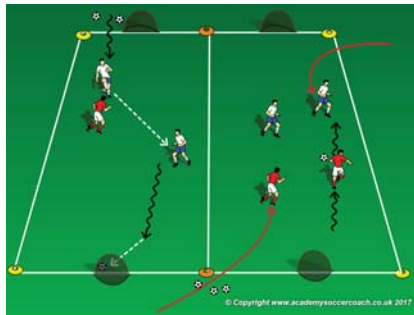
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

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

Organization: Set up 2-3 fields 15W x 20L w/a goal at each end. Goals, cones, pinnies, balls.

Rules: Start game with a kick off. Monitor infractions. Play 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. Local rules of competition apply. Allow periods of free play.



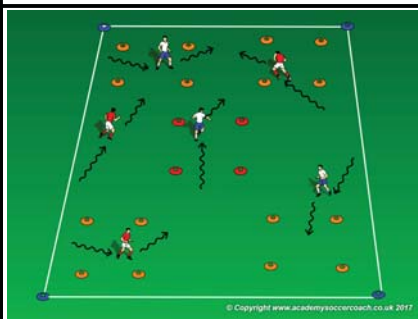
Coaching Points: Reinforce positive outcomes after a player has dribbled with the ball. Recognition of When to Dribble and When to Pass.

Guided Questions: What do you do if the teams are unbalanced? Rearrange the teams. Play an uneven numbered game (3v2). What is an indicator of success? Players dribbling past opponents and going to goal.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

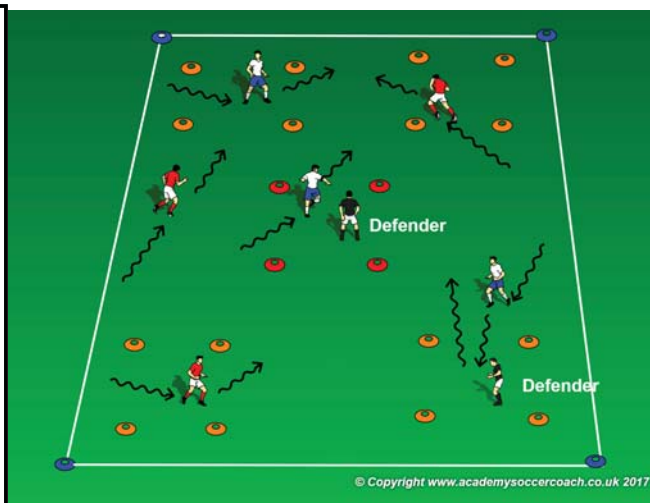
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization: Same as core activity except w/out defenders. Players dribble through boxes. Play 10 rounds of 1min. Each round use a different surface of the foot & different foot.

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

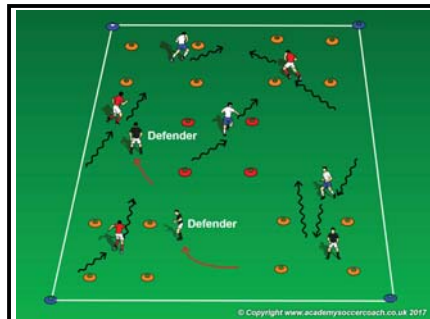


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Dribbling Boxes w/unrestricted defenders: Players dribble through boxes in 1min. Beat your score.

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

Dribbling Boxes w/Defenders: Players dribble through boxes without getting tagged by a defender or they can dribble into a box with a defender and then back out. How many boxes in 1min. Beat your score.

Organization: In 20Wx25L yd grid, each player has a ball. Make 4-5 4Wx4L yd cone boxes. A defender is stationed in a box. If there are 5 boxes have defenders in 2-3 of them. Defenders can move from box to box but can only tag attackers when they dribble into a box.

Rules: Players have a ball & try to dribble through the boxes. 1pt for empty box, 50 pts for dribbling through a defender box untagged.

Coaching Points: Encourage dribbling forward w/the ball quickly accelerate through the boxes. Change direction if there's a defender in the box.

Guided Questions: When do you make the activity more challenging? When players have demonstrated successful dribbling & running w/ ball. What can you do if players keep losing the ball? Provide feedback such as: Take softer touches. Ask them: What they see in front of them. This checks to see if they are dribbling w/their heads up. Ask them if they know Change of Direction moves. If they say "yes" say "Show me". If not demonstrate 1-2 moves.

Is Activity Organized? Game-like? Challenging?

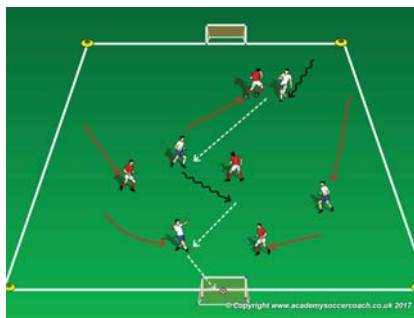
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Players try to score by dribbling by opponents and shooting.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make teams of 4, and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All modified 4v4 rules apply.



Coaching Points: Dribbling to beat defenders or run forward w/ ball. Passing if dribbling is not possible.

Guided Questions: When should players dribble, or pass? Dribble when there's space in front of them or space behind an opponent. Pass to a teammate when a teammate has more space or that teammate can shoot. How do you measure if practice was a success? Players had fun. They tried to dribble past defenders at the right time. (Space to attack or 1v1).