



Name: Fabien Lewis	Team: U8	Day: 1	Duration: 60 Minutes
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Description: In this session, you will help players improve their ability to dribble and maintain control of the ball in tight areas.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Warm up – 10 minutes</p> <p>Organization: 1 player, 1 ball in 15 x 15 yard grid. Players are dribbling around using different surfaces of the foot and avoid hitting the cones. Vary distance between cones. Encourage players to try new moves (e.g. Rollovers, V's, Ronaldo chop, etc). The coach gives the command on which move to execute.</p> <p>Coaching Points: (1) Use different surfaces of the foot. (2) One touch, one step. (3) Head up, know surroundings (4) Change direction and change speed.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 'Crab Soccer' – 10 minutes</p> <p>Organization: Grid is 20 x 25 yards. Half of the players are stationed in the box and will take up a position like a crab (moving around on hands & feet, with chest and core facing up). The other players have their ball and are trying to dribble from one side to the next without having the "crabs" kick your ball out of the grid. If your ball is kicked out, you become a crab. Keep going until the last player ball is out.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Head up to recognize space. (3) Change direction & speed. (4) Try to recovery ball quickly if dispossessed.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: "Number Game" – 15 minutes</p> <p>Organization: 3 v 3 in 18 x 15 yard grid. The coach gives each player from each team a number. Each team will be on opposite sides. When the coach calls the numbers, players from both teams sprint to the middle and get back to their goal. The team that gets back first, gets the ball from the coach. If the defending team wins the ball, that team then tries to score.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Protect ball intelligently. (3) Communicate with teammates (4) When to dribble, when to pass.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 25 minutes</p> <p>Organization: 5 v 5 in 35 x 30-yard grid going to pugs. Players would dribble in if ball goes in from sideline. There are corners.</p> <p>Coaching Points: (1) Reinforce all points. (2) Have fun.</p>