

BYSC Recreation Session: Dribbling to Change Direction #1

AGE: U7-U8 / 4v4 / 8 players

MOMENT:

Brandon Nichols

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions

 8

 75 min

Play 1: Small Sided (2v2 w/ 4 goals)

Dribble Grid with Turns

Player Knockout

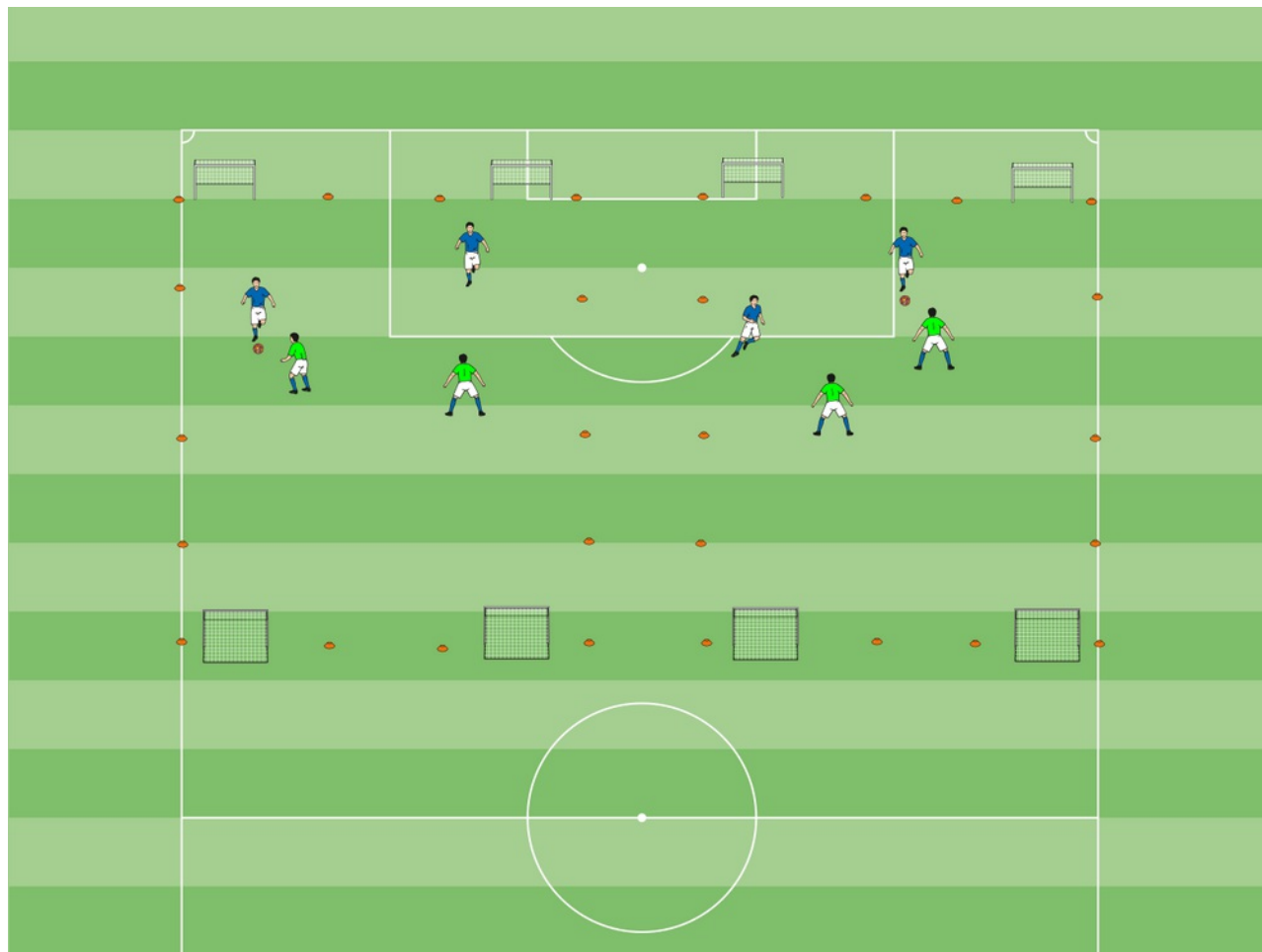
Play 2: 4v4

Play 1: Small Sided (2v2 w/ 4 goals)

OBJECTIVE: Improve player's ability to dribble to keep the ball from defenders

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Set up two small sided game fields of about 10x15 yards. Have two goals on each end of the field. Split players into teams as they arrive and allow them to play.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where can we go with the ball to get to goal? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

NOTES:

It is okay if teams are uneven numbers wise, but if teams are uneven to balance out the advantage switch which team/players have the numerical advantage over time. Make sure the playing space is big enough that players have enough open space to attempt to dribble past opponents

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

 **PLAYERS:**
2 vs 2

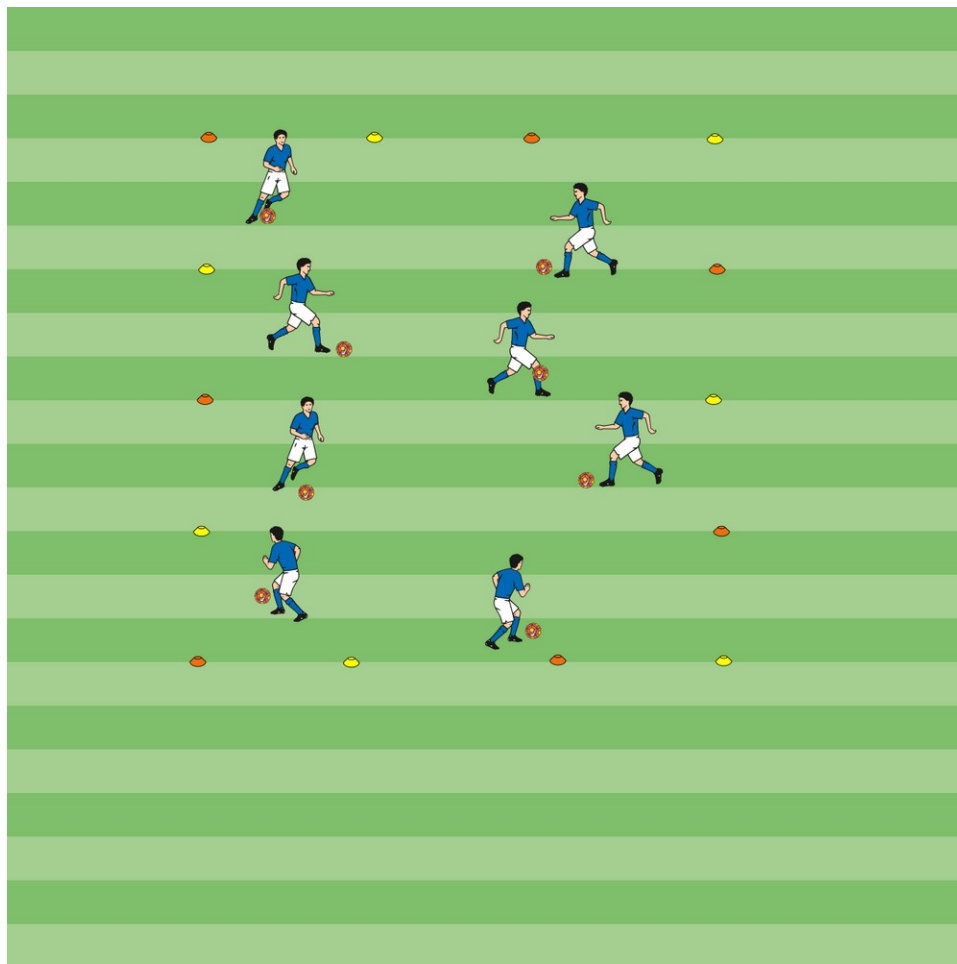
 **DURATION:**
15:0 min

Dribble Grid with Turns

OBJECTIVE: Improve players ability to change directions to find open space

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions



ORGANIZATION:

Set up a grid of about 15x15. Have each player start inside the grid with a ball. Have players demonstrate the ability to dribble with various surfaces of their feet. Change the type of dribble required by each player every 2-3 minutes. Have players demonstrate their ability to turn by having them dribble to a cone on the outside of the grid whenever the coach says "go" and then turn back into the grid. Have players demonstrate various turns with various surfaces. You can also choose to say a color and have them go to that color cone to make a turn.

KEY WORDS:

Keep the ball close, be brave, eyes up, look for open space, dribble to open space, spread out, explode away

GUIDED QUESTIONS:

1) How do we know where to go on the field? 2) What are we looking to go to to move the ball towards the other teams goal? 3) What do we do if there is no open space in the direction you are facing? 4) What are some qualities of a good turn?

ANSWERS:

1) Eyes up 2) Open Space 3) Change Directions 4) Under Control and Explode Away from Defender

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

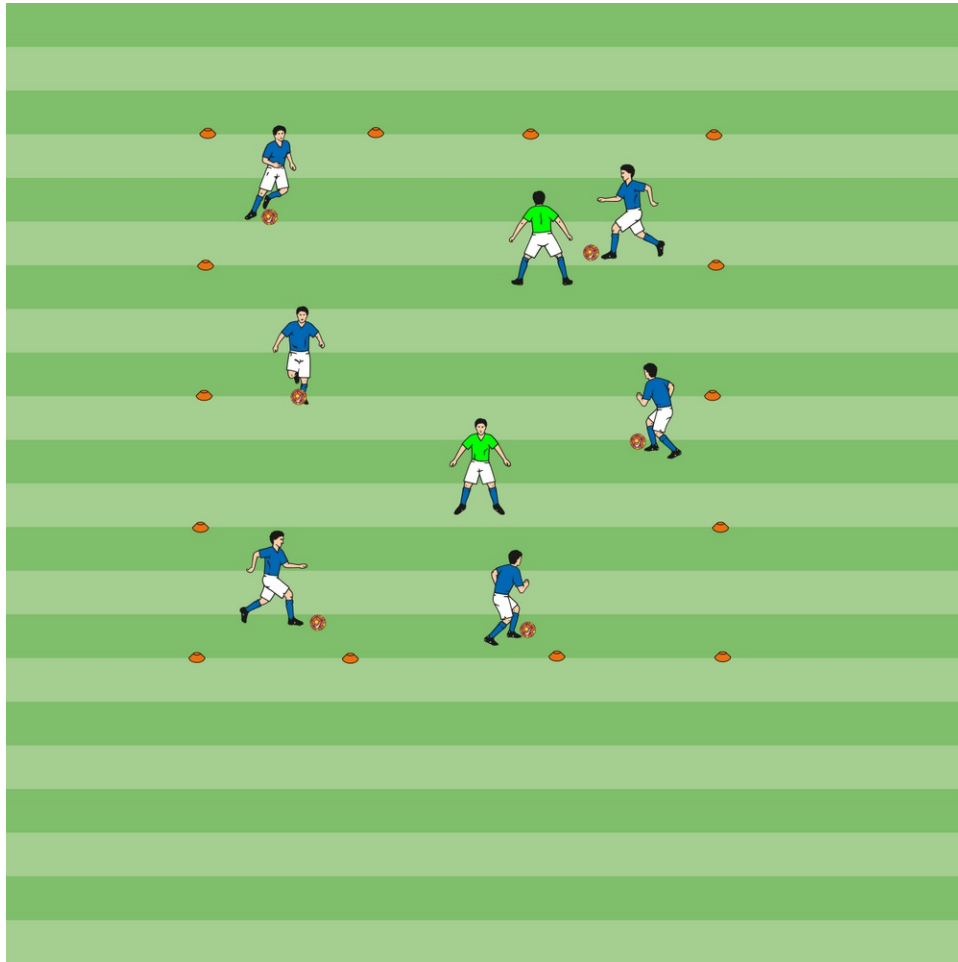
 **DURATION:**
15:0 min

Player Knockout

OBJECTIVE: Improve player's ability to dribble to keep the ball from defenders

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Same space as dribble grid, but now 2 of the players are the defenders. If the defender kicks an attackers ball out of the grid, the attacker will retrieve their ball, do 10 toe touches and then can return to dribbling. Take breaks every 2-3 minutes to remind players of goals/give encouragement and switch defenders. You can also require use of different surfaces of the foot each round. You can increase or reduce the number of defenders to make the activity easier or harder. You can also make the coach the defender if desired.

KEY WORDS:

Keep the ball close, be brave, eyes up, look for open space, dribble to open space, spread out, explode away

GUIDED QUESTIONS:

1) How do we know where to go on the field? 2) What are we looking to go to to move the ball towards the other teams goal? 3) What do we do if there is no open space in the direction you are facing? 4) What are some qualities of a good turn?

ANSWERS:

1) Eyes up 2) Open Space 3) Change Directions 4) Under Control and Explode Away from Defender

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

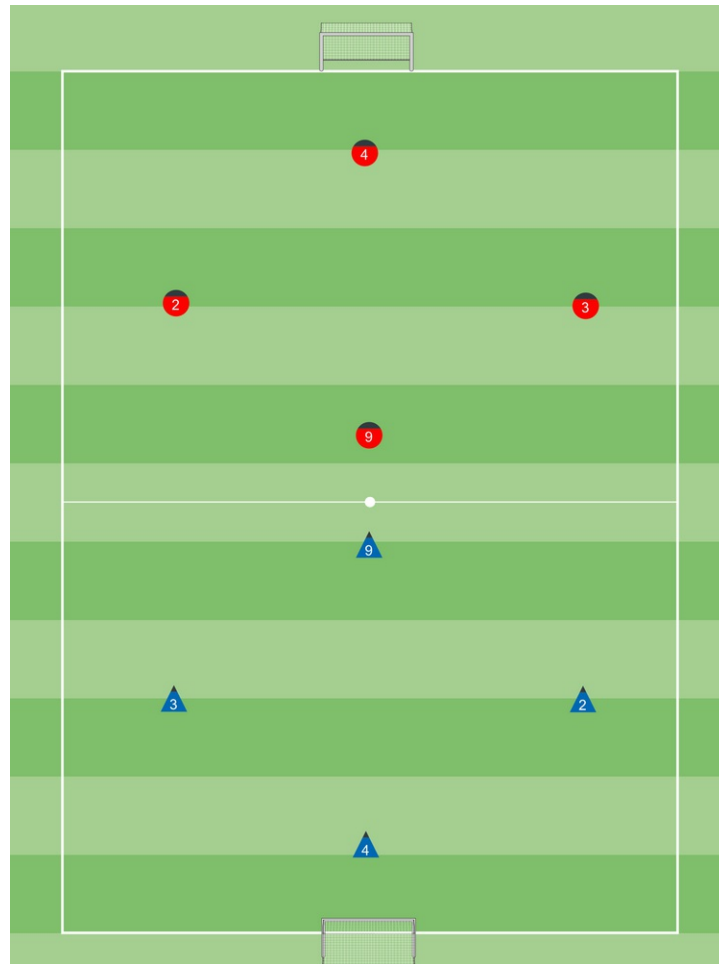
 **DURATION:**
15:0 min

Play 2: 4v4

OBJECTIVE: Improve players' ability to change direction to find open space

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions



ORGANIZATION:

Set up a 4v4 match to simulate the match environment in training.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where can we go with the ball to get to goal? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

 **PLAYERS:**
4 vs 4

 **DURATION:**
25:0 min

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PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions

Brandon Nichols

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Attacking

DURATION: 75 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: