

BYSC Recreation Session: Dribbling to Change Direction #2

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)

ODP Turning

1v1 to Side Goals

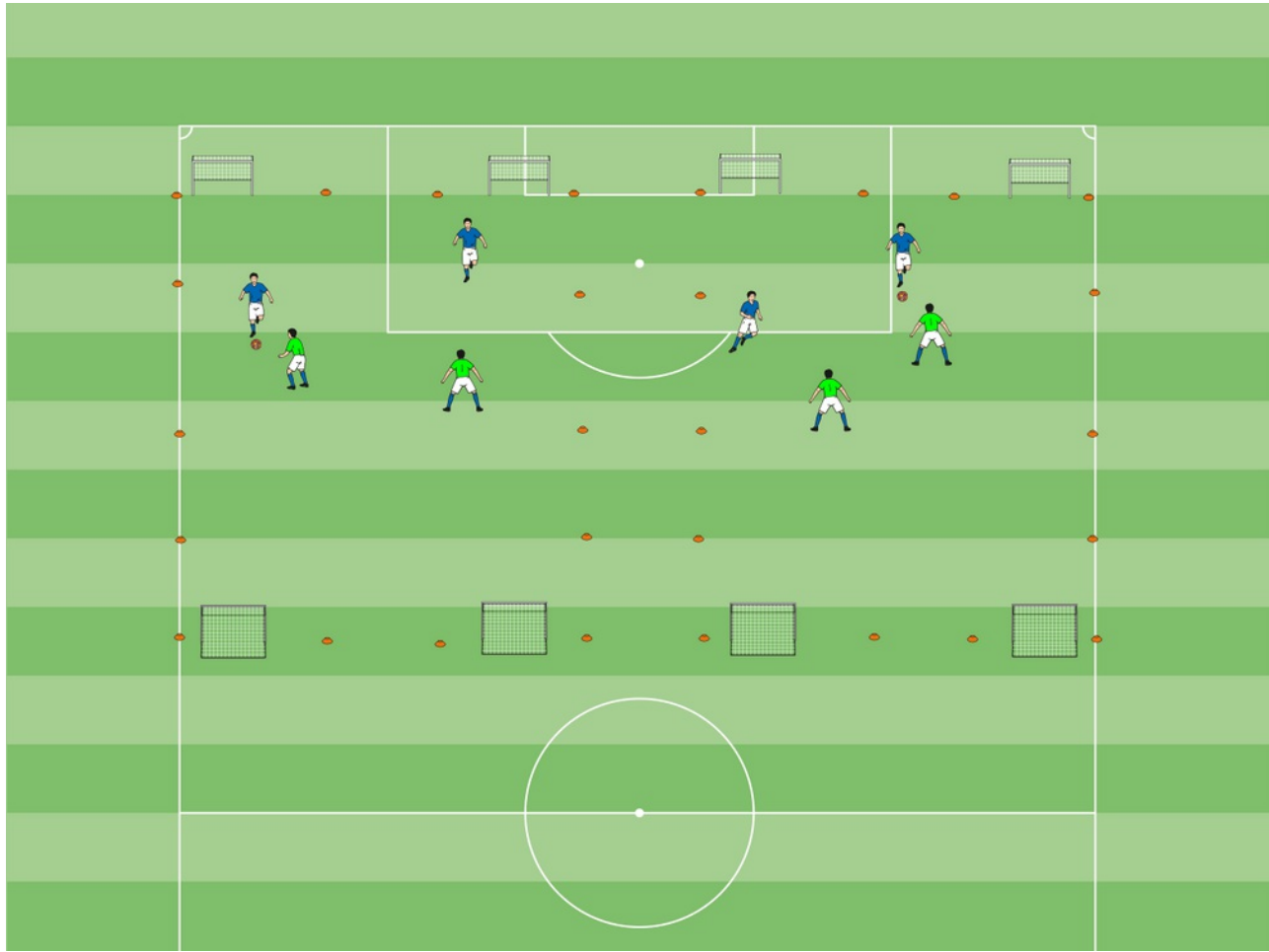
Play 2: 4v4

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

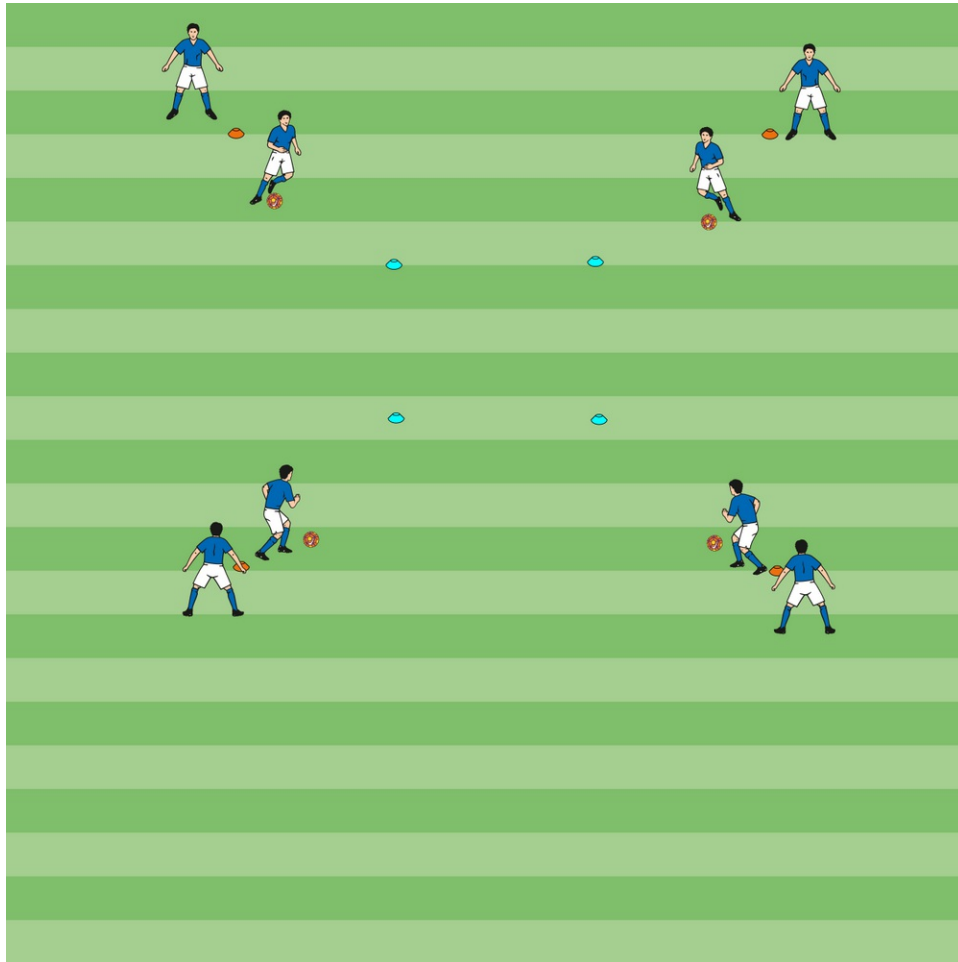
 **DURATION:**
15:0 min

ODP Turning

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 large square of cones and an inner square of cones. Line 2 players on each of the outer cones. Have players dribble from the outer cone to the inner cones, then turn back and give the ball to the next person. Introduce players to various ways to change directions. You can add additional outer and inner cones if needed to keep lines short Start with easy turns like pullbacks and chops then progress to harder turns like stepovers, Cruyffs based on skill

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

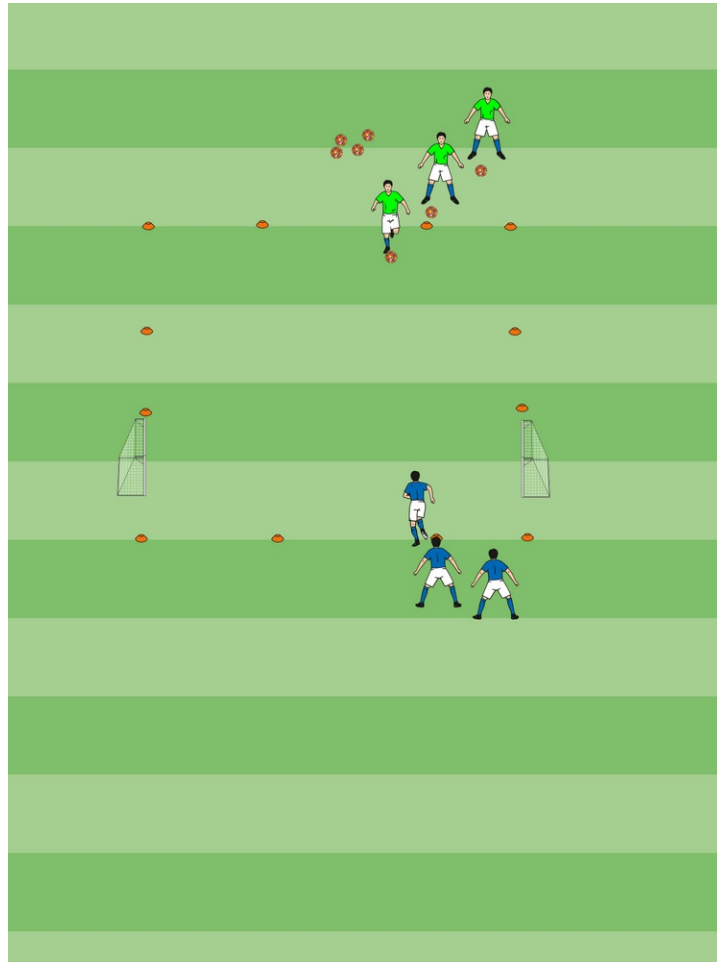
 **DURATION:**
20:0 min

1v1 to Side Goals

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 medium sized grid. Split the group up into two teams that will participate in 1v1s. Set goals on the sides of the grid where players are not starting. Also have the goals closer to the defender. Have attackers try in score in either goal. Encourage the attackers to turn/change directions to find the open goal. Have players dribble through the goals.

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

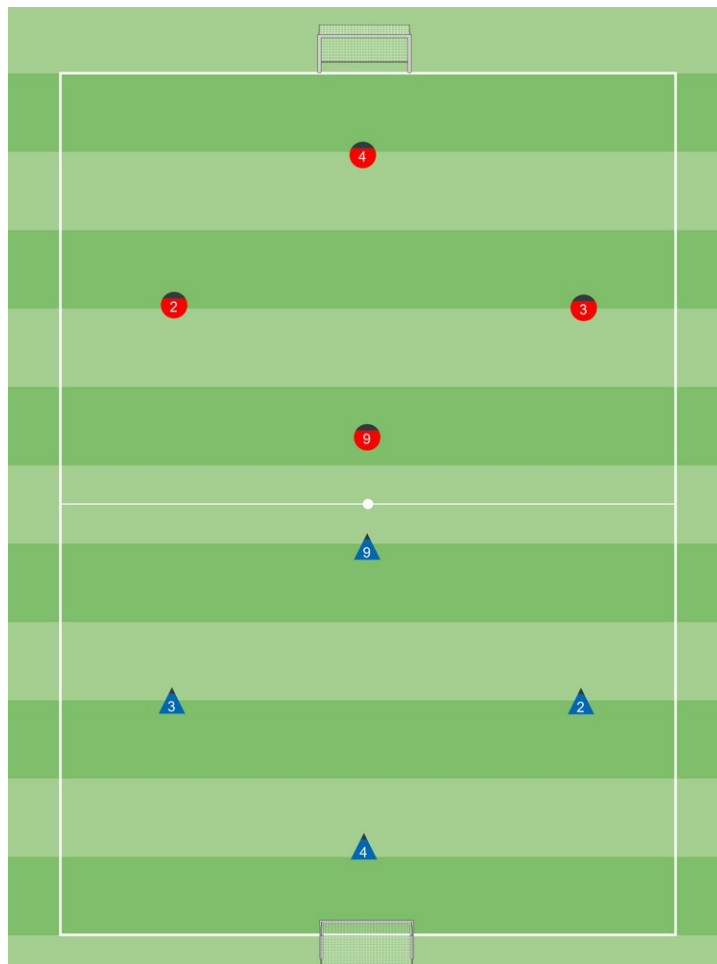
 **DURATION:**
20:0 min

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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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: