

Here is a practice plan for dribbling at different speeds. Players should focus on the techniques used in moving the ball at different speeds which included types of foot surfaces while keeping the ball under control.

The U8 lesson plan has 4 sections to it. It has 3 activities that focus on the topic with the final 4th a scrimmage which still focusing on the topic. A breakdown of each section is on the next page. Always remember to take many but short rest breaks throughout the practice.

	Lesson Description	Coaching Points	
Individual Activity	<p><u>Coaches Says – 10 min</u> Almost like the original Simon Says game, but now it's "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you..."</p>	<ul style="list-style-type: none"> • Keep the ball close • Mechanics of dribbling with multiple foot surfaces • Dribbling at different speeds (if possible no walking) 	<p>20 yds. 25yds.</p>
Small Activity	<p><u>Monster – 13 min</u> The coach pretends to be a big monster. Kids are to avoid the monster while staying in the cave (grid). If the monster gets a ball, he kicks it away from the player and the player must retrieve it before continued play.</p>	<ul style="list-style-type: none"> • Quality of foot surface used • Change of direction • Quickness of directional change • Dribble with control 	<p>20 yds. 25yds.</p>
Small Activity	<p><u>Ice Man – 12 min</u> -Players are to move around the playing area with a ball. Mr. or Ms. Freeze will also have a ball and will try to tag all of the other players. When a player is tagged, he is frozen where he is. The only way to get unfrozen is if a team member tags you. -When all players are frozen the game is over. The last person to get frozen will become Mr. or Ms. Freeze.</p>	<ul style="list-style-type: none"> • Change of speeds • Control of speeds • Surface used • Communication with players • Head up and knowing where opponent is 	<p>20 yds. 25yds.</p>
Large Scrimmage	<p>4v4 Scrimmage – 20 min (Spreading out and have players dribble into the attack to go to goal).</p>	<p>Use Coaching Points above and putting it together.</p>	<p>35x25 Yds.</p>

Key points for success in teaching dribbling at different speeds

- Always look to change dribbling speeds but keeping it close at the same time "dribbling control"
- Use your instep for straight speed dribbling
- Encourage players to use or experiment with different foot surfaces (inside, instep and outside of foot)
- Demonstrate different speeds and why/which foot surface is good for each and tell why
- Remind players when it's good to dribble with speed and in which part of the field
- Change of direction with speed as well as making a move then accelerating afterward's is needed
- Keep the activities fun and motivating the entire time

Coach Says

Age Appropriate: 4-8

Function: Dribbling, Coordination

Equipment:

- Entire team
- One ball per player

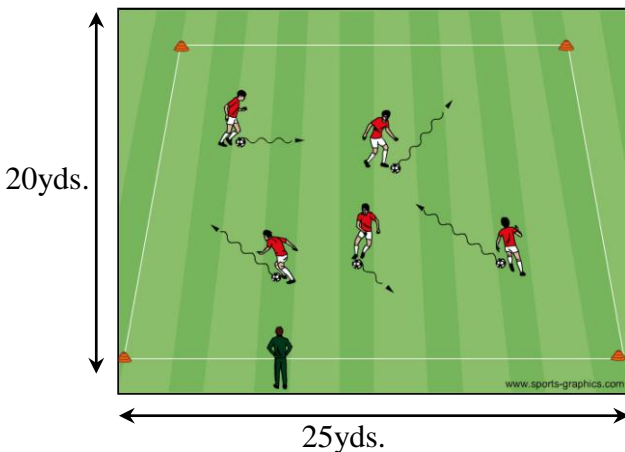
Objective: To work on the players' hand/eye coordination.

Description:

- Almost like the original Simon Says game, but now it's "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you..." This game will help work on the player's motor skills in a fun manner for all to enjoy. *For example:* Coach Says can you put your forehead on the ball; Coach Says can you stop the ball; Coach Says can you sit on the ball; Coach Says can you dribble the ball; Coach Says can you put your stomach on the ball...
- During the game the coach is also performing the activity to help give visual aid for the players.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Let each player call out a "Coach Says"
3. See if you can trick them in doing something Coach didn't say



Key Points for game success!

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Mechanics on stopping ball
- Mechanics on dribbling ball
- Lots of movement and experimenting with the ball

Monster

Age Appropriate: 4-8
Function: Dribbling

Equipment:

- Entire team
- One ball per player
- 4 cones

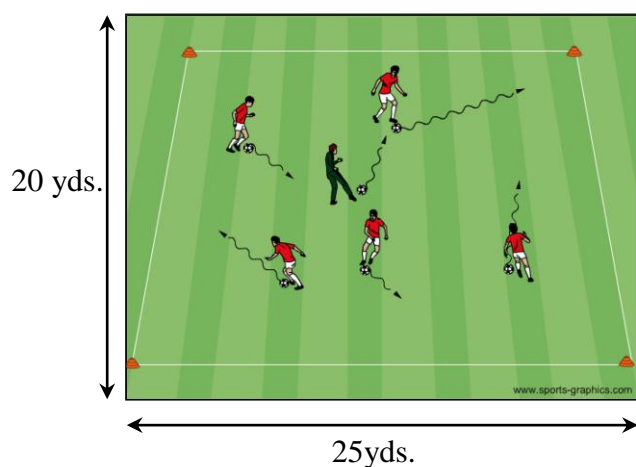
Objective: Not to get caught by the Monster (Coach).

Description:

- The coach pretends to be a big monster. Kids are to avoid the monster while staying in the cave (grid). If the monster gets a ball, he kicks it away from the player and the player must retrieve it before continued play.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Monster dribbles ball till player takes the ball back
3. Have two monsters
4. Add a safe haven for players to go but must leave in 3 seconds



Key Points for game success!

- Coach, be easy and don't take everyone's ball too fast.
- Be careful not to scare players.
- Help instruct players as you chase.
- Coach is performing in the activity.
- Coaches use an enthusiastic tone.

Coaching Points:

- Dribbling with control
- Change of directions
- Speed of dribbling

Ice Man

Age Appropriate: 4-10
Function: Dribbling

Equipment:

- Entire Team
- One ball per player
- 4 cones
- 1 or 2 vests

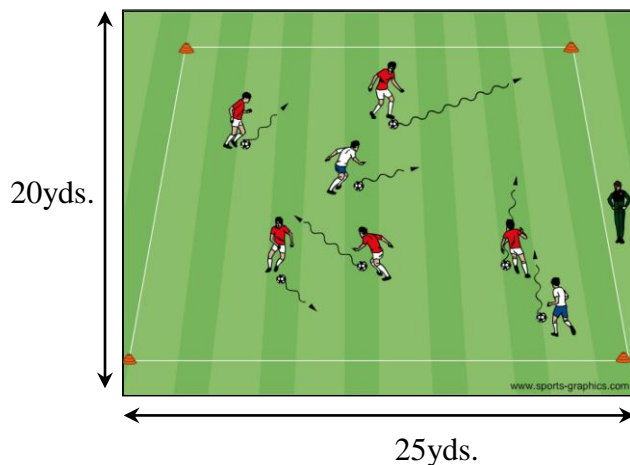
Objective: Not to get frozen by Mr. or Ms. Freeze.

Description:

- Players are to move around the playing area with a ball. Mr. or Ms. Freeze will also have a ball and will try to tag all of the other players. When a player is tagged, he is frozen where he is. The only way to get unfrozen is if a team member tags you.
- When all players are frozen the game is over. The last person to get frozen will become Mr. or Ms. Freeze.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have 2 freezers
3. Have players move around with ball and when coach commands “freeze” then all players freeze with their ball. Coach then says “go” to unfreeze them.



Key Points for game success!

- Keep players moving as fast as possible.
- Acknowledge different frozen positions and styles.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Control & technique of dribbling
- Stopping ball
- Space awareness
- Quickness and touches and directional change
- Communication between players