

Name: U-8 & U-9 Junior Academy Topic: Dribbling to beat an opponent

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FUNDAMENTAL – WARM UP		
>	20 x 20 yd grid	Head up while dribbling
(Severy player has a ball at feet	S Execute proper moves, accelerating
C	Find open spaces to accelerate into	afterwards
	Ball must not hit another players	
	ball	
\triangleright	Skills	
	- scissor (sole roll) #1	
	- chop (V-pull) #2	
	- squash & turn #3	
ACTIVITY #1		
	3 20 X 20 yd grid	S Execute timing of drills
>	An even number of players occupy	Senter cone acts as a defender
	comer cone of grid	Technique & Mechanics
\triangleright	Opposite lines dribble towards center	Ball handled close to body

 \triangleright

 \triangleright

on opposite line from grid. 1-2 minute intervals

cone, execute move and take position

Speed dribble back to line

COOL DOWN	MATCH CONDITION GAME		ACTIVITY #2 △
	 8 v8 to small goals (pugs) Also obtain a point by executing a skill move taught earlier in the session 	First team to a certain number wins	 Two balls are placed on opposite corner cones Teams are split evenly Iv1 knock ball off of cone using the hall in place
	 Encourage skill and confidence in taking players on Technique and mechanics of skill moves Ball handling basics and technique 	e bait nandling under pressure	© Encourage skill moves © Watch for technique mechanics