



# Recreation Coaching Sessions

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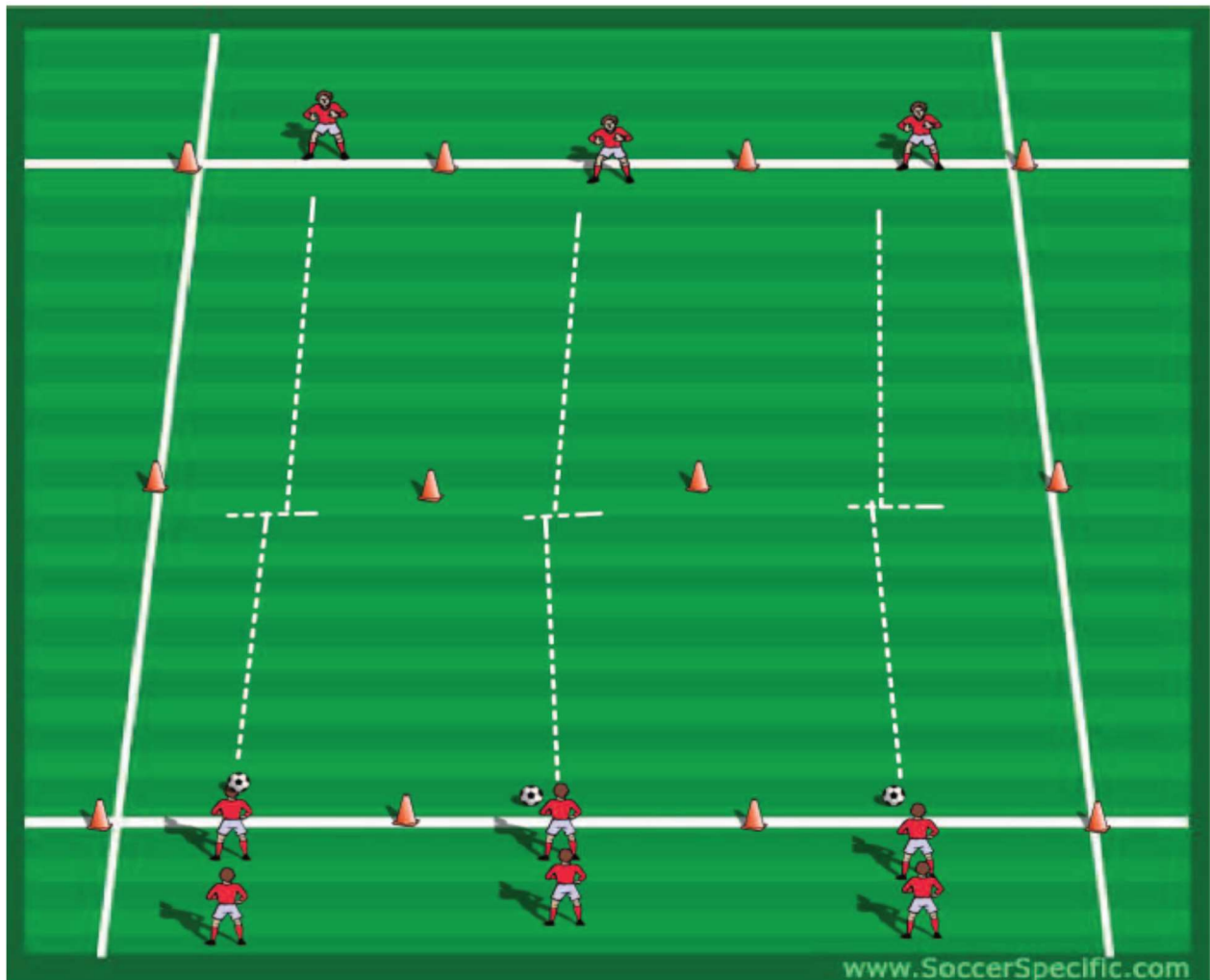
**U7 – U8: Week 8**

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## Recreation Coaching Sessions U7 – U8: Week 8

### **Dribble, Stop, Dribble**



#### **Dribble, Stop, Dribble**

**Purpose-** To improve dribbling skills

#### **Organization**

Set up the players in groups of three at one end of a 30x40 yard grid. The first player in each group will dribble at speed, to the half, stop the ball and then dribble through to the end line. When they reach the end, the next player begins. Repeat several times.

#### **Progression**

The players must stop the ball twice on each run.

The players now pretend to stop on the half way line, but continue dribbling at speed.

#### **Coaching Points**

Maintain speed by pushing the ball 5 yards ahead with the laces of the front foot.

To stop the ball suddenly, shorten the strides, bend your knees, slow down and plant one foot directly on top of the ball.

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### 1v1 Dribble



#### One v One Dribble

Purpose- To improve ability in beating players 1v1

#### Organization

Players break up into groups of four and form two person lines, across from each other using a 30x40 yard grid. The defender passes to the dribbler and follows across the grid to take up a defensive position sideways on in front of the dribbler. The dribbler moves forward, cutting the ball from side to side all the way across the grid. The defender moves backwards maintaining a 2 yard gap between them and the dribbler and may not tackle.

#### Progression

The defenders are only allowed to tackle in their half only. the defender shadows the dribbler without tackling until the half way line, once the line is crossed they may tackle. The defenders are allowed to tackle anywhere on the field.

#### Coaching Points

- Use soft touches with the inside and outside of the leading foot.
- Keep the ball close enough to touch at all times.
- Keep looking up to check the defending position.
- Cut the ball directly across the defenders leading foot when you try to beat them.

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### Gate Dribble



#### Gate Dribble

Purpose- Improves ability of when to pass and when to dribble.

#### Organization

Play 4v2 inside a 30x20 yard grid with six players spread out along the perimeter. The four offensive players score a goal by dribbling the ball through any of the four gates set up inside the grid. The two defenders must steal the ball and complete a pass to any of the perimeter players to score a point.

#### Progression

Add two more players inside the grid and play 5v3.  
Only allow a goal if the player completes a pass to a teammate after dribbling through a gate.  
Finally, play the game with two equal teams.

#### Coaching Points

- Communicate with teammates
- Keep head up to see teammates and open goal.
- Keep ball close to you when dribbling.
- Soft touches, use all parts of foot.

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## Conditioned Game 7v7 Plus Goalkeeper



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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