
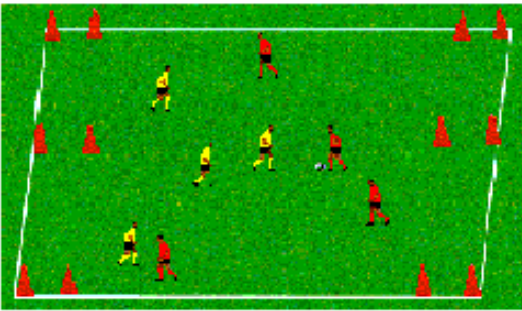



## Quick U-8 Training session

### Theme: Dribbling

#### Warm-up

Coach group activity-Each coach gets a group of players and gets a ball from each player then throws the ball. Tells the player how they should bring the ball back: a) hopping while holding the ball; b) jumping, etc. c) bring it back with your feet. Then have them show you a way to bring it back, let them surprise you.

<p><b>1st Activity</b></p> <p><b>Dribble Tag (Maze Game)</b></p> <p>Each player has a ball. Name two players it. They are a team. They try and tag as many players as they can within 1 minute. The two players that were it keeps track of how many players they tagged. They tell the coach. The coach then selects another 2 players to be it. Repeat until everyone has been it.</p>	
<p><b>2nd Activity</b></p> <p>“Cowboys and Indians”</p> <p>Partner up. One person is the cowboy, the other the indian. Stay in an area. Each player has a ball. The coach will call out cowboy or indian. Whichever one the coach calls that player is it. They try and tag only their partner, who also has a ball. If the player that is it tags the other player then the other player is it. The coach can also call out the other name at any time to change it up. Works on turning with the ball, dribbling with the head up.</p>	<p style="text-align: center;"><b>Use same diagram as above, except players get into pairs.</b></p>
<p><b>3rd Activity</b></p> <p>4v4 to an endzone. Two teams of 4. Each team attacks and defends an endzone that is very skinny. Each team defends an endzone. When a team can dribble the ball into the opponent’s endzone, they go the other way. “Make it-Take it”. The ball must be controlled in the endzone or stopped. If the ball goes out, it is dribbled in and not thrown in or passed in.</p>	
<p><b>4v4 “Boss of the Balls”</b></p> <p>Play is simply 4v4 to 5v5 to small goals. The coach is in the middle of the field and on the side. Coach is the “boss of the balls”. Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.</p>	

“Celebrate”