

Week 7: Dribbling & Passing

Cutters Community Soccer U-8

6:00-6:10 p.m.

Warm Up: Body Part Dribbling

Players will be randomly arranged on the field. Players should dribble their balls around the area without touching other players.

While they are moving, the trainers will call out a body part (elbow, foot, knee, stomach, etc.). The players must immediately stop the balls with that body part.

Once all players stop their balls correctly, start again. Coaches/trainers will call out different parts to surprise them and get them giggling 😊



- Players practice dribbling.
- Keep head up – don't run into other players 😊
- Keep the ball close (under control), so you can stop when needed.
- Helps with coordination

6:10 – 6:20 p.m.

Activity 1: Everybody's It

Have each player dribble within the square and attempt to tag other players while maintaining control of the ball. One point is awarded for each tag.

Play 1-2 minute rounds, try to beat your last score each time.

Use cones to setup a 10 yard x 10 yard square for this activity.

- Players practice dribbling.
- Keep head up – don't run into other players 😊
- Keep the ball close and under control.
- When getting close to another player, change direction and speed (move away fast).

6:20 – 6:30 p.m.

Activity 2: Pac-Man

Select 1 or 2 players to start as "Pac-Men" and give each one a ball. The other players do not start with balls but run freely within the area. The player(s) with the balls dribble and attempt to hit the other players below the knee by passing the ball at them; emphasize passing and not shooting. When players are hit below the knee, they become a Pac-Man. They should get a ball and try to pass the ball into other players below the knee.

Play continues until everyone becomes a Pac-Man.

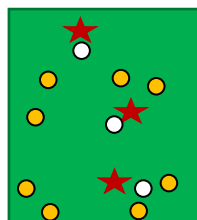
Use same setup as above for this activity.

Goal: to develop the ability to hit a moving target while dribbling.

6:30 – 6:45 p.m.

Activity 3: Gates: Dribbling

- Pairs of cones, 3 yards apart, are randomly placed around the field (like goals or "gates")
 - Players dribble their balls through the gates to score a goal.
 - Players try to score as many goals on different gates in one minute.
- Repeat, trying to beat personal best.



- Players practice dribbling and passing.
- Keep head up – don't run into other players 😊

Activity 4: Gates: Passing

Same as above, but this time players work in pairs to pass the ball through a gate to get a point. Play 1-2 minute rounds. Trying to beat their best score.

Same setup as above.

- Players practice passing technique: inside of the foot, strong ankle, standing foot pointing toward the target.

6:45 – 7 p.m. - Scrimmage

Players' Homework: Practice your dribbling moves this week. Be prepared to show your coaches your favorite move next week during warm up!