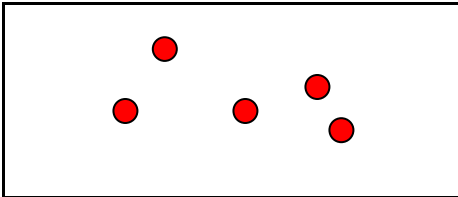
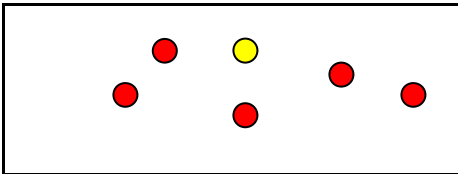
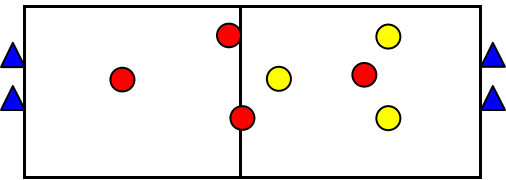




STMA U7/U8 PRACTICE PLANNER

TOPIC - Dribbling

| <p style="text-align: center;"><u>Technical Warm-up</u></p>  | <p style="text-align: center;"><u>Organization</u></p> <p>Players dribble around an area (20x30) and listen for the coach's commands.</p> <ul style="list-style-type: none"> ● Go/freeze ● Different speeds (corvette, tractor, etc...) ● Toe-taps (fill-up with gas) ● Tick tacks (change tires) ● Body breaks | <p style="text-align: center;"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> ● Use a theme (cars) to keep kids interested ● Keep the ball close to the players feet ● Use different surface areas of the foot |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><u>Fun Game</u></p> <p style="text-align: center;">coach</p>  | <p><u>Knock out</u></p> <ul style="list-style-type: none"> ● One defender goes into the area (20x30) and tries to kick the soccer balls out <p>(Once a players ball is kicked out they go see coach for a challenge, if they complete the challenge they are allowed back in)</p> | <ul style="list-style-type: none"> ● Head up ● Use both feet ● Dribble away from pressure |
| <p style="text-align: center;"><u>3v3/4v4 Small Sided Game</u></p>  | <ul style="list-style-type: none"> ● No goalkeepers ● Kick-ins ● 3v3 = play in a triangle ● 4v4 = play in a diamond ● No scores kept | <ul style="list-style-type: none"> ● Encourage the players to dribble the soccer ball when they have time and space |