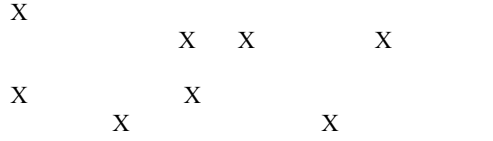
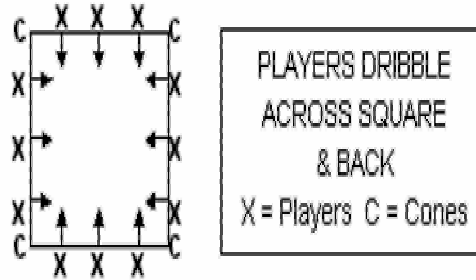
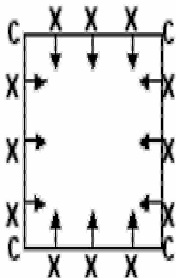


Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Every player has a ball Dribble around in open space. 8 to 12 players	Players Dribble their own pace in all direction, coach will tell player when to stop and when to go faster or slower.		General ball control
2. DRIBBLE ACROSS			
<p>Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age &amp; number of players)</p> <p>Every player has a ball</p> <p>Spread players around the square, all facing inward (like below):</p>	<p>All players start on "Go" &amp; each player dribbles across &amp; back. They must do a "Pullback" or a "Hook Turn" to turn. (do a pullback by putting the bottom of the foot on top of ball to stop it &amp; pull it back in the direction you came from.)</p> <p>The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player her score at the end of the game</p>		teaches general ball control, dribbling, the importance of looking up while dribbling & how to do a "Pullback" & "Hook Turn".It
DRIBBLE ACROSS AND LOOK UP			



# Lesson Plan



<p>Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age &amp; number of players)</p> <p>Every player has a ball</p> <p>Spread players around the square, all facing inward (like below):</p>	<p>Continue as in part one, but now Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions!). also players have to do a hook turn by pulling the toes up &amp; turning the foot so the outside of the foot can "hook" the ball, stop it &amp; pull it back). You can make the space larger or smaller depending the success of the players. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player her score at the end of the game</p>	 <div data-bbox="1329 565 1596 792" style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>PLAYERS DRIBBLE ACROSS SQUARE &amp; BACK X = Players C = Cones</p> </div>	<p>When in traffic, keep the ball close to your feet so you can protect it; learn how to look up while dribbling by keeping the ball close to your feet so you know where it is.</p> <p>When you get "open" (out of traffic), you can kick the ball &amp; run to it so you can go faster, but you must still keep it under control so you can turn.</p>
<p><b>4. SCRIMMAGE 4 VS.4</b></p>			
<p>The players organize themselves into two teams of four</p>	<p>Play an 4 vs. 4 match according to US Youth Soccer modified rules for U8.</p>	<p>Play on a modified U8 field accordance with US Youth Soccer rules.</p>	<ol style="list-style-type: none"> <li>Watch for the players' recognition of when to turn and or pull the ball back.</li> <li>Observe the players' looking up or not.</li> </ol>
<p><b>5. COOL-DOWN</b></p>			

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National Youth Certificate Course

square

## Lesson Plan



Topic: Dribble Across

Age: U8

Juggle in pairs.	25 touches between partners and then stretch. Finish with individual juggling. Try to beat your personal record. Stretch and replenish fluids.	X • X	Recap the key points of executing drilling, turns, pull backs, looking up.
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