



# G4S Team Practice Plan



## Training Session Lesson Plan

Date:

Age & Division: **U8**

Theme: **Dribbling (Simple to Complex)**

Equipment: **Cones, Balls, Pennies**

Field Space: **Indoor Gym**

<p>Warm-up Activity: (5 – 7 minutes)</p> <p><b>Dynamic Stretching and warm-ups</b></p> <p>Walk around without ball touch ground with Right (R) hand, Left (L) hand, Both Hands. Change command from saying hand to 1 for R, 2 for L, 3 for Both. Add Ball and repeat. Add jumping or any other type of dynamic activities</p>	<p><b>Coaching Points</b></p> <p>Changing the words for numbers challenges the players to think more.</p>
<p>Second Activity: (Moderate Challenge 8 – 10 minutes)</p> <p><b>Dribbling (Set up 2 lines of cones 15yards apart)</b></p> <p>Start with players dribbling with the inside of their (R) foot (3 times there and back)</p> <p>Transition to inside (L) foot, then inside (R) &amp; (L), then instep (laces), rollovers, then have them combine variations of above at different speeds</p>	<p>You should be looking for players looking up while controlling the ball. If the ball is getting away from them; ask them why? Let them come up with the fix. Ask the players what parts of the foot they have used.</p>
<p>Third Activity: (Increase Challenge 8 – 10 minutes)</p> <p><b>Island Dribble (Dribble with Directional Changes): Set up cones in the shape of an island</b></p> <p>Have players Dribble around the island and constantly change direction using the various parts of the foot they just used in the previous exercise.</p> <p>Ask players how to get back on the island (toe touches, dribble touch, etc) and show you different ways of changing direction</p>	<p>Look for controlled dribbling and how the players are changing direction. What part of the foot - are they turning into pressure - Are they using both feet?</p>
<p>Fourth Activity: (Continue to Increase Challenge 8 – 10 minutes)</p> <p><b>Dribble with light pressure</b></p> <p>Have player dribble by a defender (defender adds little pressure without taking the ball away from the dribbler). Start with straight lines then have them use any space around them.</p> <p>Have the dribbler become the defender and vice-versa</p>	<p>Is the player dribbling using various parts of the foot to dribble by the defender. Is the player dribbling always moving or are they stopping allowing the defender to take the ball.</p>
<p>Fifth Activity: (The Game: 3v3, 4v4, 6v6... 10 – 15 minutes)</p> <p><b>Small Sided Game play</b></p> <p>Small sided games with quick changes of teams focusing on each player using various parts of the foot to dribble by players. Are they making the correct decision to dribble by a player, or make a pass. Players should dribble the ball into space or pass to a player who is in space.</p>	<p>Coaching points should be done with individuals as well as teams as appropriate, focusing on the dribbling techniques.</p>
<p>Cool Down: (Moderate Challenge 8 – 10 minutes)</p> <p><b>Cool Down with Stretching</b></p> <p>Each player gets their own ball and the players move the ball in between and around their legs and feet with their hands (without letting go of the ball) holding each stretch for 5-seconds.</p> <p>Have them sit with legs stretched out ahead of them and move the ball on the floor/ground behind their back and around their legs (without bending them).</p>	<p>Coach should remind the players about the importance of the cool-down and ask questions about the practice they just had while players are completing the stretching.</p> <p>Discuss how the practice will help in the next game.</p>