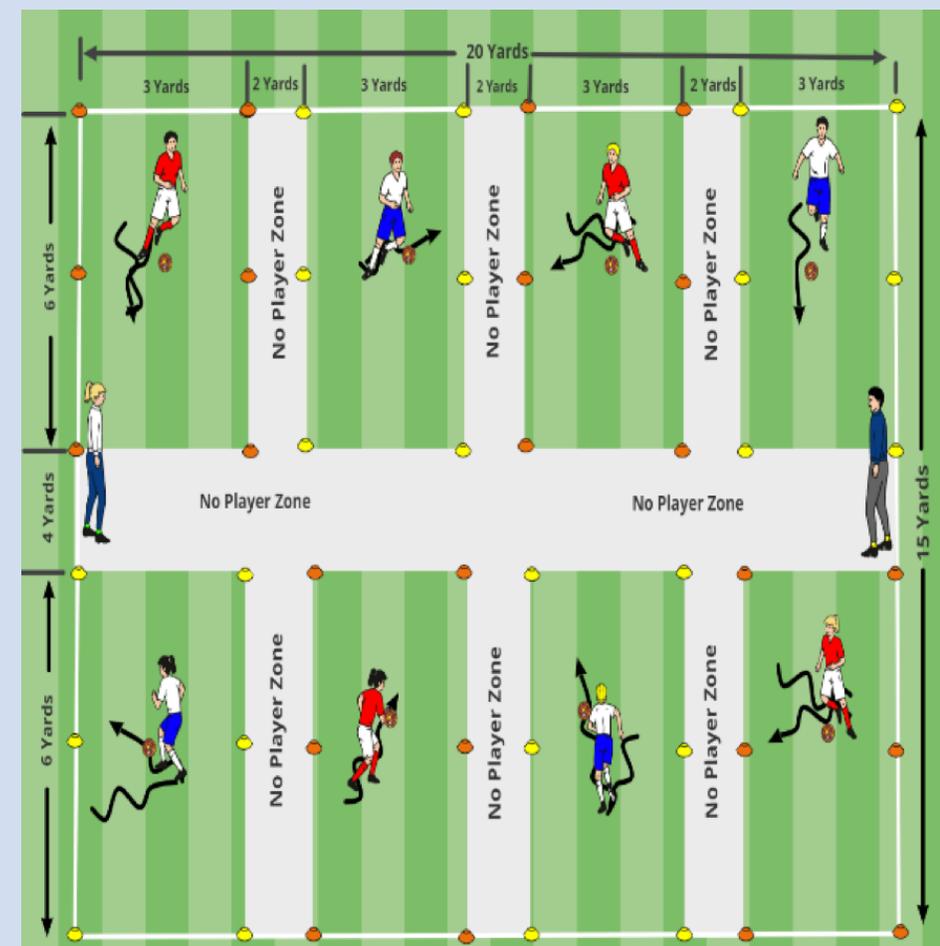


**PHYSICAL DISTANCING
TRAINING SESSION
7U-8U (4v4)
ATTACKING – DRIBBLING
45 MINS
WEEK 1**



Activity 1: 6 Surfaces Dribbling

15 min.-10 intervals-1 min. play-30 sec. rest



OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Dribble forward

ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 6 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel. Once they have turned with heel, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

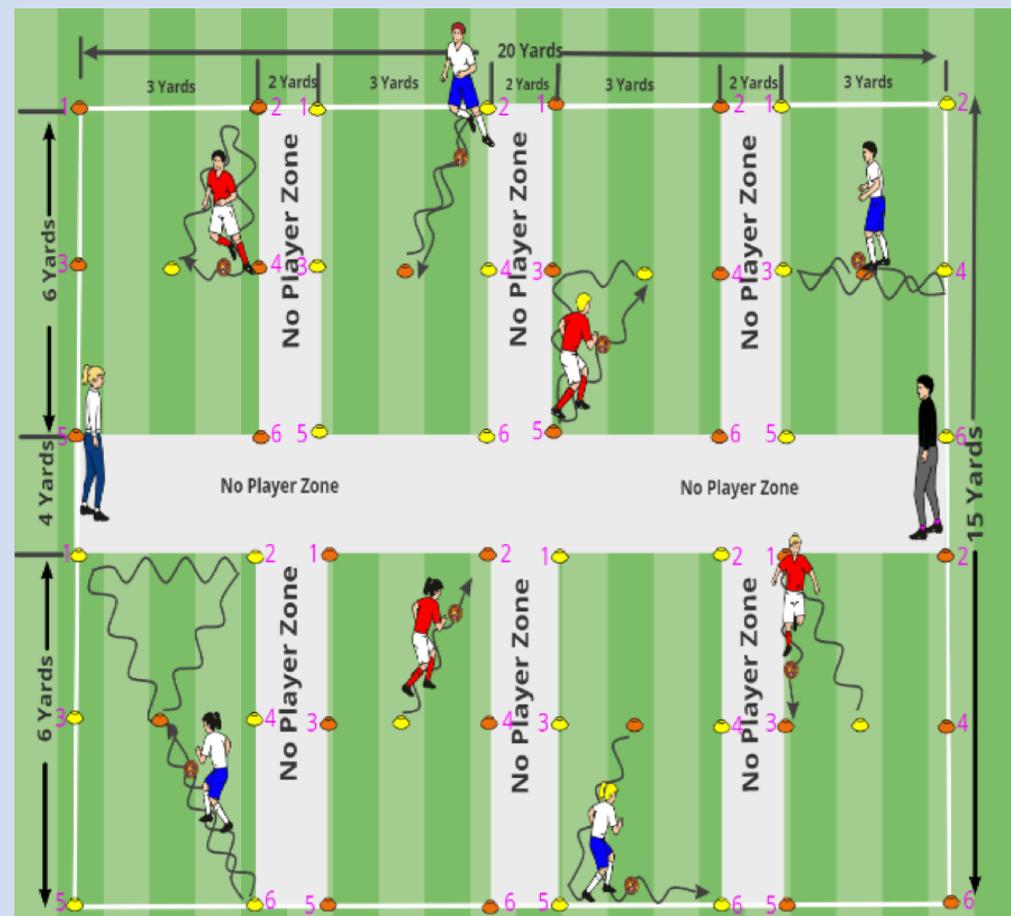
KEY WORDS: Outside, inside, laces, bottom, toe, heel

GUIDED QUESTIONS: When you are ready to move forward, what are some actions you will do before you strike the ball? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: Look up to see where you are going. As you get closer to the ball, put your head back down & watch your foot hit the ball. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Activity 2: Pattern Dribbling

15 min.-15 intervals-30 sec. play-30 sec. rest



OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Dribble forward

ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within each grid, place 1 cone in the center & number the cones on the perimeter; if you have 4 cones, numbers 1-4. The players start & end at the center cone. The coach will call out a number, all players must dribble to the cone which corresponds to the number then back to their center cone. If the coach calls out multiple numbers, the players will dribble to each numbered cone, in order, then back to their center cone. The first player to stop their soccer ball at their center cone wins a point.

KEY WORDS: Find the next cone, speed up, turn

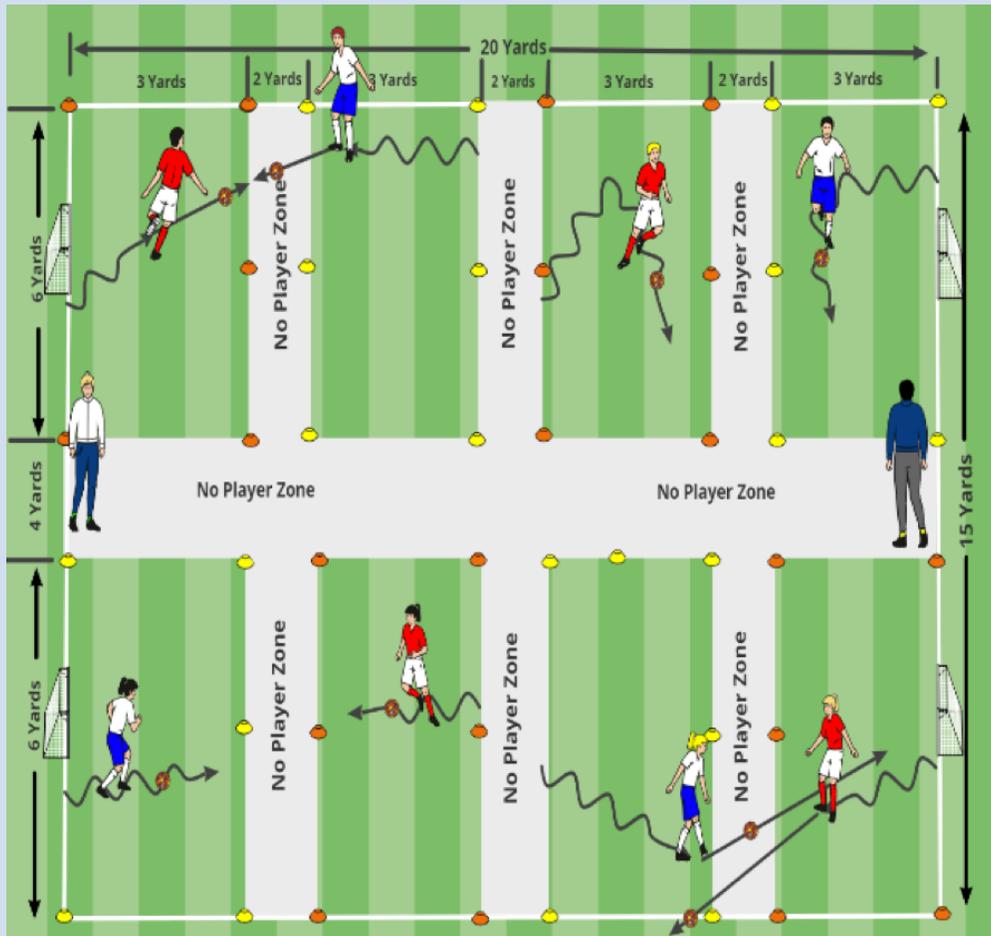
GUIDED QUESTIONS: As you approach the numbered cone, what should you think about before you get there?

Once you have made your turn, how can you increase your speed?

ANSWERS: As you approach the cone, check your shoulder to confirm your next turn. Move the soccer ball closer to foot which you intend to turn with. Push the ball further in front of you so you can begin to take bigger steps to run onto the ball.

Activity 3: 1v1 in Zones

15 min.-12 intervals-30 sec. play-45 sec. rest



OBJECTIVE: Move the ball toward

PLAYER ACTIONS: Dribble forward, shoot

ORGANIZATION: In a 20W x 30L field, set up 3W x 13L lanes with 2 small goals on each end line (as shown in the picture.) A minimum of 2 yards between each lane. Each player start with a soccer ball & plays in their own lane. If the ball goes out, quickly retrieve it and come back to your space. Players from 2 lanes are playing against each other. 1 player is attacking a small goal. Their opponent is defending the small goal. The attacking player must dribble & find an opening to shoot & score. The opponent will dribble toward them & can only block the shots with their soccer ball (pass their soccer ball to hit the shooter's ball.) If the shooter's ball is hit, a goal is scored or both balls leave the lanes, the game over, play again. The attacker get 4 rounds to score then, switch sides & roles. Dribbling, passing and/or shooting must come from your own lane.

KEY WORDS: look for space, try something new, go for goal

GUIDED QUESTIONS: Why is it important to play with your head up? What can you do to create an opening? Once you have an opening, what next?

ANSWERS: Head of to find openings to the goal. Try to make a move. Use the touches or moves we used earlier. If you see an opening, shoot for the goal.