

Dribbling, Run or Pass

Age group 8-11 years

Practice Organisation:

Area 40x40yds, with 3x2yd diameter target areas as illustrated

17 players organised into 2 teams of 7, plus 2 Target (T) players + GK if available

GK is able to move anywhere around the outside of the practice area

Practice starts with the ball rolled into play by GK and teams play using T's and GK to help them keep possession

Teams score by passing to a T in a target area. T's can move to an empty area to make it easier for them to receive a pass

T's are able to make longer passes to GK to retain possession

Detail:

Size of area and target areas can be adjusted to suit the age and ability of the players

Teams in possession can score by dribbling ball into an empty area (T might move to 'vacate' an area in order to help the dribbler)

Teams can build up points (e.g. first to 10 points equals a goal)

Simple progressions to this practice are:-

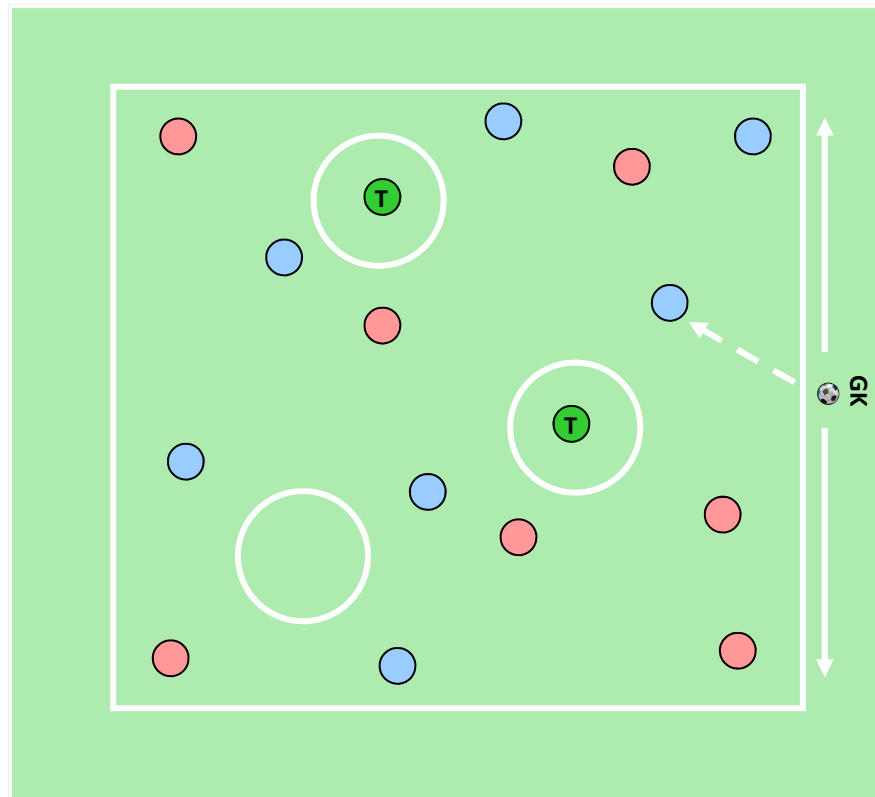
Develop the role of the GK if included

One touch into targets to score

One touch only to GK

Passes to GK into hands only (off the ground)

Reduce size of area and or add a goal set back from playing area, so that once players have built up a score one can attack GK 1v1



Key coaching points

Early assessment of opportunities to dribble, run or pass

Look for space(s), time and T's

Recognition of movement of T's and identification of changing empty target areas

Reinforcement of need for inventive and quick play if it can be effected

Remind players of need to slow down before going quickly (changes of pace and direction)

