

Drill Number

13

Min Age Group:

U8

Min # of Players

2

Drill Name

Strength on the Ball

Min Time Required

5

Description

Set-up:

Use cones to create a "Starting Line" and a "Finish Line" 10 steps away.

Description:

Pair up players. Try to pair up players by size and ability. Place the pairs on the Starting Line without a ball, facing the Finish Line, "shoulder-to-shoulder" and "hip-to-hip", with feet apart and knees bent for balance. Tell them to keep their arms straight down by their side. Also, they must stay straight up and cannot "dip" their shoulder. They can move their feet, bend their legs and use their hip so long as their shoulder is in contact with the opponent's shoulder. Have the pairs walk toward the Finish Line (without a ball). Do the same thing while running. Finally, give one player in each pair a ball, line up all pairs on the Starting Line and have the players with the balls try to dribble to the Finish Line while the other player tries to kick the ball away or steal it. If the "off-the-ball" player touches the ball he gets one point; if he steals it he gets 2 points. Then, give the other players the ball and let them try to dribble from the Finish Line to the Starting line. Do this several times and switch up the pairs for variety.

Rules:

Off-the-ball players (those without the ball) must stay shoulder-to-shoulder with the dribbler and try to win the ball by pushing with the shoulder and hip. (They cannot push the front, back or go around; only shoulder-to-shoulder).

Coaching Points

Show dribblers how to "shield" the ball by dribbling with the foot farthest from the opponent.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

