

# St. Mary's SOCCER

## U08/09 Academy Session 4

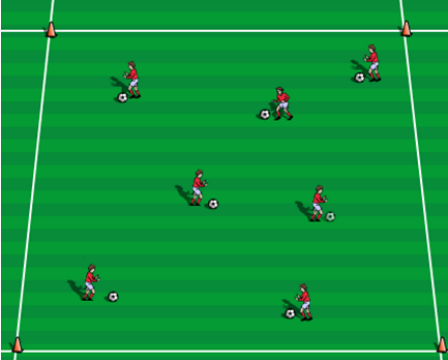
### Main Topic: Dribbling

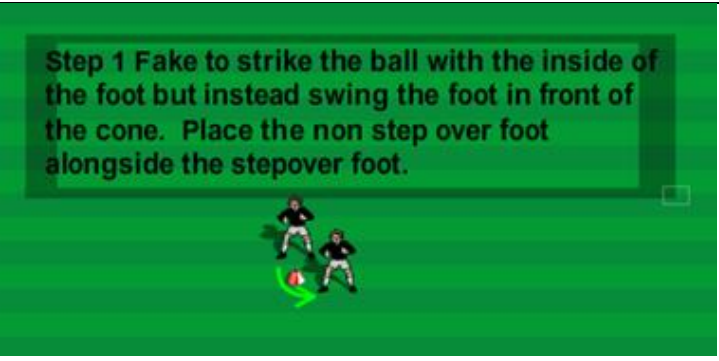
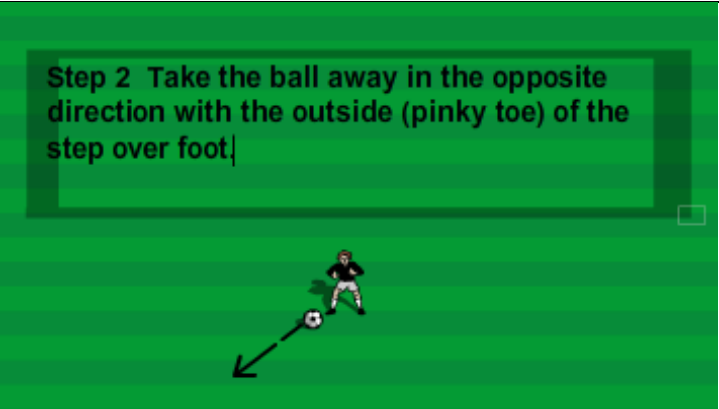
In this session we will continue to build players confidence in dribbling and beating a defender 1 v 1. We will also review the passing we have done in the previous two sessions.

### Additional Topics

#### Step Over Move

1. Approach the ball as if you are going to pass or strike it with the inside of the foot.
2. Step in front of the ball instead so your foot lands on the other side of it.
3. Step the opposite foot along the step over foot, then push the ball in the opposite direction with the outside of the step over foot.
4. Accelerate past your opponent.

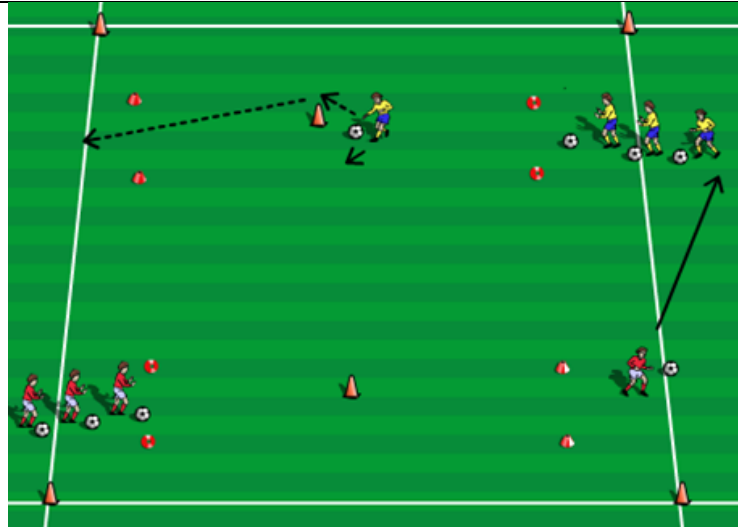
Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p><b>1st Activity –4 Surface Dribbling</b> This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).</p>	<p style="text-align: center;"><b>Warmup Activity</b></p> 	<p>Have your players work on dribbling with the different parts of the foot they have previously worked with. Make sure to have them practice with each foot. Remind them to dribble with their head up.</p>

<p><b>2<sup>nd</sup> Activity – Large group activity</b> The site/field coordinator will gather all players around one of the team grids to introduce the “Step Over” attacking move.</p>	<p>Introduction to the Step Over move</p>	<p>The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.</p>
<p><b>3<sup>rd</sup> Activity – Step Over Move with Cone</b> The first step of the step over move is to fake striking the ball with the inside of the foot but instead swing the foot in front of the ball. The player should place the step over foot to the opposite side of the cone and then move the non-step over foot alongside the step over foot.</p>	 <p><b>Step 1 Fake to strike the ball with the inside of the foot but instead swing the foot in front of the cone. Place the non step over foot alongside the stepover foot.</b></p>	<p>To instruct young players on moves, it is easier to break the move up into separate steps. Start teaching them with just a cone and have them work on just the taking the step over by taking their foot in front of the cone first and then putting the opposite foot alongside the step over foot.</p>
<p><b>4<sup>th</sup> Activity – Step Over Move with Stationary Ball</b>  Now practice the step worked on above with a stationary ball but finish with the player taking the ball away with the outside of the step over foot.</p>	 <p><b>Step 2 Take the ball away in the opposite direction with the outside (pinky toe) of the step over foot </b></p>	<p>Have the players practice the step over with a stationary ball. After they have done the takeaway move with the outside of the step over foot. Have them reset and do it again. Once they have gotten the hang of the step over move, have them dribble around the grid performing the step over move.</p>

### 5<sup>th</sup> Activity – Step Over Move

In this activity players will practice making a step over move against a fake defender “cone”.

Player will dribble slowly towards the defender (cone), perform the step over move, and then accelerate to the gate goal.



Players should attack the defender by dribbling slowly straight at it.

Prior to reaching the cone they should perform the step over move.

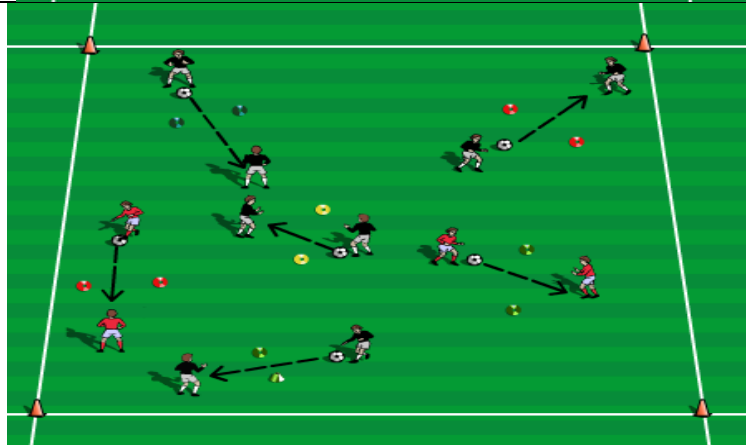
Once they have performed the move, have them accelerate past the defender to the gate goal.

### 6<sup>th</sup> Activity - Gates with Partners

Review of 2 player passing.

Coach divides players into pairs (or 3 if uneven numbers). Spread 8 to 10 cone “gates” around the training grid with two cones for the gate about 3 ft apart.

Object is for pairs to work the ball around the grid by passing it through each gate.



Players have to make 1 pass through a gate to their partner for a point.

Player move to a new gate to repeat another pass for another point.

How many points can you score in 60 seconds?

Brief review of passing technique (inside of foot).

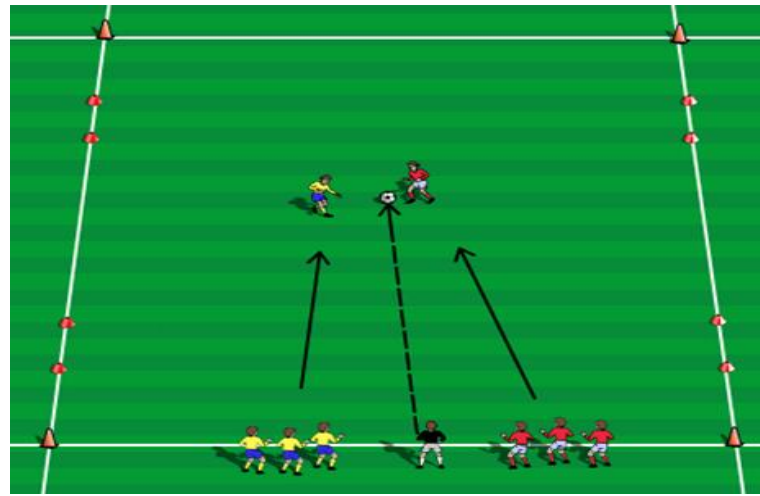
**7<sup>th</sup> Activity - Get Outta There (1v1)**

Set up the grid with two cone "gate" goals at both ends of the grid.

Coach is in the middle of the sideline with all of the soccer balls.

Players are divided equally with half to the left and half to the right of the coach. Players on the left try to score by dribbling through one of the "gate" goals on the right.

Players on the right try to score by dribbling through one of the "gate" goals on the left.

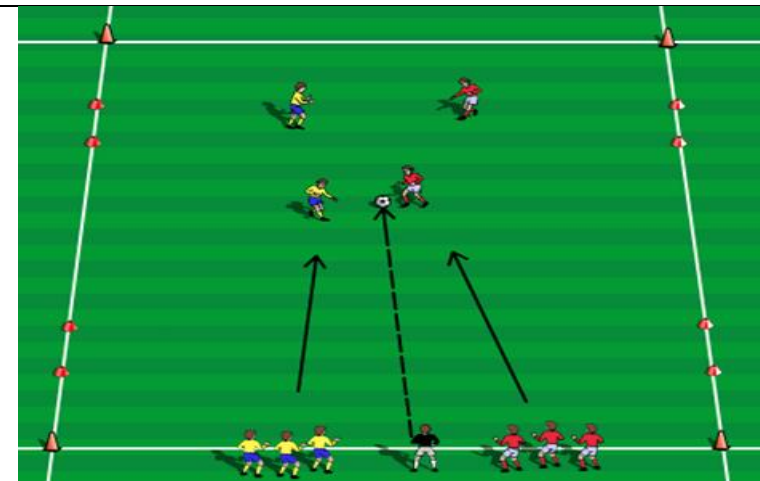


Coach serves a soccer ball into play. First player from each team enters the field and plays 1v1 until a goal is scored or the soccer ball goes out of play. When the ball goes out of play the coach yells "Get Outta There". Both players leave the field and the coach sends out a new ball for the next 2 players.


Use the step over move to beat a defender.

**8<sup>th</sup> Activity - Get Outta There (2v2)**

Same as above but two players from each team enter the grid.



Learning to share the ball.

<p><b>9<sup>th</sup> Activity - Capture the Ball</b>  Set up three or 4 home bases in the corners of the grid  Divide the players equally among the bases.  All soccer balls are in the center of the grid.  On coach's command, all players try to dribble as many soccer balls as they can to their home base. Teams can steal balls from other bases  Team with most balls after 30 seconds wins the round.</p>		<p>Scheming (how to get the most soccer balls, steal soccer balls from other home bases and how to defend your home base)</p> <p>Decision making (dribble or pass)</p> <p>Working with your teammates to get the most soccer balls.</p> <p>Can I use the step over move to get past a player from another team?</p>
<p><b>Cool Down</b></p>		
<p><b>Cool Down - Juggling</b>  The purpose of this activity is to develop Hand-Eye Coordination.  Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.</p>	<p>Players pick up their ball and gently drop it to juggle it once using their foot or thigh. Repeat alternating feet/thigh. Juggling is a great activity to end every session. Work towards players being able to juggle a ball a few times using either foot, without it touching the ground. See if players can beat their # of juggles each week.</p>	<p>For players that are having difficulty, they can have the ball bounce off the ground before juggling. Make sure the players are just dropping the balls with their hands instead of tossing the ball in the air.</p>