

RBFC – U8/U9 TRAINING TOPICS

1. DRIBBLING 1
2. PASSING AND RECEIVING 1
3. 1V1 ATTACKING/DEFENDING
4. DRIBBLING 2
5. DRIBBLING 3
6. 1ST DEFENDER
7. COMBINATION PLAY – WALL PASS, TAKEOVER, OVERLAP
8. DRIBBLING 4
9. 2V2 ATTACKING/DEFENDING
10. PASSING AND RECEIVING 2
11. NUMBERS UP SITUATIONS
12. DRIBBLING 5

WEEKS 1-3 - REPEAT SAME SESSION FOR THREE WEEKS

30 MINUTES OF TECHNICAL WORK

DRIBBLE ACROSS A BOX - 7 MINUTES

GATES - 7 MINUTES

MOVES - 15 MINUTES - LA CROQUETA, MARADONA, BODY FEINT

1V1 FLYING CHANGES - 15 MINUTES

2V2 FLYING CHANGES - 15 MINUTES

5V5 SCRIMMAGE - 15 MINUTES

Dribble Across a Box: This is the best way to teach dribbling. Play this at every practice as a warm-up - and your players will develop amazing dribbling skills. It teaches players to dribble with both feet in traffic with their head up.

Set-up: Using 4 cones, set-up a box that is 10-15 steps apart. Players dribble across the box and back from 4 directions. Play in a 10x10 box to teach control dribbling in traffic and in a 15x15 box to train players to look for open space and accelerate into open space (the larger square teaches players to speed up when they see open space).

- Every player has a ball
- Spread players around the square, all facing inward.
- On "Go", all players dribble across to the opposite side of the box and turn, go back and turn, etc. Every turn is one point. Players keep their own score.
- Have the first player to reach 6 yell "done" and raise their hand. As soon as a player yells done, blow your whistle and have all the other players stop.
- Have every player get back to their starting point and ask each player their score so you can monitor each players progress.
- Give a quick tip for improvement after each game and play again.

Note: Keeping score is important because it forces players to play fast. You want to train your players to play fast and to push themselves to the edge of their ability where growth and improvement happen

Gates: This is one of the best ways to teach sprinting with the ball (speed dribble), passing off the dribble and aggressive receiving.

Set-up: You will make multiple gates set an even distance apart. If you have lines on the field you can use them for starting points. If you do not have lines, set one cone down (starting line) take 15 steps and set up two cones making a gate that is 2-3 steps wide. Take 15 more steps and set another cone down (starting point)

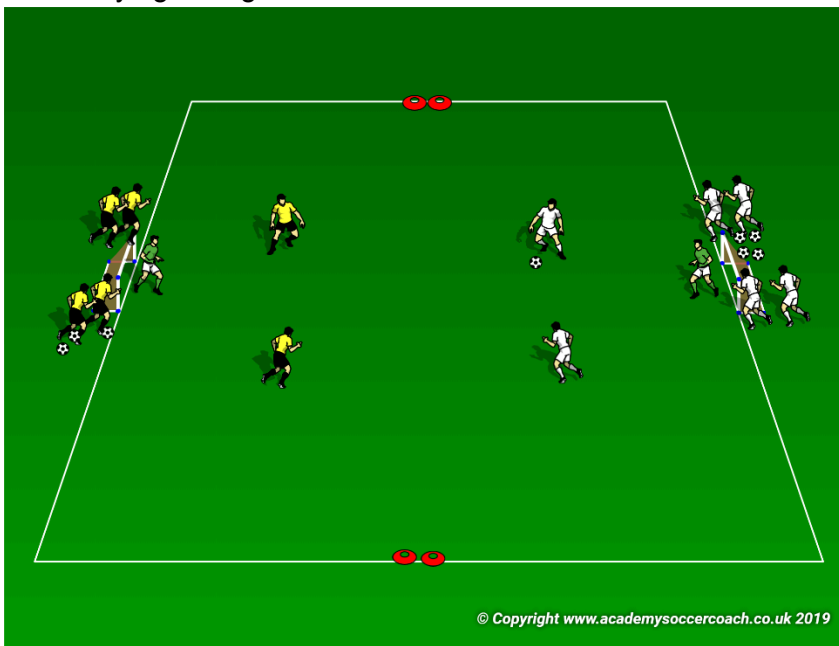
Organize players into groups of 3 or 4. We want to keep lines short. If using groups of 3 put two players at one starting line with a cone. And a single player facing their teammates on the other starting line. If using groups of 4, put two players on each starting line facing each other.

- On "Go" players race to the gates. They dribble through gates and pass the ball to their teammate on the opposite starting line and sprint to the opposite side.

- Their teammate takes an attacking touch and sprints (speed dribbles) through the gates and the process repeats.
- Teams get 1 point for everytime they dribble through the gates and make an accurate pass. If they miss the gates with their dribble, or they miss their teammate with the pass, the point does not count.
- Compete for the first to 15 or 16. Keep score. Players on the winning team get a point for winning. Give a quick tip and play again.

Moves: One ball, three players with a cone in the middle. Player faces each other (8 yards apart) and dribbles across grid, makes the move on a cone and then gives ball to team mate. Two minutes blocks with thirty seconds rest. Repeat same move for two consecutive blocks.

1v1/2v2 Flying changes



2nd Exercise - 2v2 Flying Changes. If ball goes out of play in your defensive half then two new attackers come on from that side. Other two players remain on the field. Double cones signify half field. Play games to score of 10.
Coaching Points: Creativity, movement off the ball, combination play, creating scoring opportunities, quick transition.

WEEKS 4-6

30 MINUTES OF TECHNICAL WORK

DRIBBLE ACROSS A BOX - 7 MINUTES

GATES - 7 MINUTES

MOVES - 15 MINUTES - SCISSORS, DOUBLE SCISSORS, MATTHEWS

1V1 4 PUGG GAME

2V2 4 PUGG GAME

5V5 SCRIMMAGE

1V1/2V2 FOUR PUGG GAME

FOUR PUGG GOALS IN A 15X15 YARD SQUARE - MAKE TWO TEAMS AND SPLIT UP INTO 4 LINES. EACH LINE WOULD BE NEXT TO THE PUGG GOAL WITH YOUR OWN TEAM BEING ON THE PUGG GOAL TO YOUR LEFT. BALL WOULD START WITH THE FIRST PLAYER IN LINE DRIBBLING IN AND PLAYING 1V1 AGAINST A DEFENDER. ONCE BALL IS DEAD THE NEXT BALL WOULD START WITH THE LINE TO YOUR LEFT. TRANSITION TO 2V2 - SAME SET UP. KEEP TRACK OF SCORE.

WEEKS 7-9

30 MINUTES OF TECHNICAL WORK

DRIBBLE ACROSS A BOX - 7 MINUTES

GATES - 7 MINUTES

MOVES - 15 MINUTES - CRUFF, STEP OVER, ROLL OVER

1V1 LADDER - 90 SECOND GAMES WITH 30 SECONDS REST - 15 MINUTES

2V2 LADDER - 90 SECOND GAMES WITH 30 SECONDS REST - 15 MINUTES

5V5 SCRIMMAGES - 15 MINUTES

1v1/2V2 LADDER - MULTIPLE GAMES OF 1V1 GOING ON AT SAME TIME. SCORE A POINT BY STOPPING THE BALL ON OPPONENTS ENDLINE. DEFENSIVE PLAYER CAN SCORE A POINT IN TRANSITION. WINNER MOVES UP, LOSER MOVES DOWN. 90 SECOND GAMES WITH 30 SECOND REST.