



U8 Week 4 RWB Protecting the ball

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Wreck It Ralph (10 mins)

Story

Wreck It Ralph is wrecking his way through the virtual world, every time he wrecks his way through a goal he gets to level up.

Implementation

Players each have a ball in the playing area, there are 4 goals set up in each corner of the grid. Players must dribble their soccer ball through a goal then return back to the grid by going around a cone. Players get a point (level up) every time they pass through a goal. Progress the session by making the players perform a pull back after passing through a goal, don't let the ball leave the grid.

Coaching Points

Dribbling with head up so they can see where they are going
Small touches when close to other players
Bigger touches when in space



Wreck it Ralph and Fix it Felix (15 mins)

Story

Wreck It Ralph is still running around trying to level up and get Wreck as many goals as possible, but Fix It Felix is now trying to stop him.

Implementation

Players dribble through goals and around the cone to rejoin the grid. Each goal is a point (level up)

Have two players be Fix It Felix, they are trying to hit the dribbling players or their ball with a pass.

If a player or their ball gets hit by a pass they become Felix. Players can't be hit after they have scored until they reenter the field.

Progress the session by having players keep the ball in the grid after scoring and not leave the grid.

Coaching Points

Keep the ball close to you and protected from being hit by the ball
Head up to see where the defenders are at all times
Defenders, strike the ball with the side of their foot (bent knee, ankle locked, step into the pass)



2V2 Corner Goals

Set Up

Field is set up roughly 20Lx15W with a goal in each corner.

Players are split into two teams and will be lined up between their goals. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first two players each team run onto the field to get to the ball.

Players can score in any of the 4 goals.

Once a player has the ball they look to turn away from the other player and score. If they are under pressure they look to pass to their teammate.

If the player doesn't have the ball they are to try and steal it, and score themselves.

Implementation

Accelerate towards the target.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).

Turn away from the defender

Pass when under pressure, dribble when in space.



