

8 Soccer Dribbling drills for u8

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1. Skill through the square and shoot u8 dribbling drill

Purpose:

The purpose of this drill is to encourage players to practice skills at pace and then taking a shot at goal.

Set up:

- Create a 15 x 20 yard area
- 5 x 5 yard square in the middle of the area
- 1 cone in the middle of the square
- 4 goals
- 1 soccer ball per player

Instructions:

Set up your goals opposite each other on the 15 yard line and 20 yard line and line up your players in teams of 3 next to goals.

Each player will have a soccer ball, the first player in each of the lines will dribble towards the square and perform a soccer skill on the cone in the middle of the square as if it were a defender.

Players must perform a skill of the coaches choice that takes the first to the right they will then have a shot in the goal opposite them.

Once the player has exited the square the next player in line can go.

Alternate so now players must perform a skill which takes them out of the square to the left.

Coaching points:

- Small touches as you approach the square
- The skill should be performed quickly
- Big touch that takes your outside the square
- Shoot as early as you can

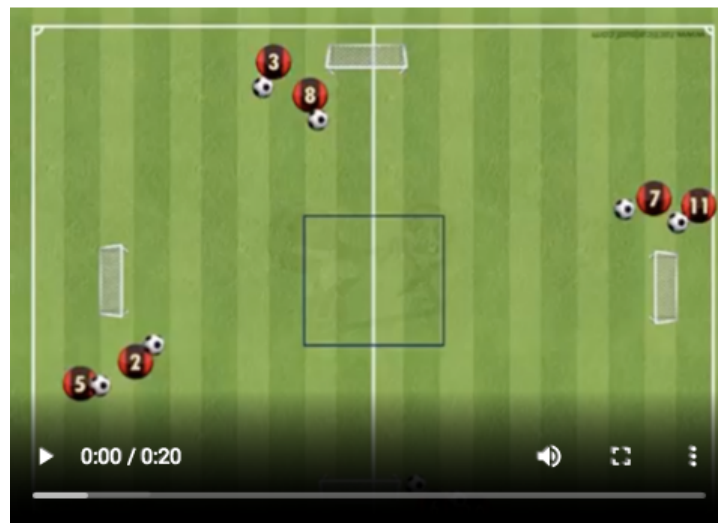
Questions that can lead to coaching points:

- What kind of touches should I be taking before I get to the defender?
- How fast/slow should my skill be performed?
- What should I be doing after my skill to get away from the defender?
- When should I shoot? Why?

Progression:

As a progression you can introduce 2 defenders into the square (you may need to make the square bigger) with players still having to dribble through the square and taking a shot on goal.

You can also make the 4 teams compete to see who can score the most goals.



2. Soccer Skills in pairs U8 dribbling drills

Purpose:

To get a lot of repetition using skills and turns while keeping your head up.

Set up:

- Create 2 lines that run parallel with each other and are 10 yards apart
- Place cones in the middle of the 2 lines (1 cone per pair)
- 1 soccer ball per player

Instructions:

Players should line up opposite each other on the lines 10 yards apart with a cone in the middle of them, the players will then have a ball each and at the same dribble towards the cone and perform a soccer skill that takes them to the right.

Once they have they have performed their skill on their cone they will dribble to the line where their partner started, and they can perform a turn such as a drag back, an outside hook or a Cruyff turn so they are no facing their partner and ready to go again.

Swap over to the players will perform the same skill but it will now take them to the left.

Coaching points:

- Dribble with your head up
- Small quick touches
- Skill should be performed quickly
- Big touch away in the direction after the skill has been used

Questions that can lead to coaching points:

- Where should i be looking when I am dribbling?
- What kind of touches should be taking as we come towards the cone in the middle?
- Should my skill be performed fast or slow?
- How can I make sure I get away from the defender after I have used my skill?

Progression:

This will now become a 1v1 with 1 soccer ball per pair. Both players will start on the their respective lines with the player who starts with the ball being the defender.

The defender will pass the ball to their partners who will become the attacker.

If the attacker dribbles past the line the defender started on the attack with get 3 points, however if the defender manages to steal the ball and dribble past the line the attacker started on.

The defender and attacker will swap round every round.



3. Dribble through the gates soccer drills for u8

Purpose:

Encourages players to use a variety of skills and changes of directions beat a defender

Set up:

- 15 yard x 10 yard area
- 2 gates
- 1 goal
- 1 soccer ball per 2 players

Instructions:

The defenders will start with ball in between the two gates and they will pass the ball to the attackers on the opposite side of the area next to the goal.

The attackers must dribble through the gates to score 3 points, if the defender steals the ball and scores in the goal the attacker started from they will get 1 point.

Swap the attacking team and defending team and keep track of the scores. The team with the most points wins.

Coaching points:

- Keep your head up to see where the space and the defender is
- Use skills to help beat the defender
- Dribble at different speeds while changing direction

Questions that can lead to coaching points:

- Where should be looking when we are dribbling?
- What can we use to help us beat the defender?
- How else can we beat the defender without using a skill?



4. 1v1 dribbling ladder u8 soccer drills

Purpose:

Encourages players to try skills and beat defenders in a 1v1 scenario.

Set up:

- Create a 10 yard x 5 yard area per pair
- 1 soccer ball per pair
- 2 goals per area

Instructions:

Each pair should have their own area with a soccer ball and 2 goals, this will effectively be a 1v1 in small area to help improve close control and foot work in tight areas.

The areas will be set up next to each other with winners moving up the ladder and loser moving down the ladder

The player that scores the most goals in the pair at the end of 2 minutes will move up and their pair will be moving down so players should be playing new players at the end of each round.

Coaching points:

- Small sharp touches when approaching the defender
- Quick skill and a change of direction to get away from the defender
- Be confident and try new soccer skills

Questions that can lead to coaching points:

- What type of touches should I be taking as I approach the defender?
- What can I do to help get past the defender?



5. Soccer skill then shoot u8 dribbling drills

Purpose:

This is to get a lot of repetition of performing soccer skills while on the move and being aware of what is going on around them

Set up:

- Create a 15 yard x 20 yard area
- 2 goals
- 10 cones
- 1 ball per soccer player

Instructions:

After you have set up the area and the goals scatter your cones around the area.

The players must try and score as many goals as they can back and forth between the 2 goals however they must perform a skill on X amount of cones (acting as a defender) before taking a shot a goal.

You can vary the skills so they must perform a different skill on each cone, practicing with both feet

Coaching points:

- Dribble with your head up
- Small touches as you approach the cone
- Quick skill, big touch and accelerate away from the cone

Questions that can lead to coaching points:

- Why should I be dribbling with my head up?
- What type of touches should I be taking as i approach the cone?
- What do I need to help me get past the defender (cone)?

Progressions:

As a progression collect your 10 cones scattered around and divide your area into 3 sections and place a defender in each section (they must stay in their section).

If the defenders win the ball they can score in the goal in their section, the player in the middle can score in either of the goals.

Players are still trying to score as many goals as they can after 5 minutes see who scored the most goals and swap the defenders.



6. Dribble round the square U8 Dribbling Drill

Purpose:

To keep the ball under close control while moving at speed and changing direction.

Set up:

- 5 yard x 5 yard area per pair of players
- 1 soccer ball per

Instructions:

With you area set up start your players on opposite sides of the square, both players must travel round the square in the same direction with their soccer ball.

The player that is able to catch up with their partner and tag them from behind will be the winner. You are able to vary the direction players are traveling in, what foot players can use and what part of the foot players can use.

Coaching points:

- Dribble with your head up
- Small quick touches to change direction around the corners of the square
- Big touch out of your feet and accelerate out of the corners

Questions that can lead to coaching points:

- Where should we be looking when we are dribbling?
- What type of touches should I be taking if I want to change direction
- What type of touches should I be taking if there is space in front of me?

Progression:

As a progression 1 player in the pair will become the tagger without a soccer ball and the other player will have a soccer.

The players can travel in any direction but eh player with the ball must avoid getting tagged by the tagger. Swap players round so they both have a chance to dribble and tag.



7. Skills and turns through the gates u8 dribbling drill

Purpose:

To practice and get lots of repetition of practice different skills and turns

Set up:

- 15 yard x 20 yard area
- 20 cones to create 10 gates 2 yards in width
- 1 soccer ball per player

Instructions:

Scatter you 10 gates around your area every time a player dribbles through a gate they will get one point.

You change this to players must perform a soccer skill or turn when they dribble through the gate.

You can also ask players to dribble with a certain foot and different parts of the foot too.

Coaching points:

- Dribble with your head up
- Small and quick touches to keep control of the soccer ball
- Skills and turns should be performed quickly with a big touch into space and accelerate away.

Questions that can lead to coaching points:

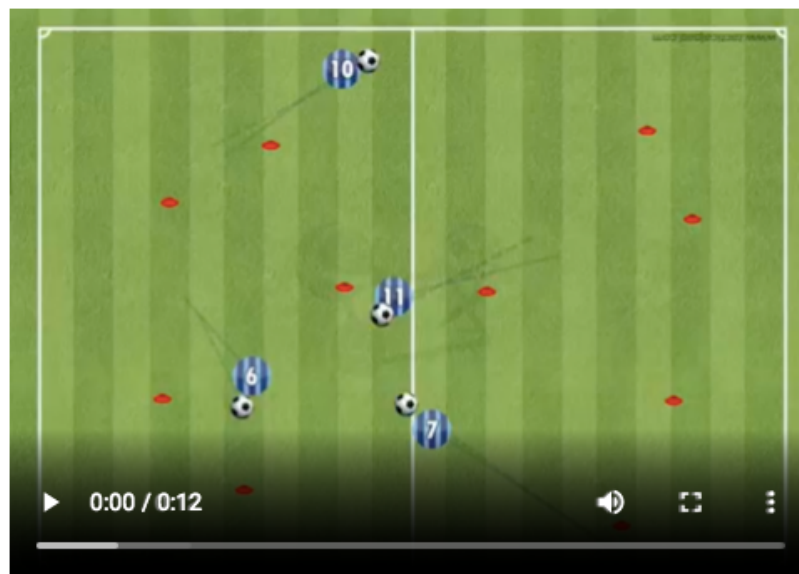
- Why should our heads be up while dribbling?
- What kind touches should I be taking to keep the ball under control?
- What do I need to do after I have performed my skill/turn?

Progression:

Using the same area introduce 2 goals either side and add 2 defenders.

The players with the ball must still perform skills or turns through the gates to get points.

The defenders can steal the ball and try and score in either of the goals.



8. King/Queen of the castle U8 Soccer dribbling drill

Purpose:

Encourage players to balance risk and reward when deciding to beat a player or turning back out if they don't think they can.

Set up:

- Create a 15 x 20 yard area
- 3 5 x 5 yard boxes
- 1 soccer ball per player
- 3 defenders

Instructions:

Set up your area with your 5 x 5 yard boxes spread out evenly inside the area.

Place 1 defender in each box and the other players will each have a soccer in the 15 x 20 yard area. If the players with the soccer ball are able to dribble through the square exiting the side that they entered they will get 3 points.

If they are able to exit the side they entered or exit the sides to the left or right they will get 1 point.

Coaching points:

- Skills and turns should be performed quickly
- If you see a space accelerate through the square
- Turn out if you cannot get through the square

Questions that can lead to coaching points:

- What pace should our skills and turns be performed? Why?
- Do you always need to use a skill to get through the square?
- Do you always have to go forward? what else could we do?

