Author: Andy Biggs



## National Youth Certificate Course

# Lesson Plan



Topic: Dribbling

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
Gate Dribbling	<ul> <li>a. every player with a ball</li> <li>b. one more gate than the number of players</li> <li>c. must dribble through free gate</li> <li>d. 1 point for each gate</li> <li>e. play again, improve by 1 point</li> </ul>	X. O O O O O O O O O O O O O O O O O O O	<ul><li>a. see ball through bottom of eyes</li><li>b. keep ball rolling</li><li>c. use foot brake</li><li>d. different surfaces</li></ul>
2			
Stop & Go	<ul> <li>a. every player dribbling a ball</li> <li>b. on whistle, players stop ball and then go with speed</li> <li>c. coach demonstrates stop &amp; go, and players try to copy</li> <li>d. players invent their own stop &amp; go</li> <li>e. coach observes, and choose players to demonstrate their stop &amp; go for others to copy</li> </ul>	X. X. X. X. X.	<ul> <li>a. see ball through bottom of eyes</li> <li>b. speed up after stop</li> <li>c. change of direction</li> <li>d. different surfaces</li> </ul>

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3			
Pac-Man	<ul> <li>a. two or three players are "it" to start, and have balls</li> <li>b. if you are "it", try to dribble and hit others with passes below the knees</li> <li>c. players who are not "it" may run and jump to avoid being hit</li> <li>d. if you are hit with a pass, you become "it" too</li> </ul>	X	<ul><li>a. keep ball rolling</li><li>b. eyes up to find space and who is "it"</li><li>c. change direction and speed</li><li>d. fake passes</li></ul>
4			
Knockout	<ul> <li>a. every player dribbling a ball</li> <li>b. try to kick other players' balls off the field</li> <li>c. if your ball is stops rolling or is kicked out, then you must do two juggles before you return to the game</li> </ul>	X. X. X. X. X. X. X.	<ul><li>a. keep ball rolling</li><li>b. body between ball and other players</li><li>c. see ball through the bottom of your eyes</li></ul>

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5				
2v2 "Get Outta There"	<ul><li>a. coach as boss of the balls</li><li>b. coach passes ball onto field to start play</li></ul>	X X X X	X	a. see ball through bottom of eyes b. keep ball rolling
X & O = players	c. two players from each team play until a goal is scored or the ball goes out of bounds	• • •	X	c. first try to solve game by dribbling d. player w/o ball find
C = coach	d. out of bounds, coach yells "get outta there," and two new players from each team go on with the next ball	С	0.	big, easy spot to receive a pass
• = ball	e. goal is scored, 2 who scored stay on, and two new players from the other team play against them	0 0 0 0	0	