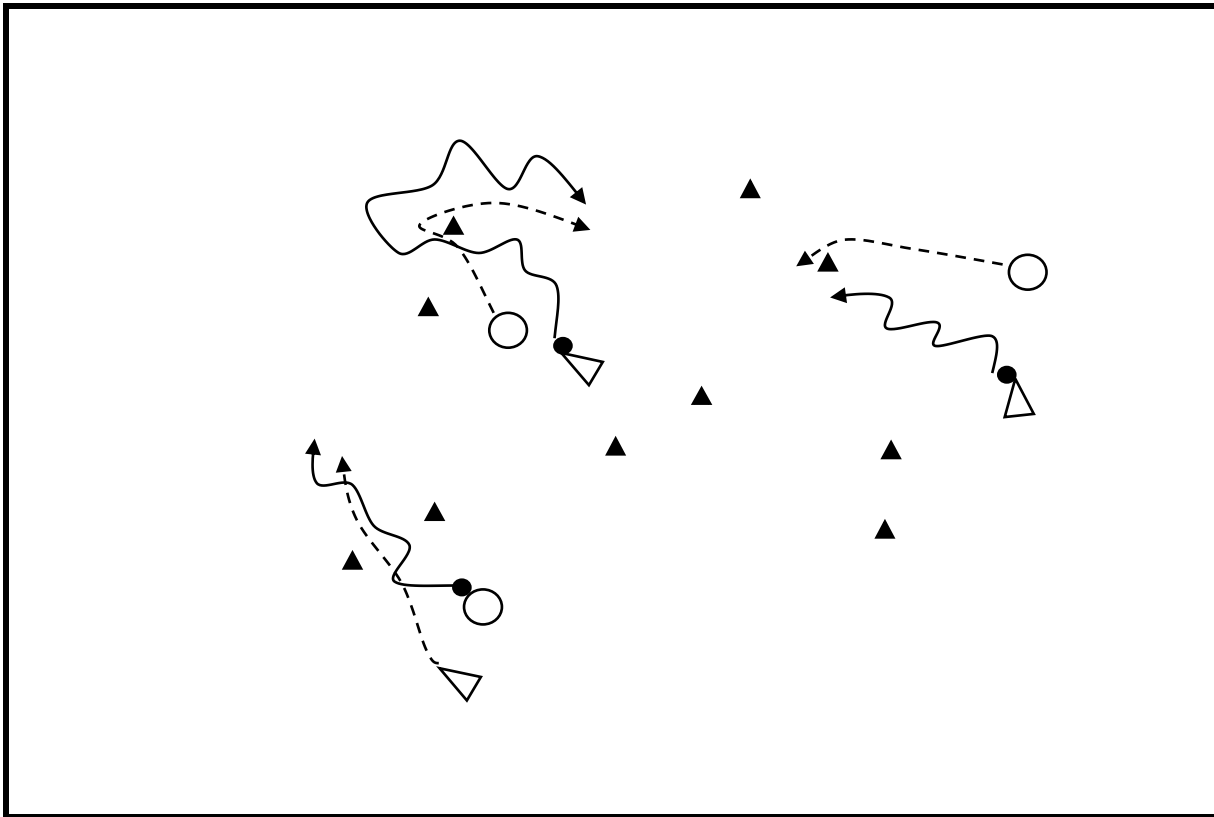


1 v 1 Dribbling Gates

Warm Up



Objective: Improving beating a defender, improving winning the ball

Time: U7-U8 12 minutes

Grid Size: Gates spread around field, min. distance between 8-10 yds.

Equipment: 10 cones, 2 cones per gate; 1/2 team with training bibs;
1 ball per 2 players

Organization: Players paired up.

Rules: Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Length of game 45-90 seconds. Rotate partners

Coaching Points: Close control of the ball, "Soft touches!"
Dribbling with head up (vision)
Maintaining possession of the ball (shielding)
Take on defender with speed
Change direction and change speed
When defeneder wins ball, make quick transtion from attack/defense.

Variations: Player must use a move on defender before scoring goal

