



New York Red Bulls – Session Planning Template

Coach Name	Will Graham	Session Date	
Age Group/Name	U8	Session Length	90 Minutes
Topic	Dribbling	Area Size	40 x 20 yards

Key Learning Outcomes

1. Keep the ball close	4. Use of moves to beat opponent
2. Keep head up to see where you are going	5. Using inside and outside of foot to manipulate the ball
3. Toe down-Heel up to ensure correct contact	6. Stop the ball with sole of the foot

Diagram	Organization	Coaching Points
	<ul style="list-style-type: none"> • 20 x 20 yard area • Everyone with a ball • 1 tagger on the field, they are "THE TERMINATOR" • If you are tagged by "THE TERMINATOR" that part of your body is injured, and you must hold it whilst you dribble. • If you are tagged 3 times, you must go to hospital, do 10 toe-taps, then you are back to full strength. 	<ul style="list-style-type: none"> • Head up to see location of "THE TERMINATOR" • Keep ball close as you dribble • Use change of speed and direction to get away
	<ul style="list-style-type: none"> • 20 x 20 yard area • Everyone with a ball • Working on "Moves of the day". Today's moves are: • The Roll, and • The Feint 	<ul style="list-style-type: none"> • Take the ball inside the opponents tackling radius • Drag the ball across the body with the sole of foot • Take ball past defender with inside of other foot • Lean to one side dropping shoulder • Plant same foot to the side of the ball • Take ball away with outside of opposite foot.
	<ul style="list-style-type: none"> • 20 x 20 yard area • Working in pairs • 1 ball between 2 • Players w/o ball must run away from players with ball • Players with ball must stay as close to partner as possible. 	<ul style="list-style-type: none"> • Keep head up to see partner • Keep ball under close control • Quick change of speed and direction to keep up with partner <p>R – Have both players have a ball</p>



	<ul style="list-style-type: none"> • 20 x 20 yard area • Everyone with a ball • 2 taggers on the field • Stay away from the taggers • If you get tagged, you are “Stuck in the Mud” • Hold ball above your head and open legs • Team mates must pass ball through your legs to allow you back in the game 	<ul style="list-style-type: none"> • Observe location of taggers • Observe location of team mates needing assistance • Quick dribble to evade taggers • Keep ball close whilst you rescue team mates
	<ul style="list-style-type: none"> • 20 x 20 yard area • Everyone with a ball • Coach is Tagger in the middle. • Players must dribble from one side of field to the other w/o being tagged by Coach • If tagged, they become a tagger too 	<ul style="list-style-type: none"> • Dribble into the space away from Tagger. • Know when to dribble and when to run w/ball
	<ul style="list-style-type: none"> • 40 x 20 yard area • 2 teams of 4 • Play 4v4 SSG 	<ul style="list-style-type: none"> • Encourage players to dribble • Attack space on the field • Spread out