

**DRILLS AND GAMES &
SESSION PLANNING
U6 / U8**

ORGANIZING YOUR FIRST SKILLS SESSIONS



TYPICAL 1 HOUR FIRST SKILLS SESSION STRUCTURE

1. (AS PLAYERS ARRIVE) SMALL-SIDED GAME (7 MINS)

BREAK/INTRO (3 MINS)

2. SKILLS (12 MINS)

BREAK 2 MINS

3. SPEED (8 MINS)

BREAK 3 MINS

4. SHOOTING (10 MINS)

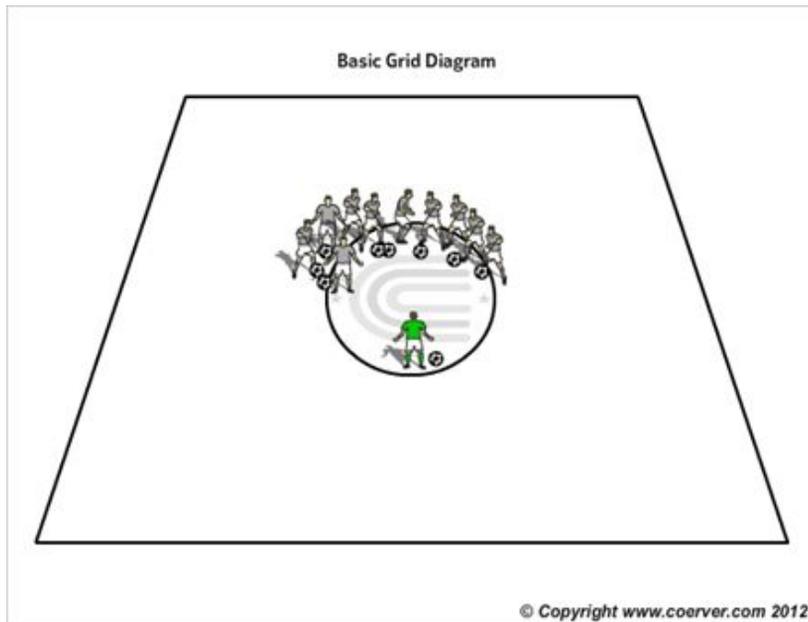
6. SMALL SIDED GAME (2v2-3v3) (12 MINS)

7. SUMMARY/HOME PLAY (3 MINS)

BALL MASTERY AND MOVES DRILLS & GAMES

1. SKILLS

#1. THE DRIBBLING GRID



SET UP

- 20x20m grid set up, with one ball for each player.

a. BASIC MOVING AND DRIBBLING IN A GRID – “MAKE SOME NOISE!”

(See Session Planner DISK 1 Warm-Ups. 1.1-1.4)

ACTION

- Each player with a ball. Foot on the ball to start (and stop).
- Start moving slowly with the ball, using eyes to avoid collisions.
- On whistle/command ”UP” players have to stop immediately with their foot on the ball then jump up in the air and shout “YEAH!”
- Next: On whistle/”DOWN”, players stop, bend down at the knees and touch the ground and go “Woo.”
- On whistle/”CHANGE” players leave their ball and quickly find another.

Fun variation: STOP the ball with foot, then sit on the ball and try to balance.

#1. THE DRIBBLING GRID

(illustration on previous page)

b. “CARS”- THE DRIVING GAME (dribbling and turning the ball)

ACTION

- Players are the drivers of their “Car” (the ball).
- The edge of the grid is a cliff! Don’t fall off!
- Move without collisions. Use you **EYES**.
- **“SLOW” / “FAST”**
- When coach shouts **“RED LIGHT,”** players must stop.
- **“GREEN LIGHT”** to go.
- **TURN** – Cut with inside of the foot / or outside of foot.
- **U-TURN** (turn around with inside or sole).
- **CRAZY CAR:** Coach acts as a crazy car trying to get in front of players and stop them – players must stay away from the crazy car.

c. “ COPY THE COACH!”

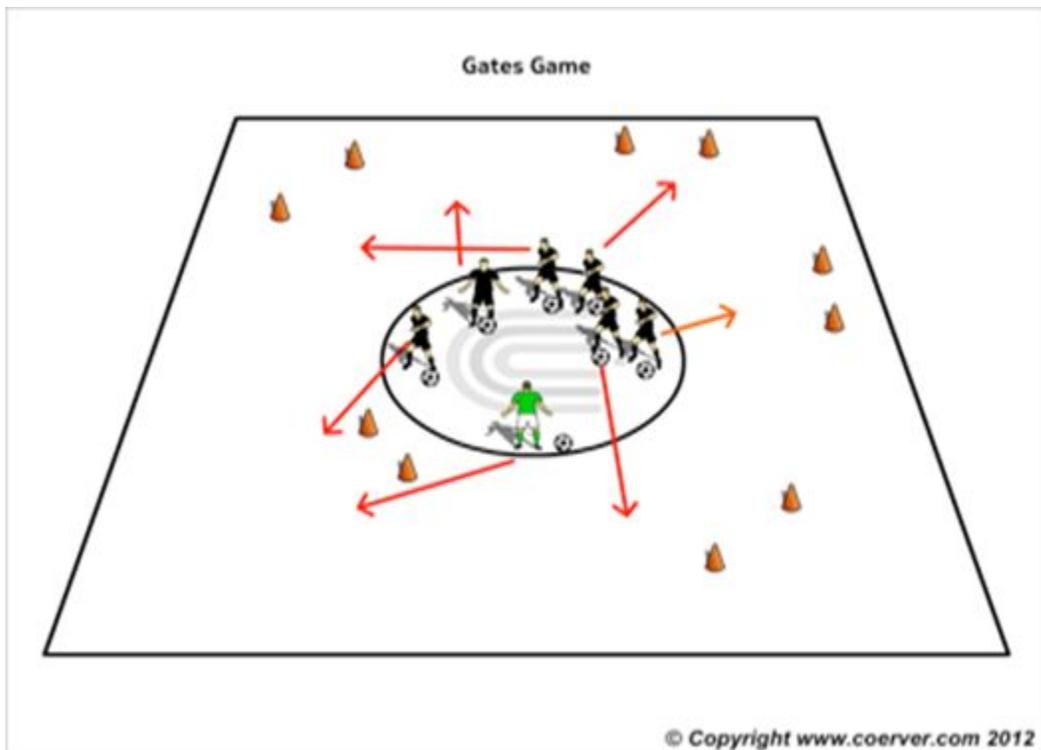
ACTION

- **First without the ball.** On **“GO”** players must run in any direction, staying in the grid. On the word **“CHANGE”** they must change direction, avoiding any collisions.
- On the word **“STOP”** they must stop, look and **copy what the coach is doing** – sitting down / standing on one leg / hands on head / kneeling on one knee.
- **Repeat with the ball.** On **STOP**, the coach does some **simple ball mastery exercise:** Roll with sole / toe taps / sole taps / thigh and catch...
- **Variation:** As above, but the coach does not shout “stop” – players must constantly take a look at the coach as they dribble, and react to what he is doing.

TIPS

- As **players** get used to this, ask individual players to be the leader, call “stop” and do some ball mastery exercise.

#2. THE GATES GAMES



SET UP

- 20 x 20 grid. 5-10 "Gates" within the grid. Starting circle at the center of the grid.

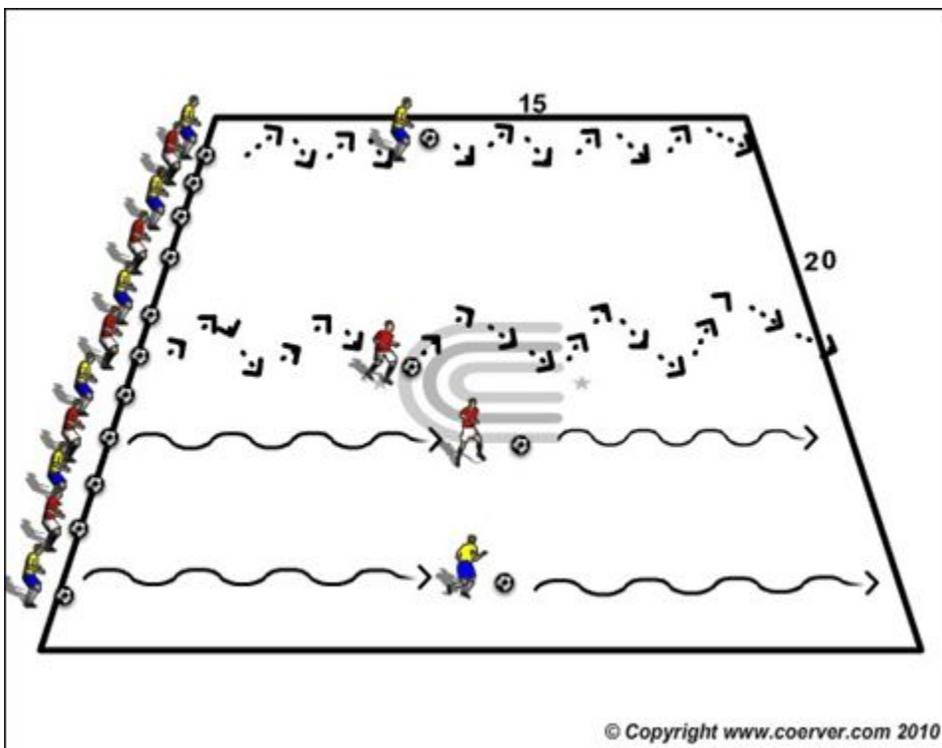
ACTION

- **First, without the ball.** Players must run through as many gates as possible until coach shouts "STOP." All back to center and coach asks how many they did. Or sets a target which gets harder.
- Now as above but **with the ball.** 1 point per gate .

TIPS

- Make each game short. 20-30 seconds.
- Point out what players did well: Using eyes to avoid collisions, looking for the uncrowded cones, turning quickly.
- Challenge players. Ask them: Who can do one more? / Who can go faster? / Who can turn quicker?
- Tell players to shout out the number as they go through the gate – make some noise!

#3. ACROSS THE GRID & “SHARKS”



SET UP

- 20 x 15 grid. (DVD : Session Planner. Disk 1: 5.1-5.4)

ACTION

- Players numbered 1 and 2 (5 of each).
- Coach demonstrates a way to dribble across the grid (e.g. speed dribble with toes down/laces, and stop).
- Coach calls “**Ones**” and the number ones start to dribble to the other side. After they have gone 5m, he calls “**twos**” who follow the “ones” across the grid.
- Coach repeats using **different dribbles/ball mastery**
 - All **Right** foot / All **Left** foot
 - **Inside** then **outside** cuts
 - **Toe taps** moving forwards
 - **Pull-Push**

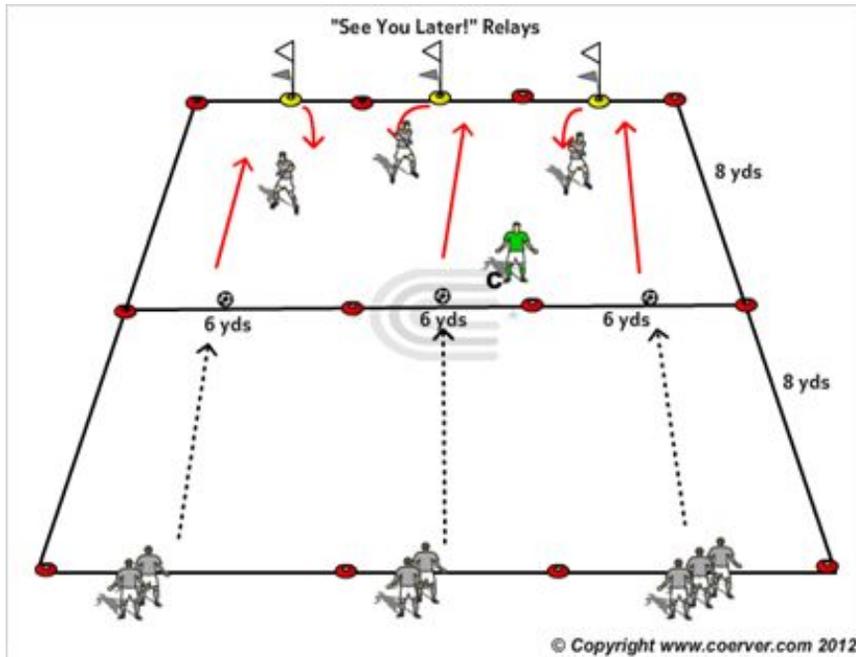
Game: Coach becomes the “**Shark**” in the middle, and tries to tackle/kick away a dribblers ball. Coach demonstrates a simple cut/change of direction to beat the coach.

Final “Sharks” Game: All players dribble. If your ball is kicked out, you become an additional shark for the next run. Go until 5 dribblers are left.

TIPS

- **Remind players to look up – see the finish line – not just look down at the ball**

#4. “SEE YOU LATER!” RELAYS



SET UP

- THREE 6x8 grids with center line marked by cones.
- A flag or large cone at the far end/center of each grid
- Teams of 3-4 players

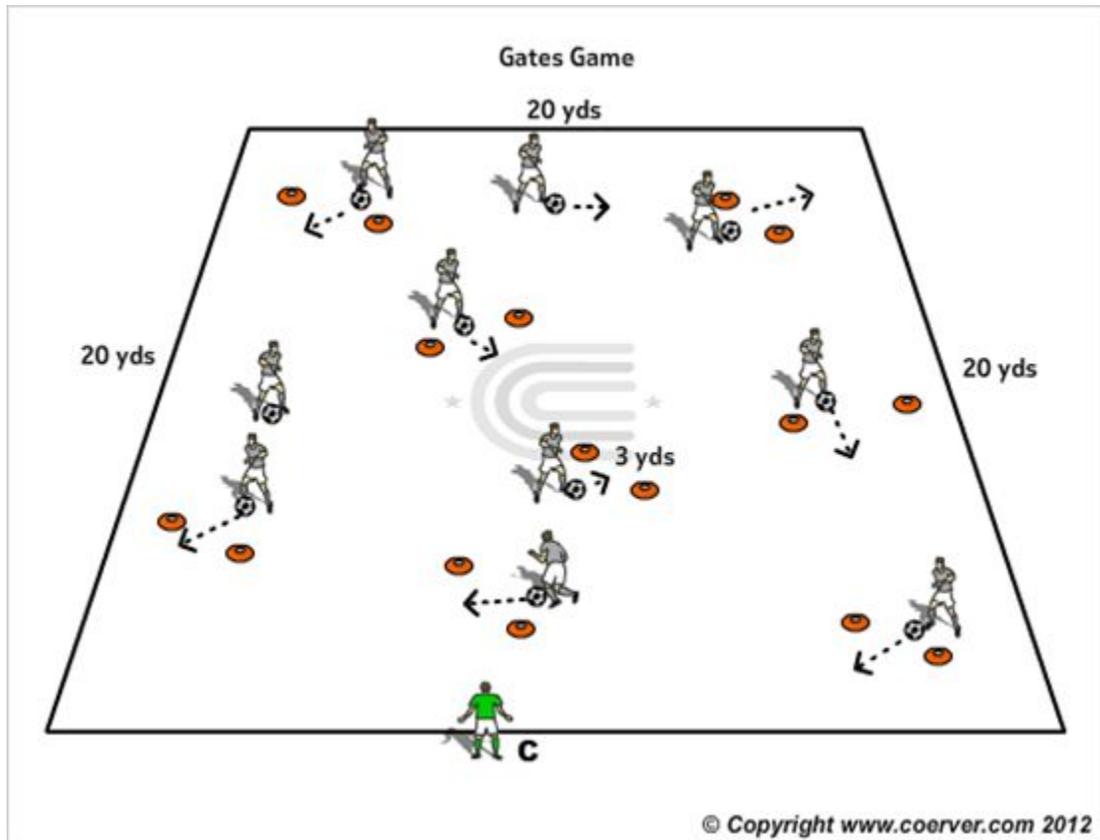
ACTION

- **First without ball:** Relay race around the flag and back. Each player goes twice. Team must all sit down to finish.
- **Then with the ball** The coach places a ball on the mid-line of each grid. Players race out, collect a ball and dribble around the flag, and back to stop the ball with the sole of the foot on the middle line, then run to tag next player.
- **Variation:** Players must dribble around flag left-to-right, using **left foot turn**.

TIPS

- **Remind players to look up – see the line – not just look down at the ball**

#5. “ THROUGH AND BACK ”



SET UP

- 20x20 grid with 10-15 1m wide gates marked by flat cones

ACTION

- On coaches signal players dribble around the grid, through a gate, and do a **Change of Direction Move (COD)** to then come back through the gate.
 - Inside Cut
 - Outside Cut
 - Step On
 - Pull with the Sole

Variation: Players move in pairs, one ball per pair. They have to pass to their teammate through the gate and then move to another gate. See how many passes they can make in 30 seconds.

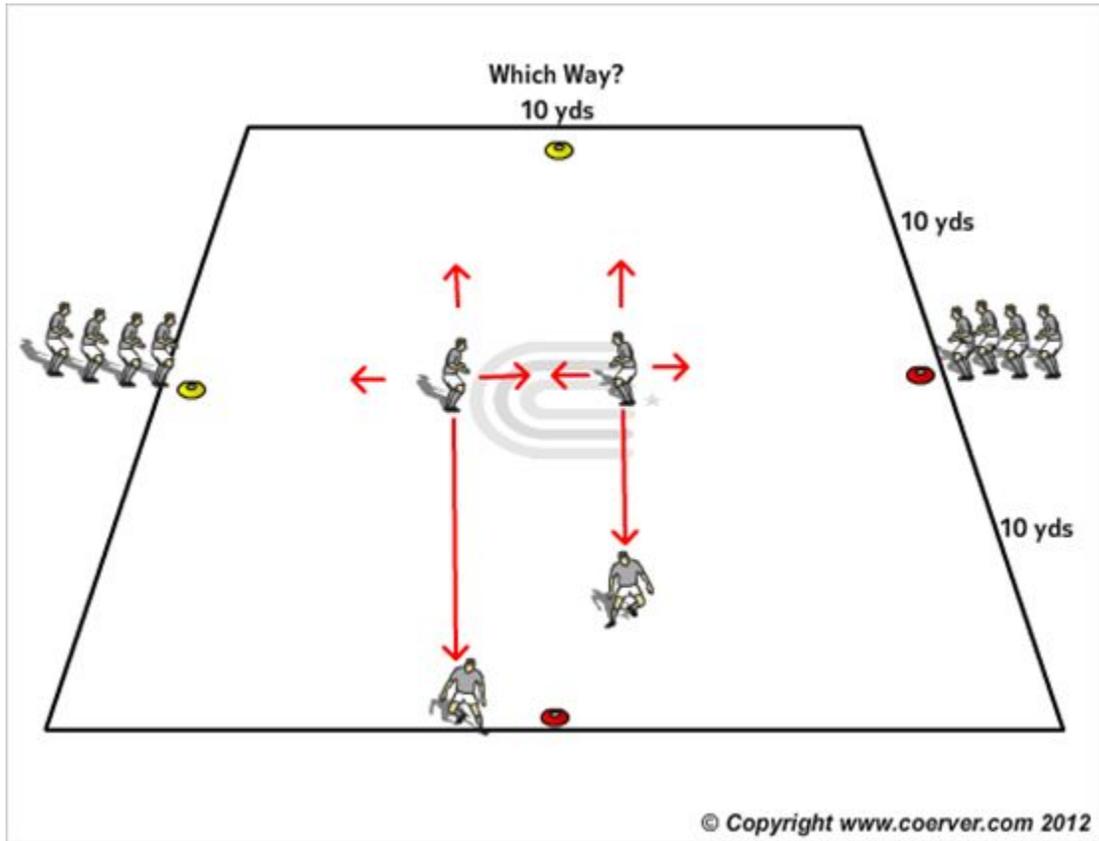
GAME: Divide players into 2 groups. First group dribbles and does CODs through as many gates as possible in 30 secs. Then rest. Other group repeats. Compare scores.

TIPS

- **Don't go too fast to start with. Get the change of direction move done well first. Then speed up.**

2. SPEED

#1. "WHICH WAY?"



(DVD - Session Planner Disk 2. 1.1-1.4)

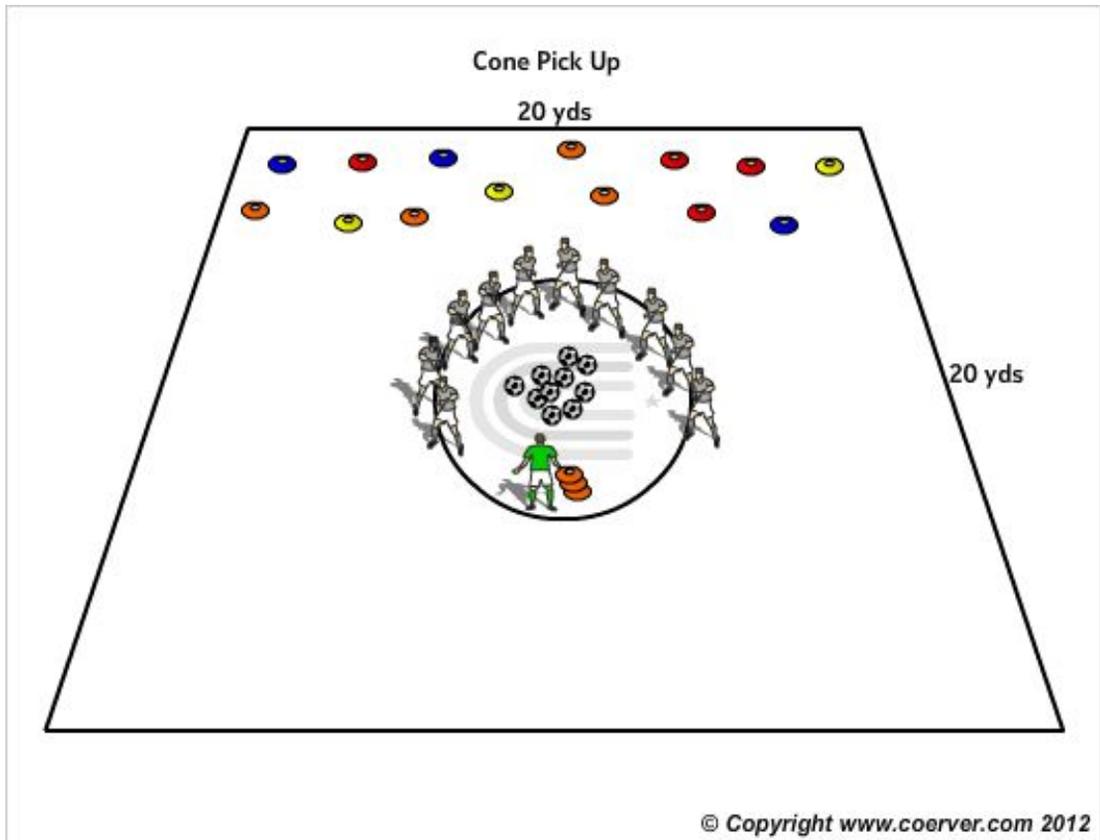
SET UP

- 20x20 grid
- Center "line up here" cones on each side of grid. 2 cones 5m apart in center. Two differently colored cones at either end of the grid.

ACTION

- A player from each team lines opposite each other in the center.
- Players running on the spot / fast feet.
- When coach says "TURN" they turn back to back, continuing to run on the spot.
- When coach shouts a color, players must sprint to be first to that color.
- **Variation:** Opposites. On the shout of a color, players must run to the opposite color.

#2. CONE PICK UP GAME



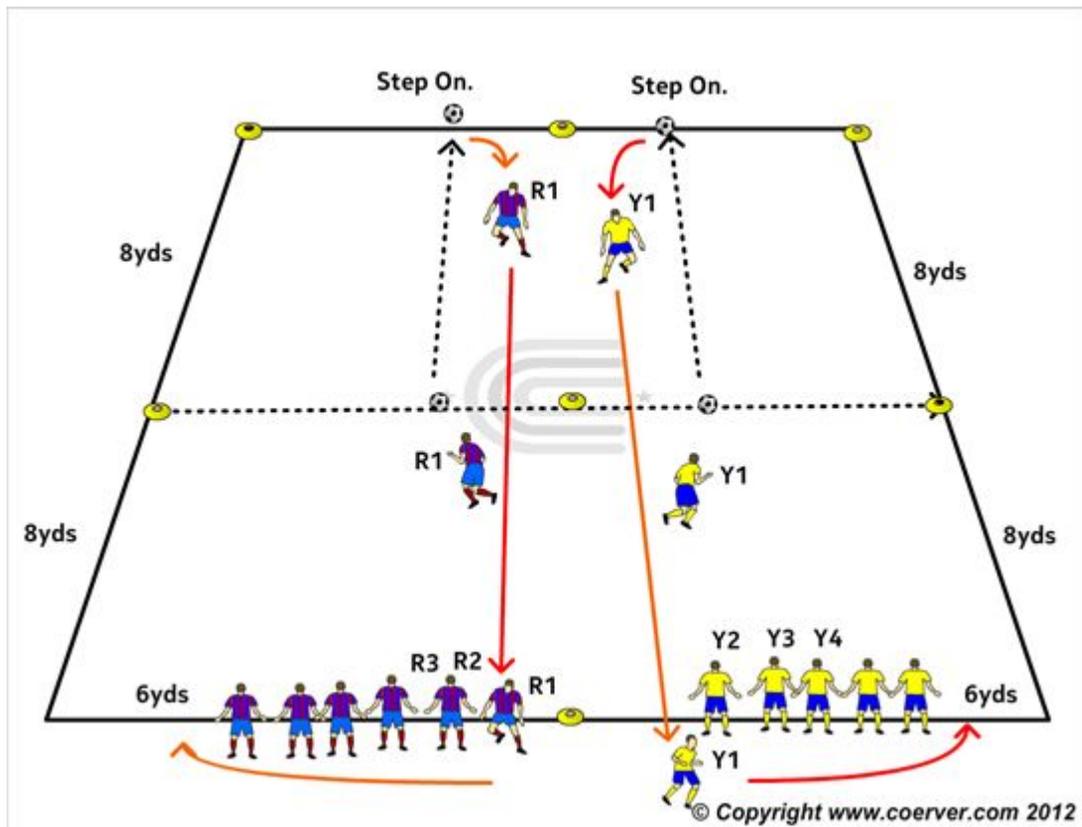
SET UP

- 30-40 Colored disk cones placed randomly around the field
- Players with their balls and the coach in the center

ACTION

- On GO! players dribble to a cone, do a required move/ball exercise: e.g. 3 toe taps, then pick up the cone, then dribble to another cone. After 2 mins. The coach blows a whistle and all speed-dribble back to the center and count their cones.
- **Variation:** divide players into two teams, then count the total picked up by each team.
- **Variation:** Players must pick up 3 **different colored** cones (after doing a ball exercise at each), and sprint back to the center. Give everyone 1 minute.

#3. STEP ON AND SPRINT!



SET UP

- Two teams lined up at end two 16 x 16 grids with a ball on each teams 8m line.

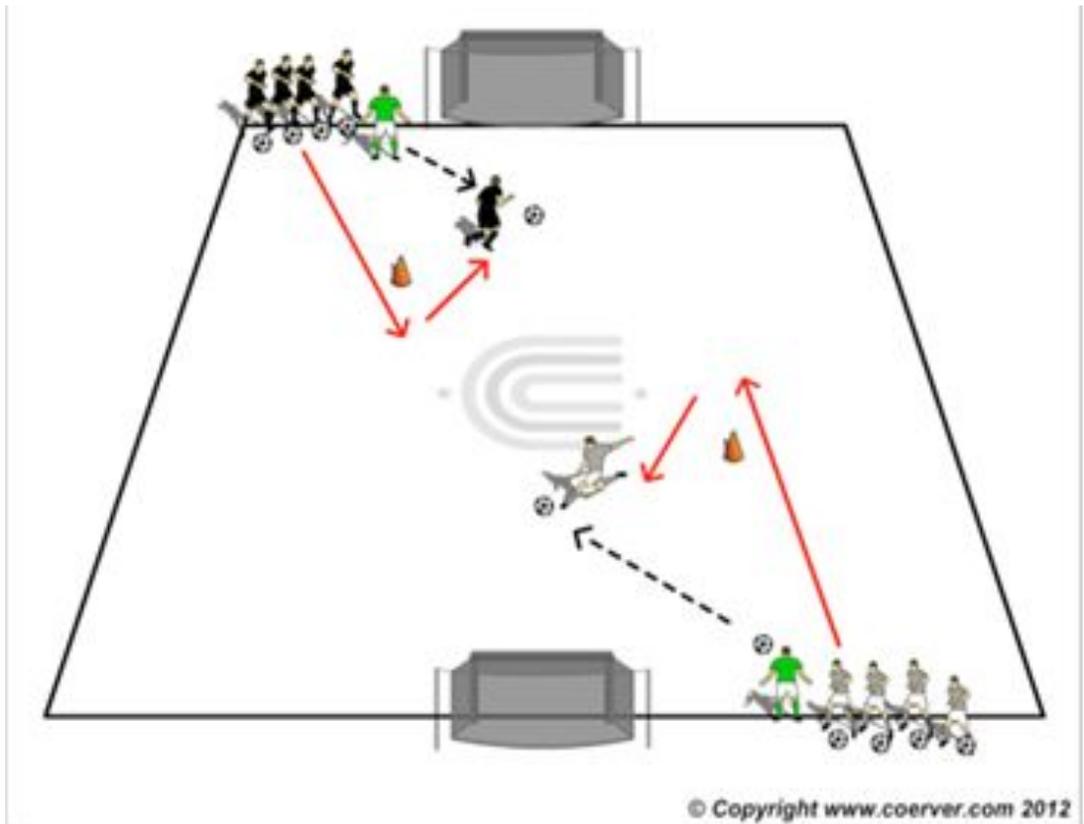
ACTION

- The first player in each team sprints to the ball, dribbles it to the opposite end line and steps on it - the ball must be within a yard of the end line—then sprints back to tag his next teammate.
- Teammate sprints to the ball at the far end of grid and brings the ball back to the mid-line and must stop it with the sole of his foot. Then he sprints to tag and release his next teammate.
- The first team to finish wins.

VARIATION: Players have to make a “High Wave” move before stepping on the ball at either line.

3. SHOOTING/STRIKING THE BALL

#1: SHOOT AND SCORE!



SET UP

- Players line up cone. Marker cone 5-8m out. Mini goal.

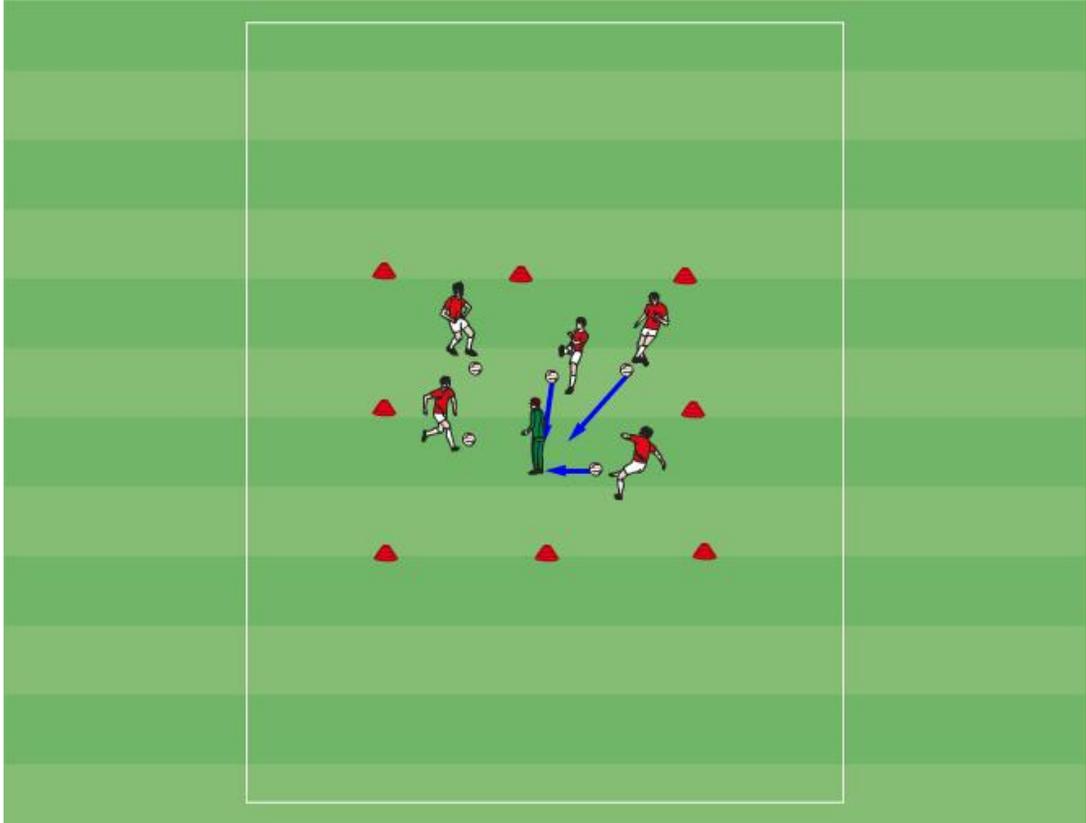
ACTION

- The first player passes to the coach. Runs around cone. Coach rolls out the ball close to goal. Player runs in on the ball and strikes first time, then quickly retrieves ball and gets back in line.
- If you have two coaches, divide into 2 teams. Keep team score (2 mins games).

TIPS

- **Keep it moving** . The next player going as soon as the first rounds the cone.
- **Roll the ball slowly, straight at the player, and very close to goal to start with.** Players need to feel the success of scoring. Then further out as the skills develops.

#2. The “Ouch” GAME



SET UP

- An 15yd x 15yd square.
- A ball for each player.

ACTION

- Play for 45 sec - 1 minute. All players have a ball. The coach walks around the playing area. The players dribble and then try to strike/pass the ball and hit the coach below the knee. When a coach gets hit they yell "ouch!".

VARIATIONS

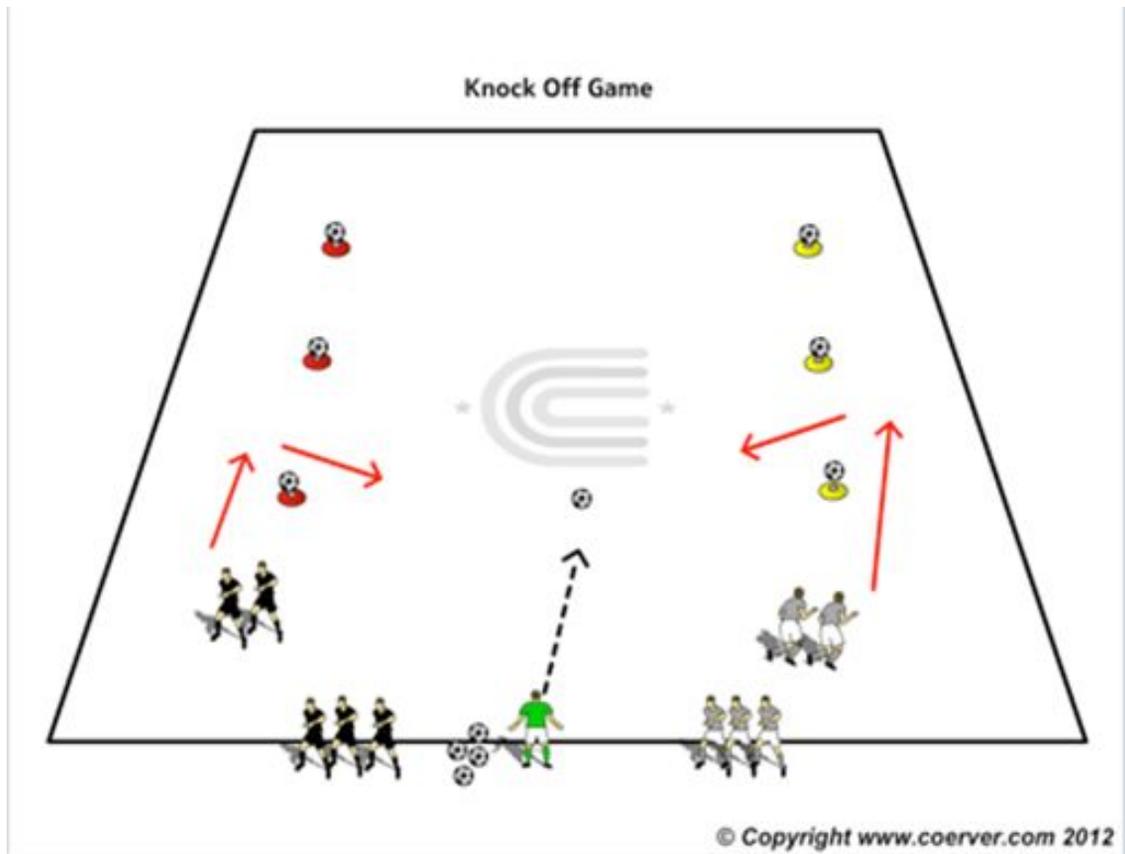
- Have one group at a time strike the ball at the coach while the others dribble.
- Have an assistant coach or two join along to also walk around.

COACHING POINTS

- Dribbling with the head up. "Where should your eyes be"?
- Surface selection to strike the ball. "What is the biggest part of your foot"?

(Inside)

#3: THE KNOCK OFF GAME



SET UP

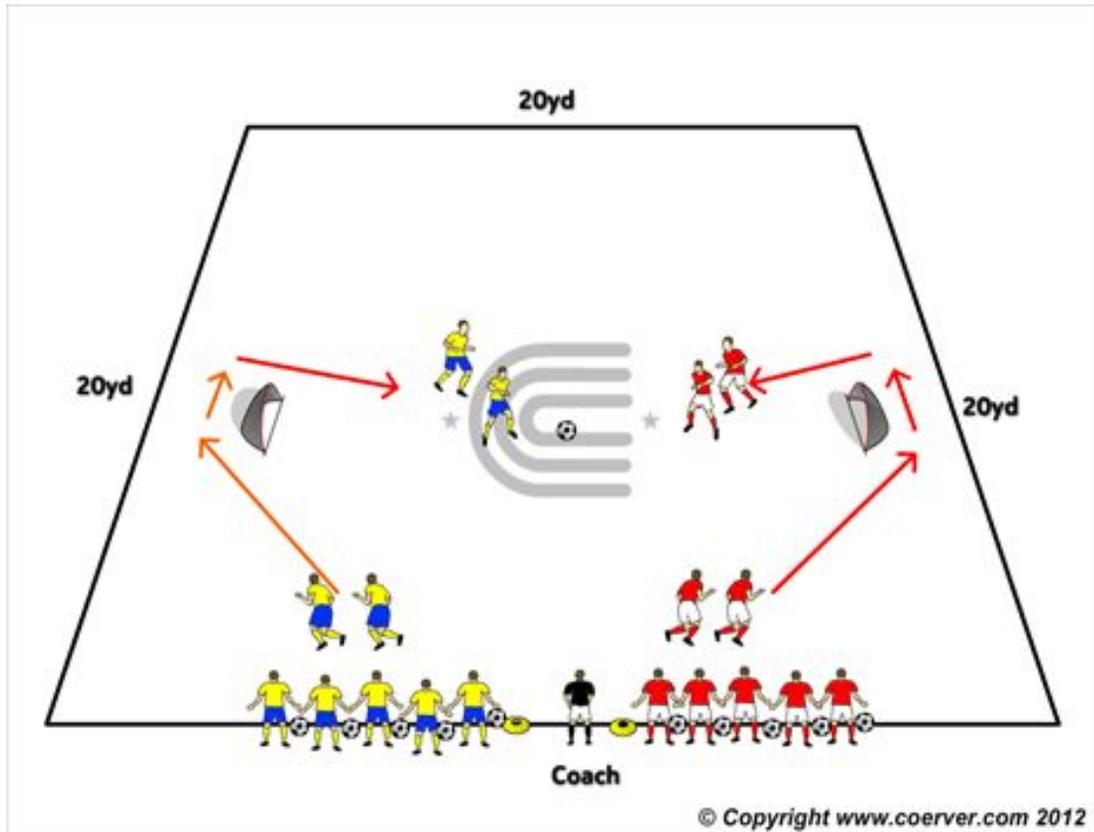
- 15m x 15m grid. 3 cones with balls on top of the cones, along two sides of the grid. 2 teams.

ACTION

- **GAME 1.** Coach numbers the target balls: First ball / Second ball / Third ball. Players are numbered. Coach shouts a player's number, e.g. "1's" and cone number, e.g. "2nd Cone." Number 1s each dribble their ball to try and be the first to knock down the designated ball/cone in their lane.
- **GAME 2.** All balls start with the coach. When the coach shouts a number, e.g. "1's" the number 1s run to get to the ball rolled in by the coach, and then play 1v1 to try to knock down any target ball. **Variation:** Coach rolls in 2 balls. First to score wins a point for the team.
- **Keep the game moving fast.** As soon as the cone is knocked down, the next player goes.

4. SMALL-SIDED GAMES (SSGs)

SSG #1: “ATTACK AND DEFEND”



SET UP

- 20x20 grid. 2 mini goals. 15m apart. 2 teams. Balls with the coach.

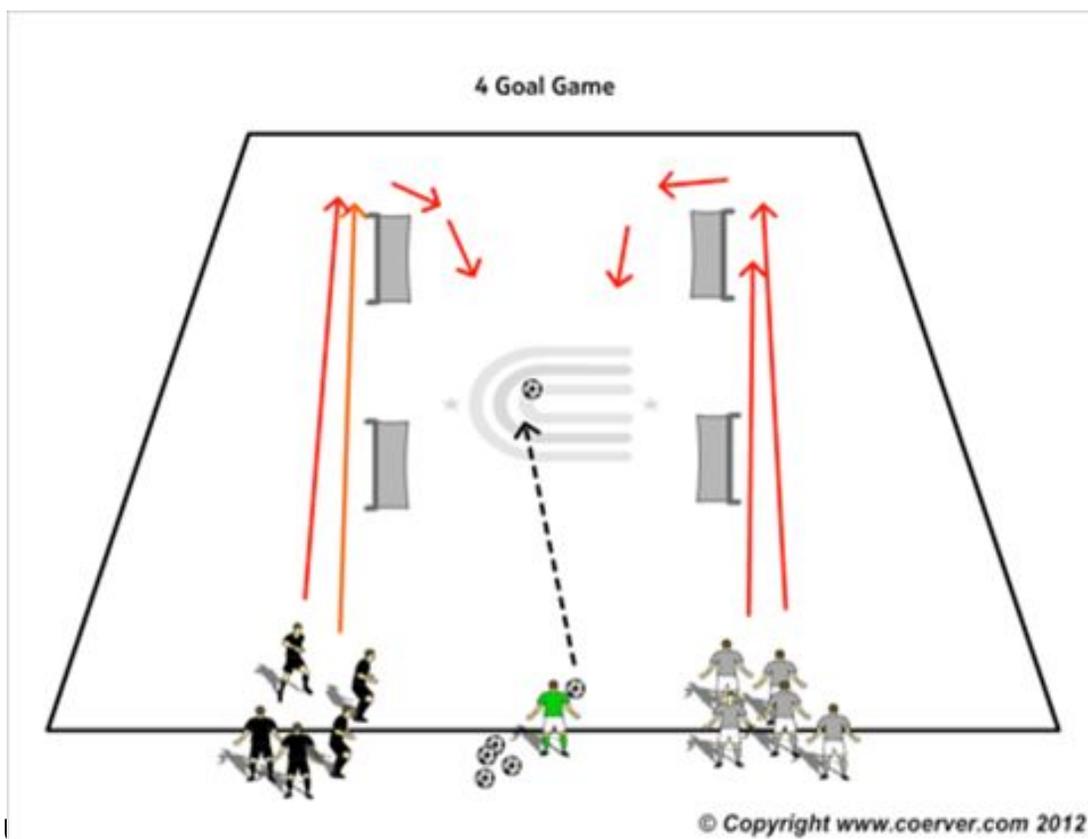
ACTION

- On the coach's signal, 2 players from each team run around their goal and onto the field.
- Coach rolls ball to first team onto the field.
- Teams try to be the first to score in the opponent's goal.
- Time limit of 30 seconds can be applied to keep the games moving.

TIP

- Introduce and reinforce the words “Attack” “Defend.”
- Encourage quick counterattack when a defender wins the ball.

#2. 2-GOAL GAME / 4-GOAL GAME



SET

- 20x20 grid. 4 mini-goals. 2 teams. Balls with the coach.

ACTION

- **2-Goal Game:**
 - On the coach's signal, 2 players from each team run around their goal and onto the field.
 - Coach rolls ball to first team onto the field.
 - Players can score in either of their opponent's goals. Encourage changes of direction if one goal is blocked.
 - Time limit of 30 seconds can be applied to keep the games moving.
- **4-goal game:**
 - Turn the goals so they **face outwards**. Players can now score in any of the 4 goals. This encourages additional dribbling, running and thinking.



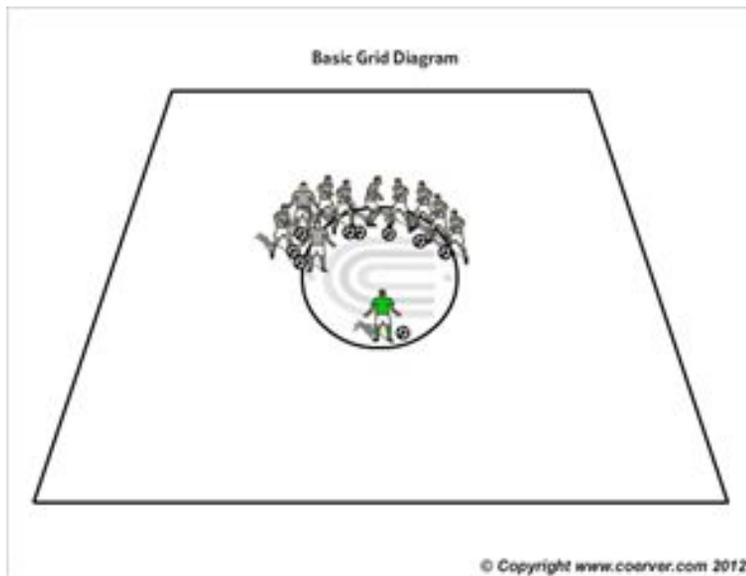
8 CORE SESSION PLANS



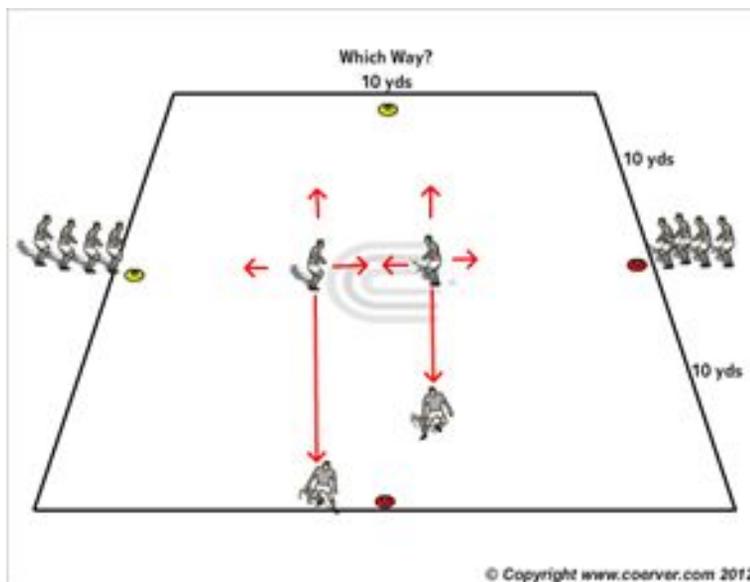
SESSION PLAN #1

1. INTRODUCTION/NAMES RULES

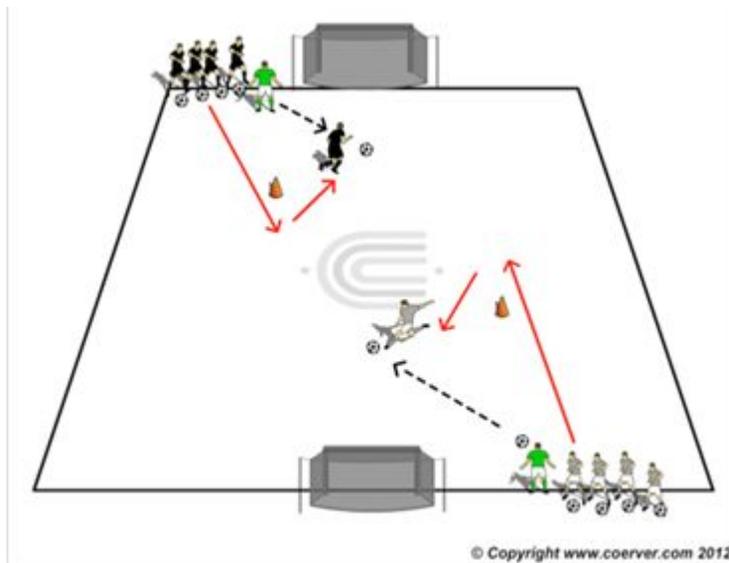
2. SKILLS (“Make some noise!”)



3. SPEED (“Which Way?”)



4. SHOOTING (“Shoot and Score!”)



5. SSG - 2V2 (“Attack and Defend”)

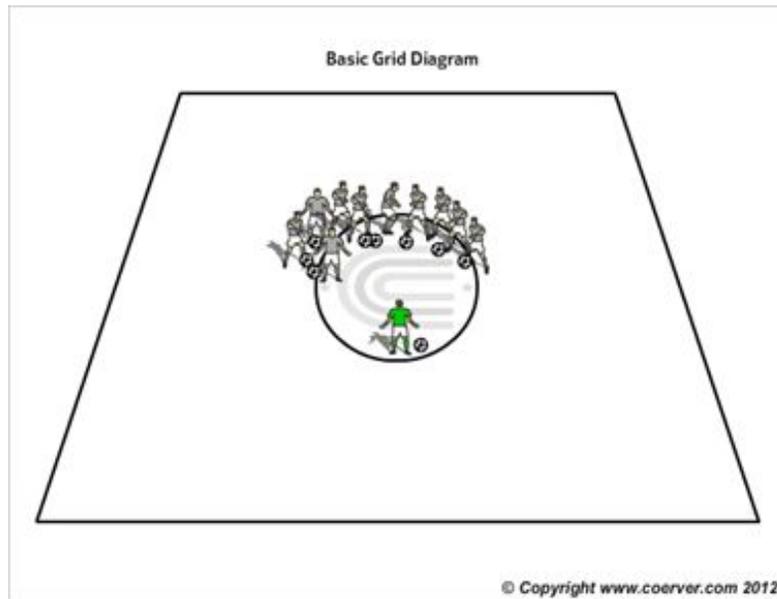


6. SUMMARY/HOMEPLAY

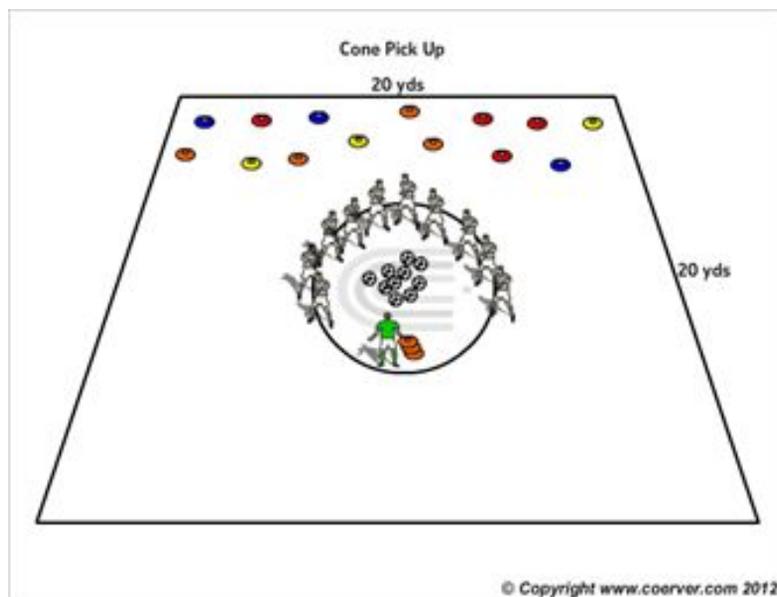
SESSION PLAN #2

1. SMALL-SIDED GAME: 2v2

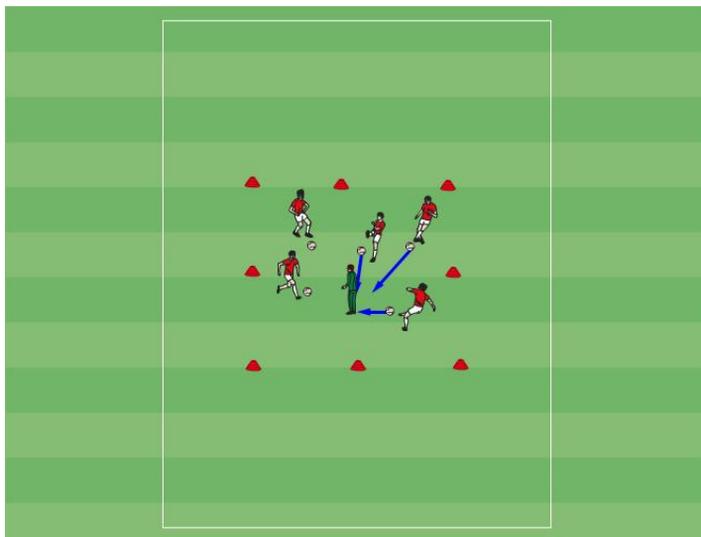
2. SKILLS (“Cars”)



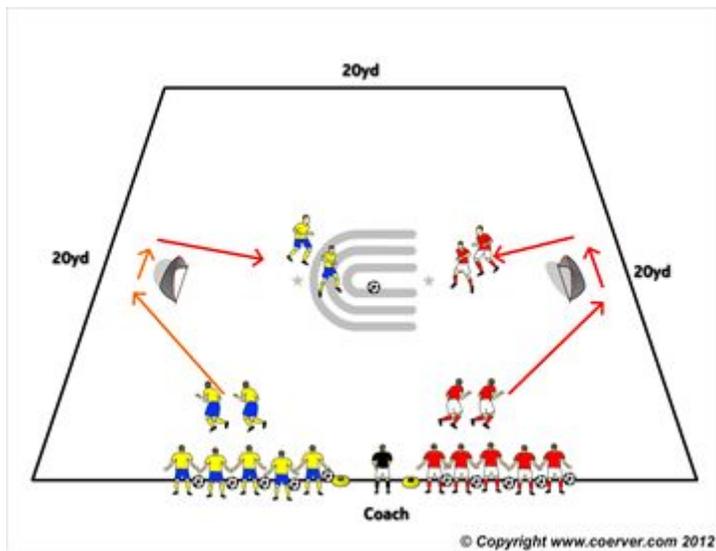
3. SPEED (Cone Pick Up)



4. SHOOTING (“Ouch” Game)



5. SSG – 2V2 (“Attack & Defend”)

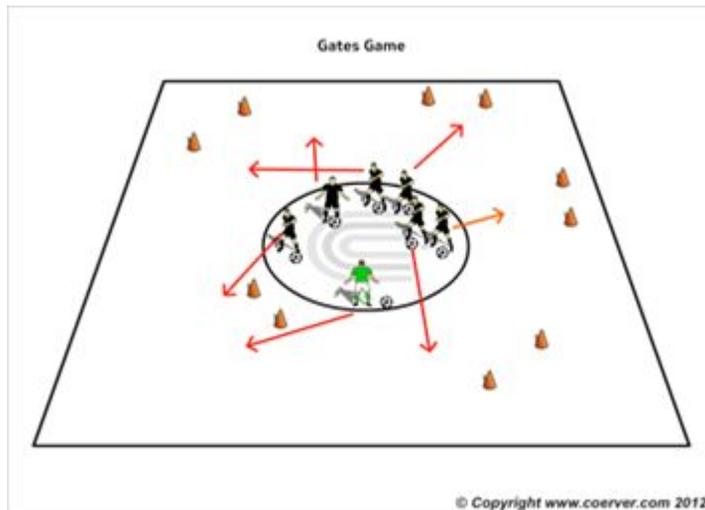


6. SUMMARY/HOMEPLAY

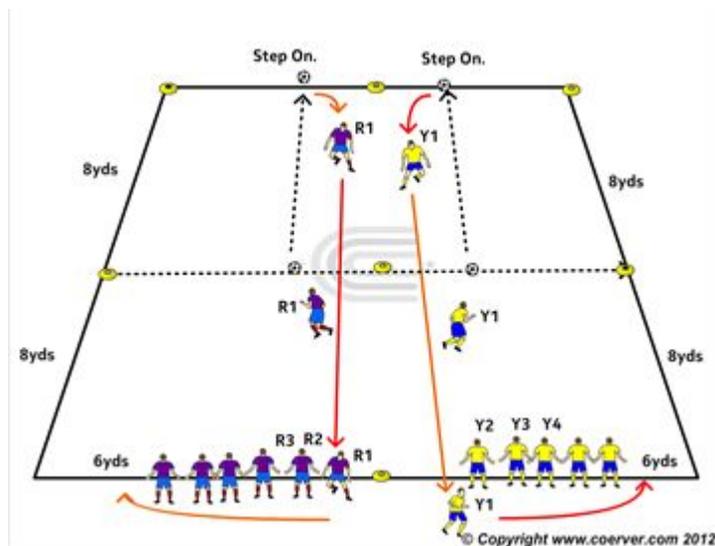
SESSION PLAN #3

1. SMALL-SIDED GAME: 2v2

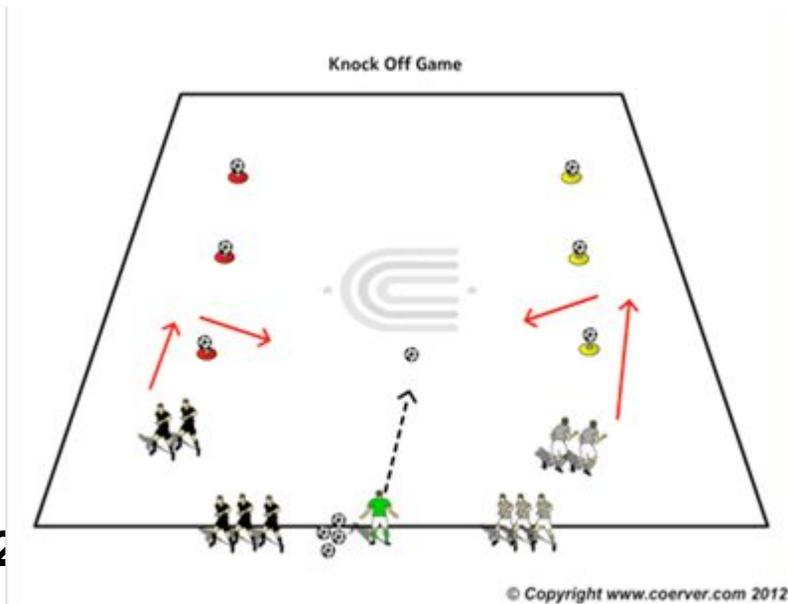
2. SKILLS (“Gates Games”)



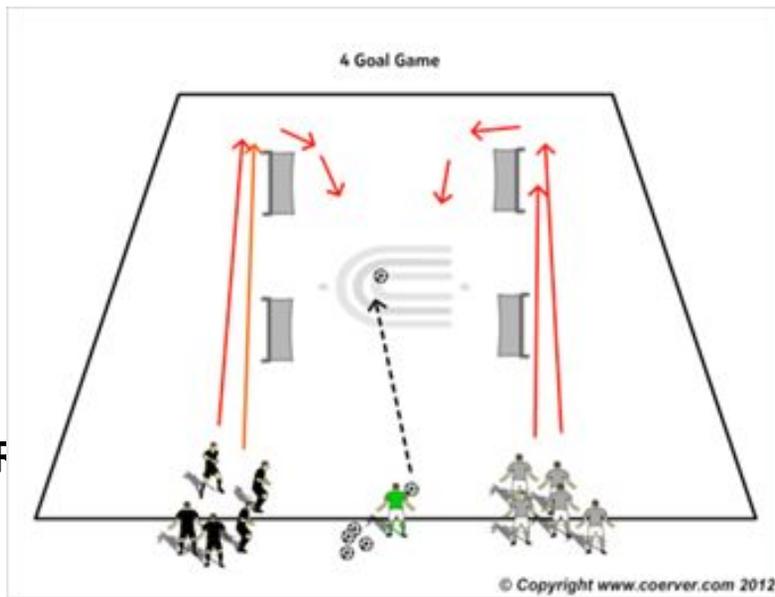
3. SPEED (Step-On)



4. SHOOTING (“Knock-Off”)



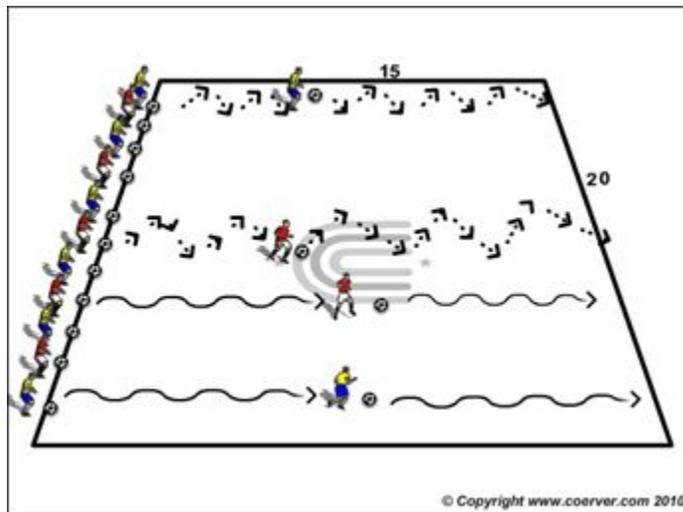
5. SSG – 2



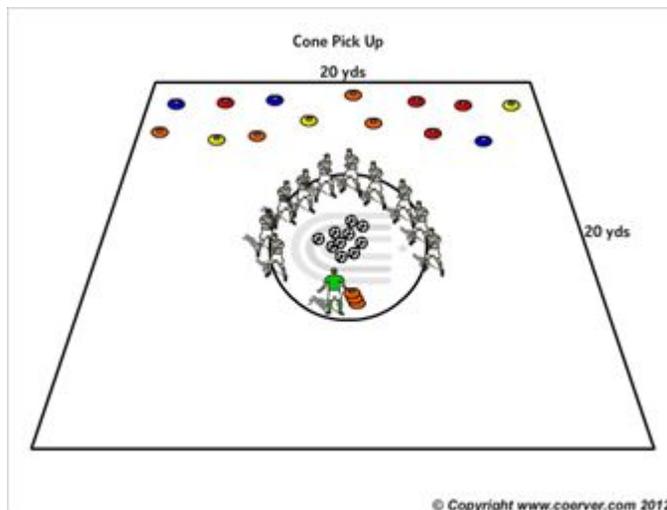
6. SUMMAR

SESSION PLAN #4

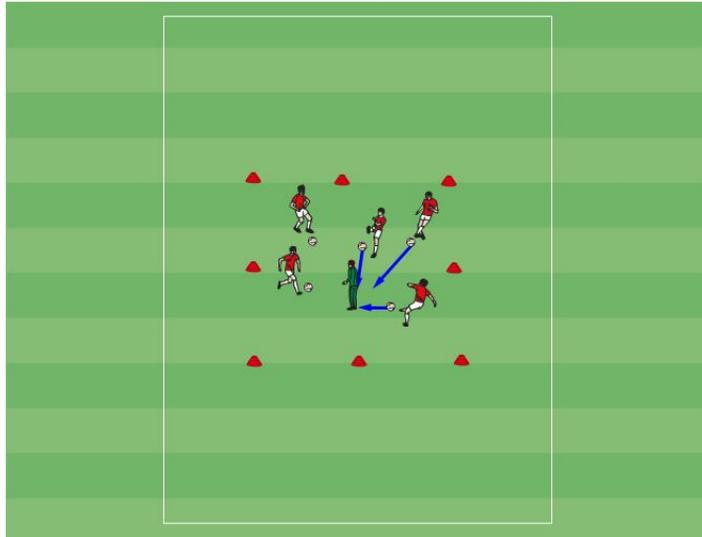
1. **SMALL-SIDED GAME: 2v2**
2. **SKILLS (“Across the Grid / Sharks”)**



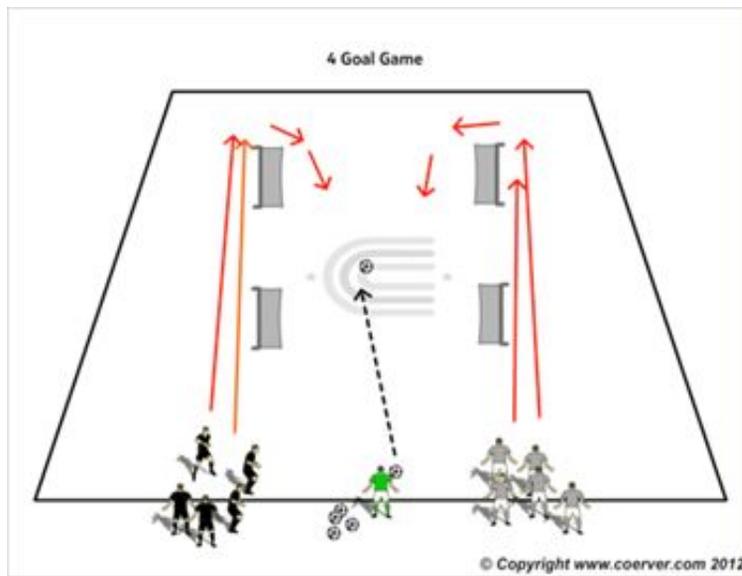
3. **SPEED (Cone Pick Up)**



4. SHOOTING (“Ouch Game)



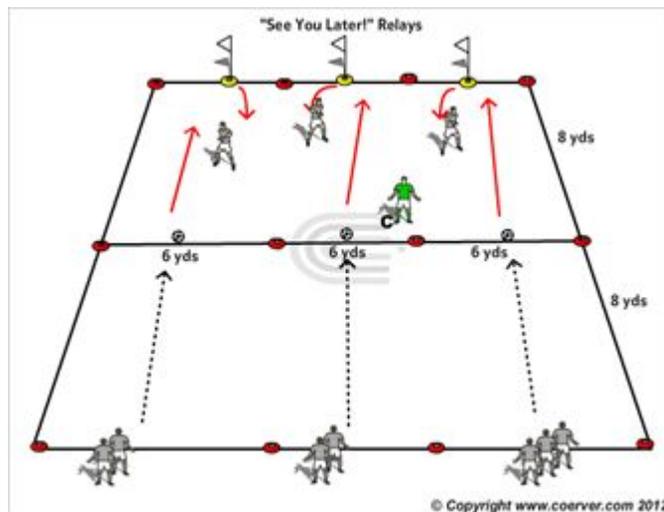
5. SSG 2v2 (4-Goal Game)



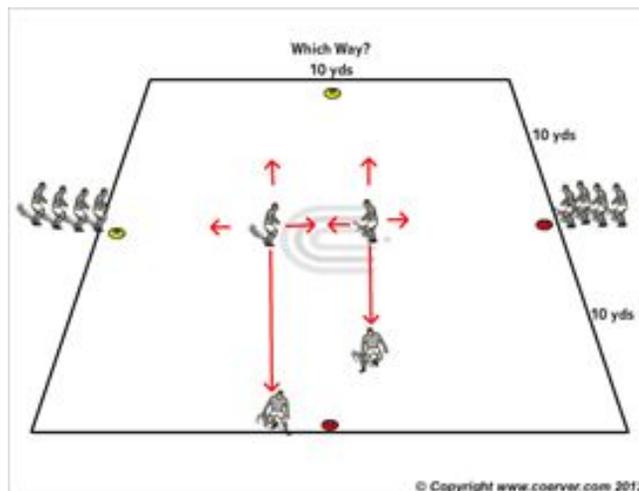
6. SUMMARY/HOMEPLAY

SESSION PLAN # 5

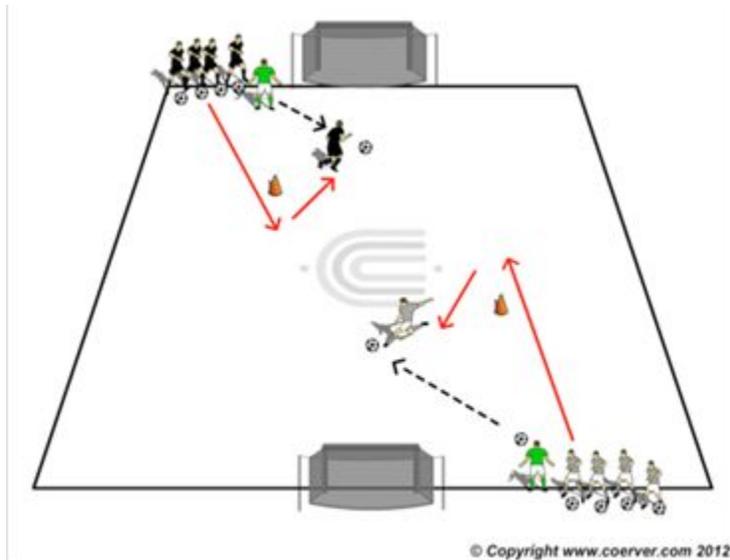
1. **SMALL-SIDED GAME: 2v2**
2. **SKILLS (See You Later! Relay)**



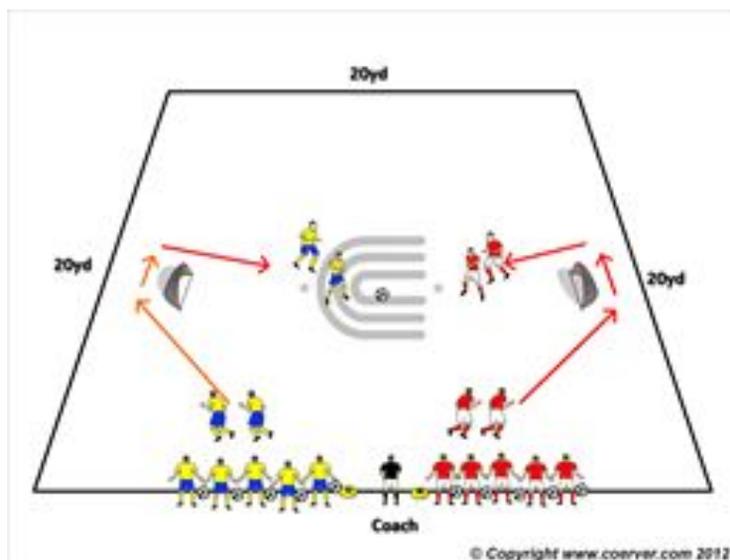
3. **SPEED ("Which Way?")**



4. SHOOTING (“Shoot and Score”)



5. SSG – 2V2 (2-Goal Game)

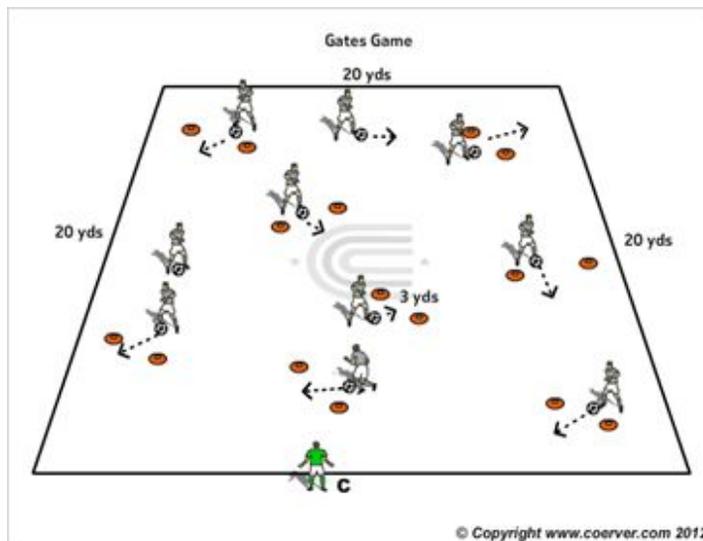


6. SUMMARY/HOMEPLAY

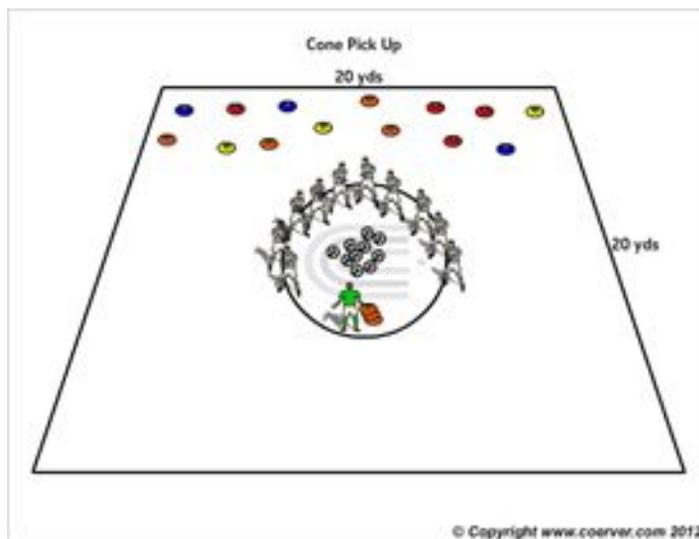
SESSION PLAN #6

1. SSG: 2v2

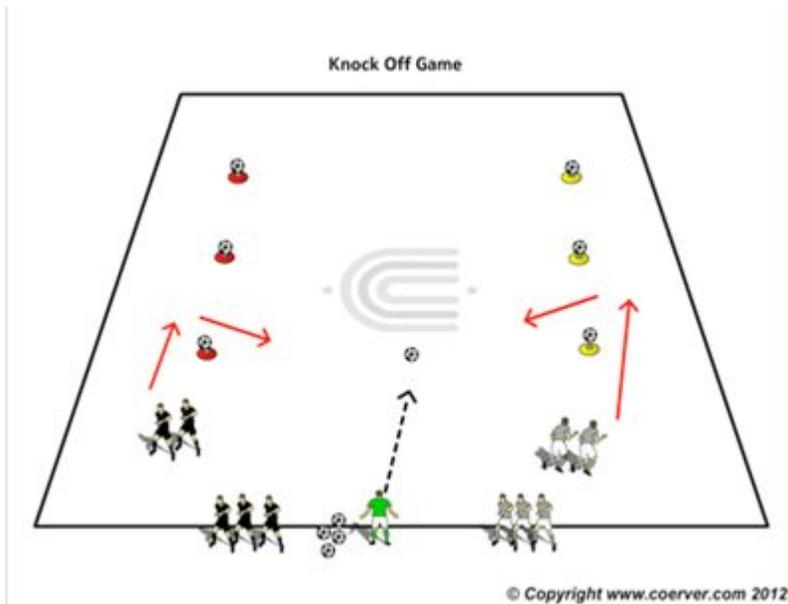
2. SKILLS (“Through and Back”)



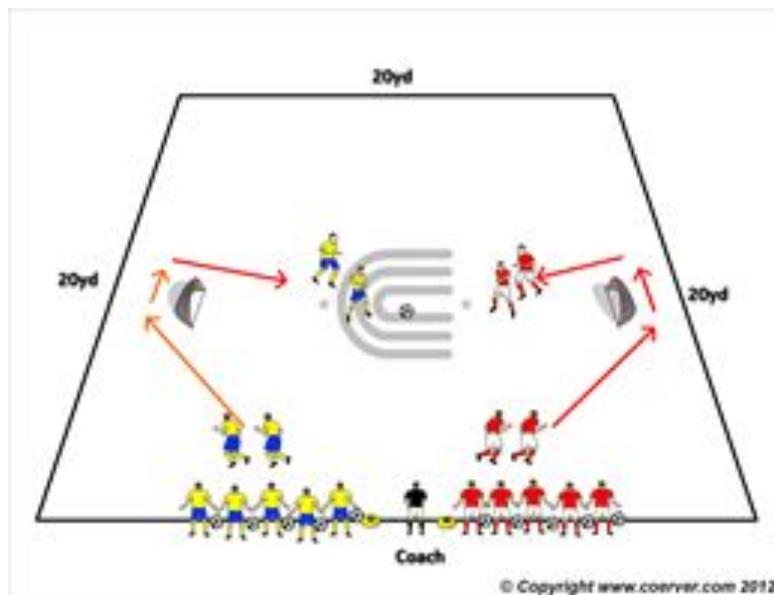
3. SPEED (Cone Pick Up)



4. SHOOTING (Knock Off Game)



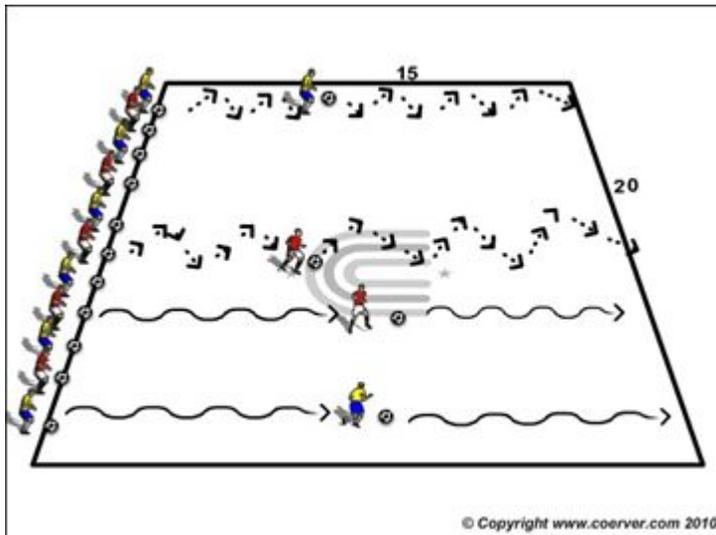
5. SSG – 3V3 (2-Goal Game)



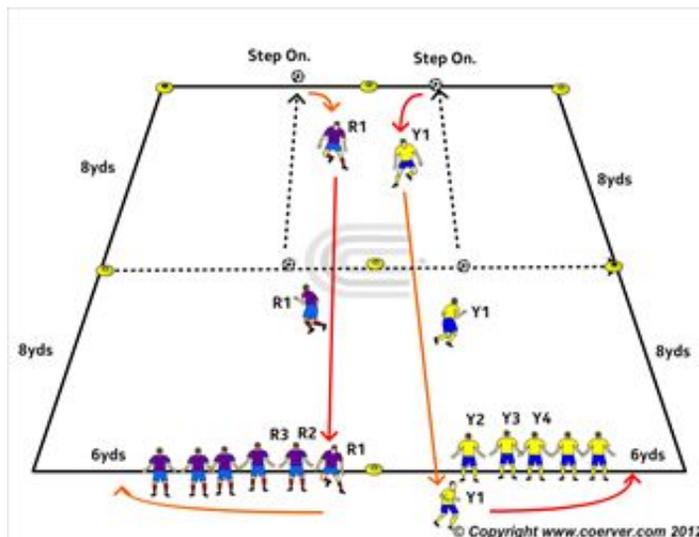
6. SUMMARY/HOMEPLAY

SESSION PLAN #7

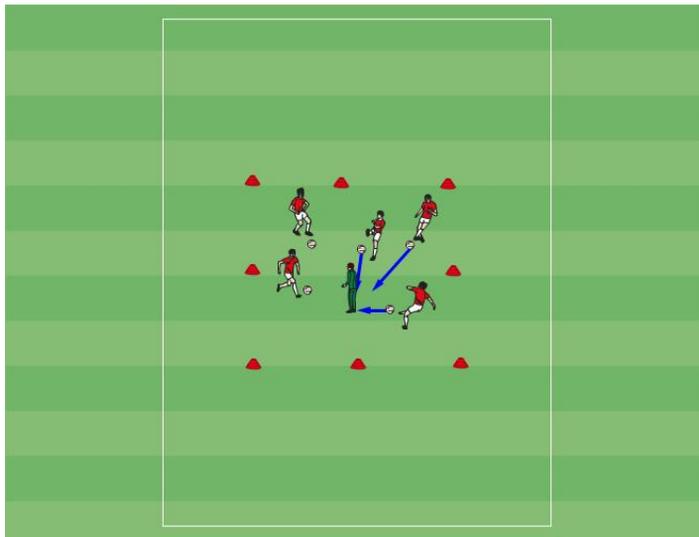
1. SSG: 2v2
2. SKILLS (Across the Grid/Sharks)



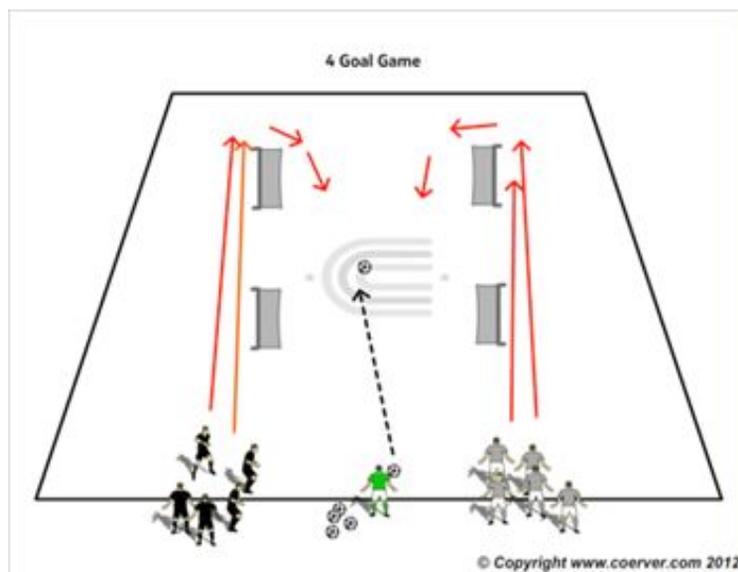
3. SPEED (Step-On)



4. SHOOTING (“Ouch” Game)



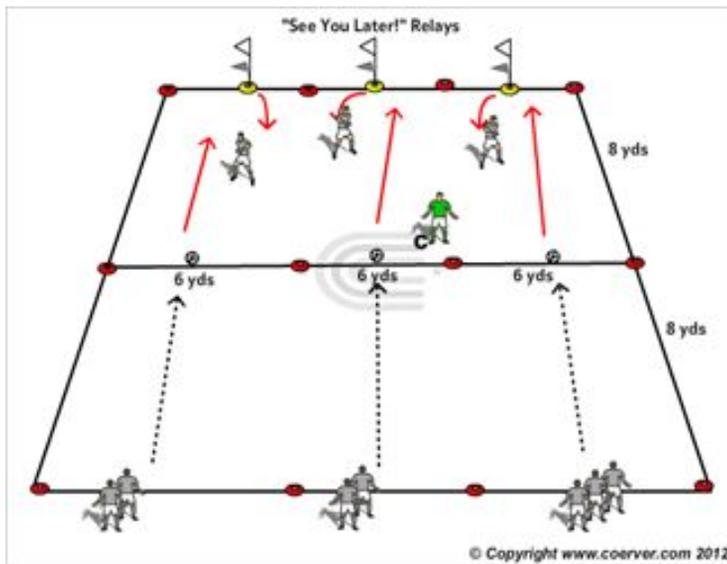
5. SSG – 3V3 (4-Goal Game)



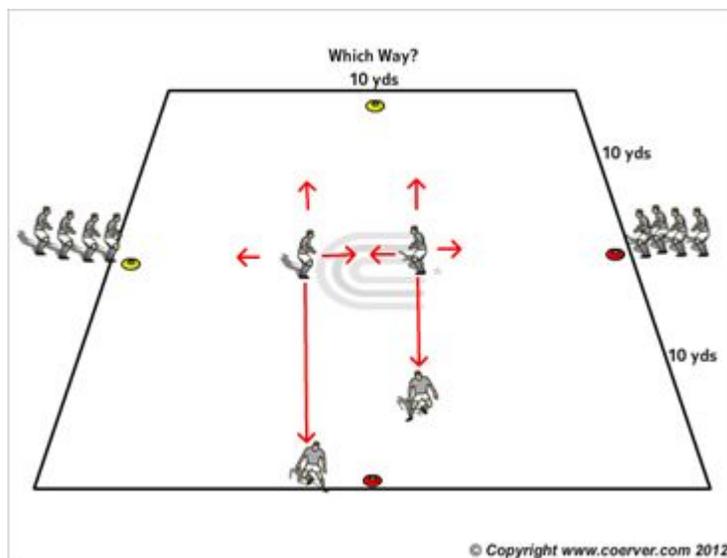
6. SUMMARY/HOMEPLAY

SESSION PLAN #8

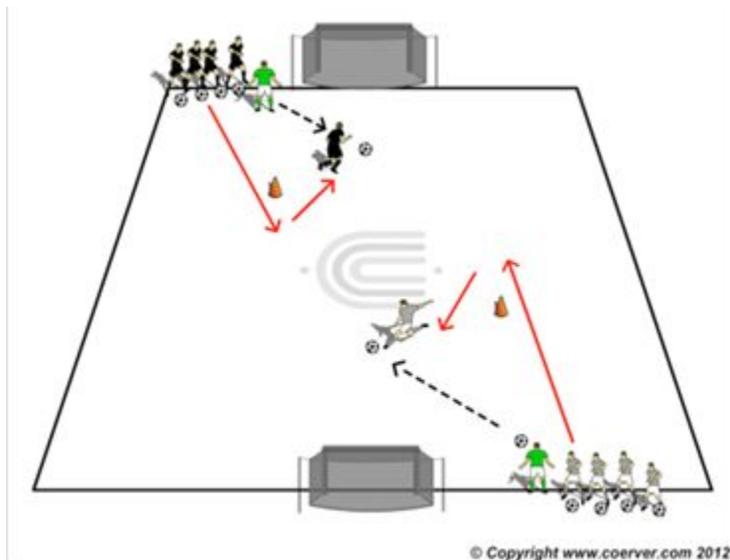
1. **SSG: 2v2**
2. **SKILLS (“See You Later” Relay)**



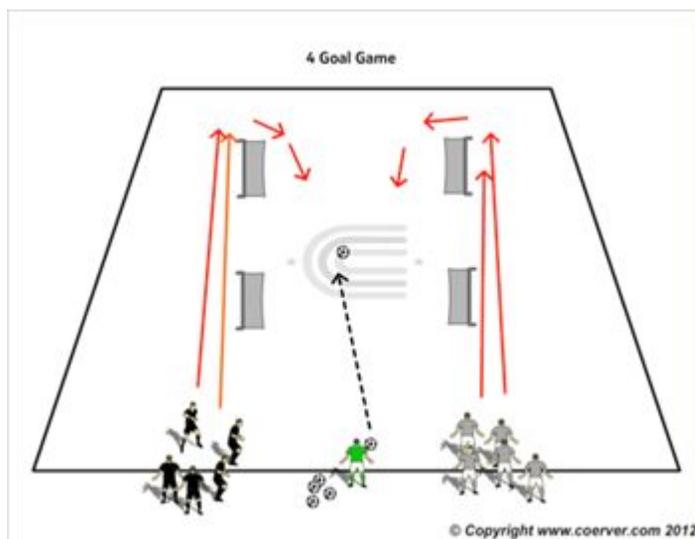
3. **SPEED (Which Way?)**



4. SHOOTING (Shoot and Score!)



5. SSG – 3V3 (4-Goal Game)



6. SUMMARY/HOMEPLAY