



## UHL Session 3 U7-U8

**Category:** Technical: Ball Control  
**Difficulty:** Moderate

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### Description

#### Warm Up/ Phys Lit (10 mins)

##### Organization

- 3v3 Size Field
- All players have a ball
- Coach stands at the side of the field with 4 different pinnies

##### Activity

- Players start by moving around the area with a jog
- As they move the coach starts to put up different coloured pinnies
- Each pinnie signifies a different movement, e.g backwards jog, skip, jump etc

##### Progression

- The players move around the area with the ball at their feet, the coach encourages the players to try and use different parts where possible.
- As the players dribble the coach raises different coloured pinnies or cones. Green means move quickly keeping the ball under control, Red means stop, Orange means skill of the coaches choice.
- Make it competitive by the first player to do 5 of the skill wins a point.

##### Coaching Emphasis

- Players need to keep their heads up to see the pinnies/cones
- Keep the ball close when dribbling
- Fun



#### Initial Game (15 mins)

##### Organization

- 25 - 40 Field
- 3v3 on the Field

##### Activity

- 3v3 small sided game
- The team in possession attempts to create the space to dribble the ball over the opposite teams line.
- The player must be in control when they dribble over the line.

##### Coaches Emphasis

- Positive First Touch
- Encourage players to be creative in 1v1 situations
- Changes of speed and direction
- Decision making of when to pass and when to dribble



#### Dribbling Gates (15 mins)

##### Organization:

- See diagram for set-up and equipment
- Use the full field for 3v3

##### Activity

- Players dribble around the area.
- When the coach calls go, the players try to go through as many gates as they can
- After 30 seconds the coach calls stop and asks the players how many gates they got. Always start with a low number to include all.

##### Progression

- Add a simple skill that the players must perform before attacking the next gate

##### Progression

- Make the gates different colours and ask the players parents to count the players points.



**Coaching Points:**

- close dribbling in tight areas
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players
- use of both feet and all surfaces of feet

**Final Game (20 mins)****Organization**

- 7v7 game

**Activity**

- The players play a standard game for their age and stage
- The coaches role is to allow the players to play while encouraging and giving players the opportunity to show what they have learned in the session.

**Coaches emphasis**

- Encourage Players to be positive
- Make good decisions
- Attack with speed
- Awareness of players and space

