Self - Training Plan 2

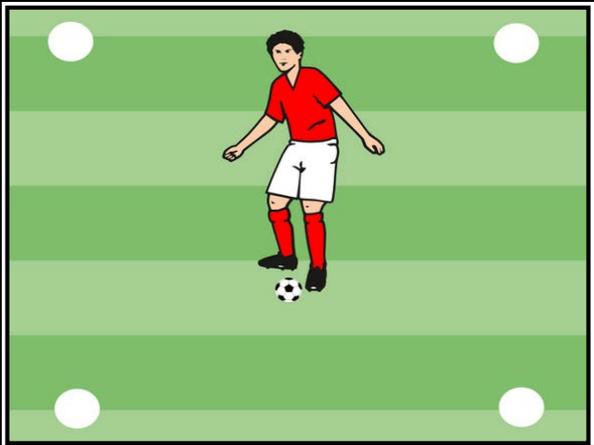**TOPIC:** **Dribble and Stop the Ball 2**

U6 & U8

SKILL ACQUISITION: Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep the ball close with small touches with your laces. Use the sole of the shoe to stop it.
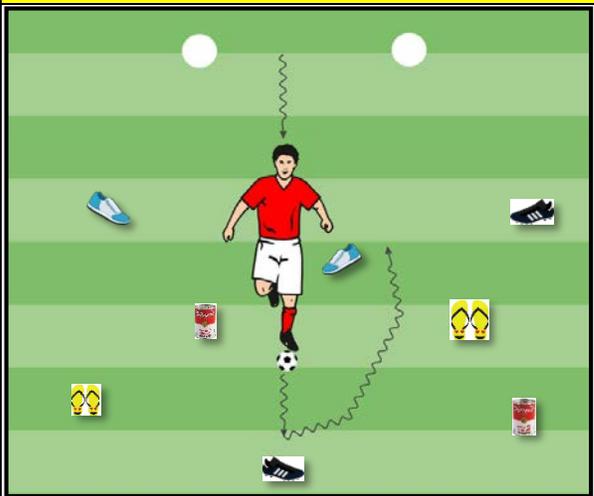
ACTIVITY 1: SOLE TAPS

Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

Equipment: 4 markers (Cones, Paper Plates, Cups, Socks or Sandals) and a Soccer ball.

Organization: Set up a square as shown in the diagram. Get in the middle of the square with the soccer ball and start the tasks below.

Tasks:
1. Slow sole taps.
2. Quick sole taps.
3. Short kick – stop the ball with the sole of the shoe

ACTIVITY 2: GOING SHOPPING

Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

Equipment: A soccer ball, 2 markers and a few items such as shoes, sandals t-shirts, cans etc.

Organization: Place the two markers at one end of the working space. Spread the shoes, sandals, t-shirts, and cans around the room as shown in the graphic. Get the player between the two markers (basket) with the soccer ball and start the tasks below:

Tasks:
1. Dribble to one item, stop the ball, pick it up and dribble it back to the basket.
2. Dribble each item back.
3. Dribble to two of the same items, stop the ball and dribble them back to the basket.
4. Dribble the two Items back.

ACTIVITY 3: SHOPPING DASH

Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

Equipment: A soccer ball, 2 markers and a few items such as shoes, sandals, t-shirts, cans etc.

Organization: Place the two markers at one end of the working space. Spread the shoes, sandals, t-shirts and cans around the room as shown in the graphic. Get the player between the two markers (basket). The player will dribble to each item, stop the ball, pick up the item then go to the next one.

Tasks:
1. How long will it take to pick up all the items and bring them to the basket?
2. How many items can the player bring to the basket in 1 minute?
3. How many items can the player bring to the basket in 45 seconds?
4. How many items can the player bring to the basket in 30 seconds?