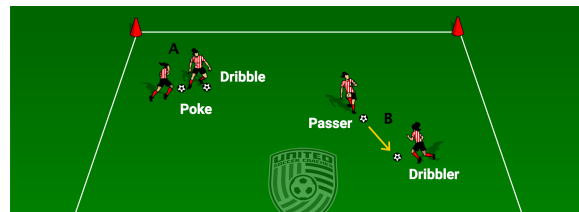## U8 Practice – Dribble 'vs' Pass 'vs' Shoot

(Grid) Play (Gathering activity or simple small-sided game)

Keep & Kick

Set up a grid and a ball per player. Add progressions:
  (a) Player dribbles own ball and toe pokes other balls;
  (b) Player tries to pass own ball to hit other balls.
If a player's ball is hit, they perform a minimal consequence (e.g., 5x toe-taps or tick-tocks) then re-enter the game.


Practice (Develop a theme)

Dribble & Shoot vs. Defender & Goalkeeper

Set up a grid with a penalty area and full-width (12-ft) goal at one end. Two attackers dribble at the same time against a defender and a goalkeeper (GK). Defender chooses one attacker to defend. Unopposed attacker goes to goal, while opposed attacker must first beat defender.
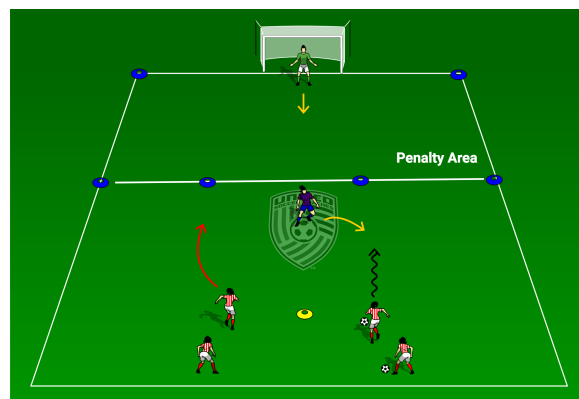Options:
  • Same defender/GK for set number of attacks.
  • Rotate attackers with defender/GK each attack.
  • Attacker becomes defender if they lose the ball.
  • Attacker becomes GK if shot is saved or misses.
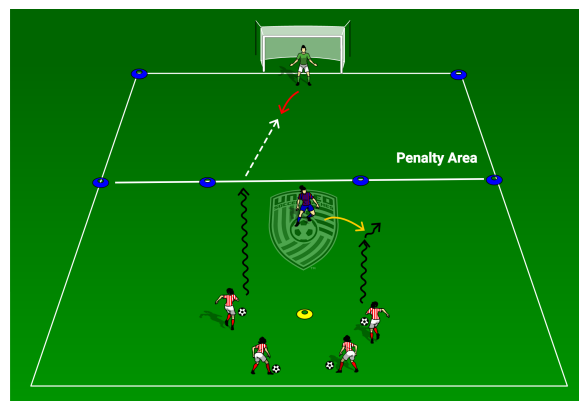
2v1+GK

Same as activity above, except the two attackers share a ball.
  • Player with ball – dribble, pass, or shoot?
  • Teammate without ball – how to support?

(Game) Play (Observe players in action)

4v4 (3+GK)

Play a 4v4 game with a 12-ft goal at each end.
Play all appropriate restarts.

Emphasis: **When to Dribble, Pass or Shoot?**