



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

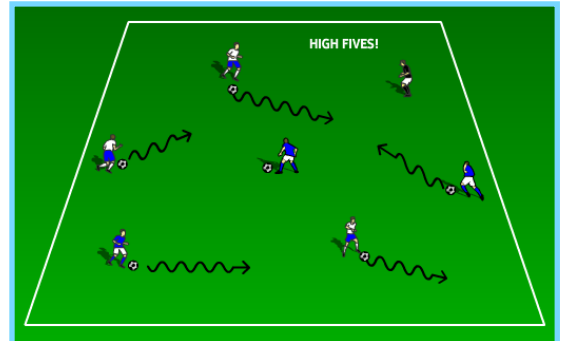
Activity 1 - Greeting Game

Area: 20 x 20 yards.

Organization: Players move freely around the area (no ball to start), waiting for the coach to give greeting commands, which players then execute. Greetings include; shake hands, high fives, low fives, bump shoulder to shoulder, chest bumps, etc. Progress to players dribbling the ball which completing the tasks.

Coaching Points:

- Dribbling Technique.
- Introduce turning with the sole of the foot.



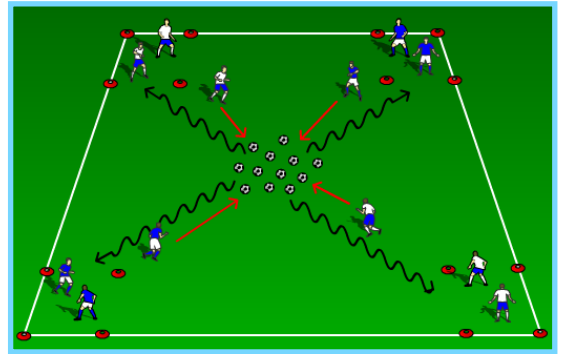
Activity 2 - Bedrock Barbecue

Area: 20 x 20 yards.

Organization: Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to steal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Progression: Play for 2 minutes. Once balls are gone from the center, groups can steal from other teams. Groups are not allowed to defend their soccer balls. Group with the most balls at the end wins.

Coaching Points: Same as above. Dribbling & Turning Techniques.



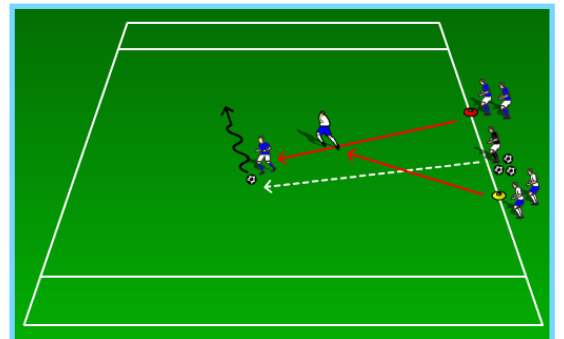
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.

