



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

## Activity 1 - I can do this, can you?

**Area:** 20 x 20 yards.

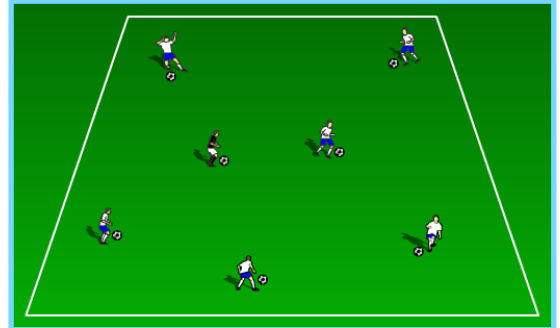
**Organization:** Players are challenged to do what the coach can do!

Some recommendations include:

- Dribble.
- Change Direction.
- Turn.

### Coaching Points:

- Dribbling Technique.
- Introduce turning with the sole of the foot - Pull Back Turn.



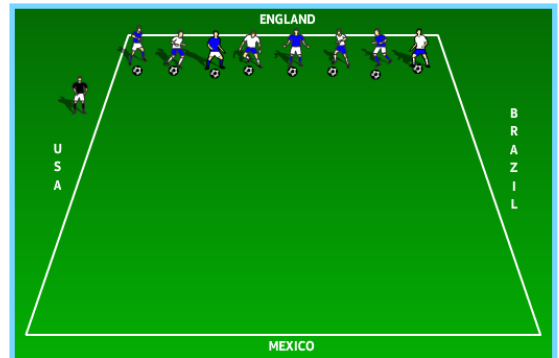
## Activity 2 - Around the world

**Area:** 20 x 20 yards.

**Organization:** Label each side of the area a countries name. Players start to dribble freely around the area, when the coach says a countries name, all the players dribble to that side of the area. Once players are used to the game, call out multiple countries and see which players can dribble to all designated signs quickest.

### Coaching Points:

- Dribbling Technique.
- Pull Back Turn.
- Running w/ball after turning and to cover ground quickly.



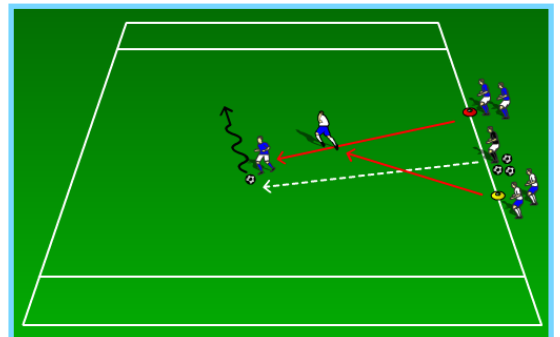
## Activity 3 - Boss of the Balls - 1 v 1 Turning Game

**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.

