



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Red Light, Green Light

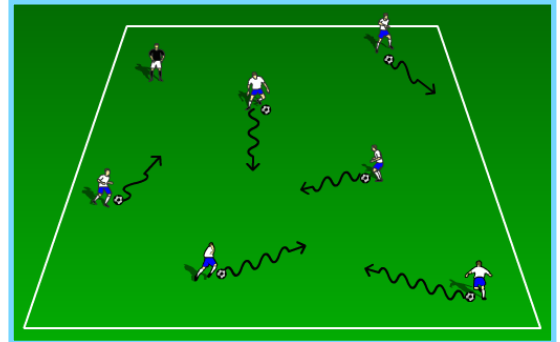
Area: 20 x 20 yards.

Description: Each player has a ball. Commands:

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Toes taps, sit on ball, etc.
- Monster Truck = Coach tries to steal players soccer balls.
- Crash = Players fall to the ground & pretend to be hurt.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



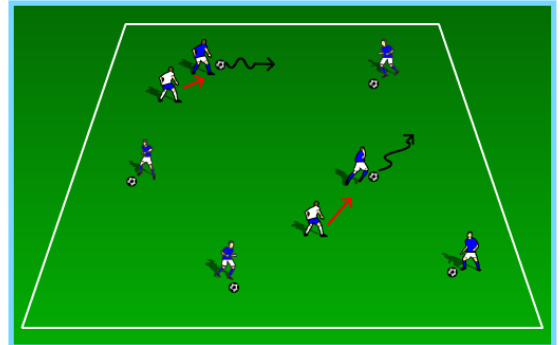
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

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



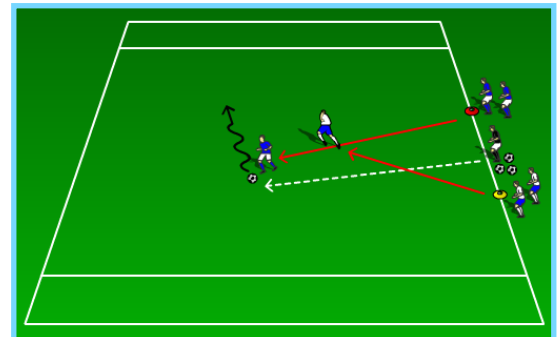
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

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.

