



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

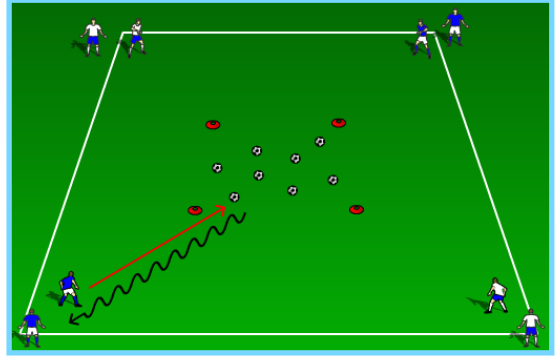
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Players go when teammate touches ball, this way players have to avoid each other in the center of the grid.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



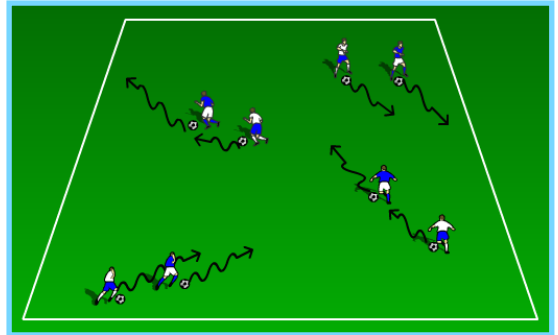
Activity 2 - Follow the leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Pull Back - can you turn sharply to change direction?



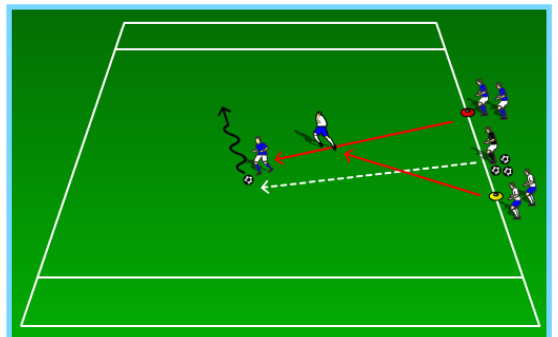
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

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.

