



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Windows

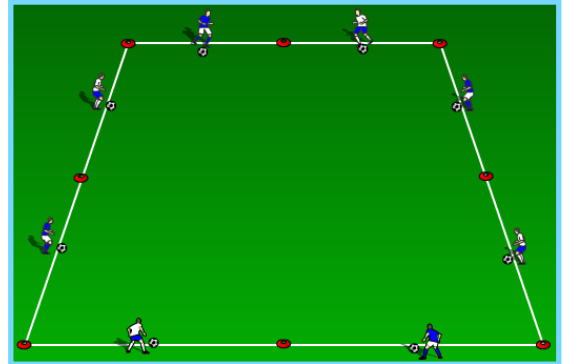
Area: 20 x 20 yards.

Organization: Each player has a ball and finds a space between two cones. While on the spot players complete ball mastery activities (toe taps, chops) before the coach gives commands.

1. Across – players dribble across the window & find a new space.
2. ZigZag – Same but use the inside & outside of the foot to zig-zag.
3. Dribble Right / Left – players dribble around the window.

Coaching Points

- Dribbling Technique.
- Introduce the inside and outside hook to players.
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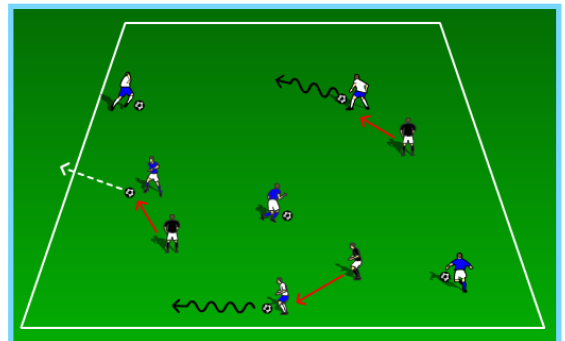
Activity 2 - Team Knock Out

Area: 10 x 15 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



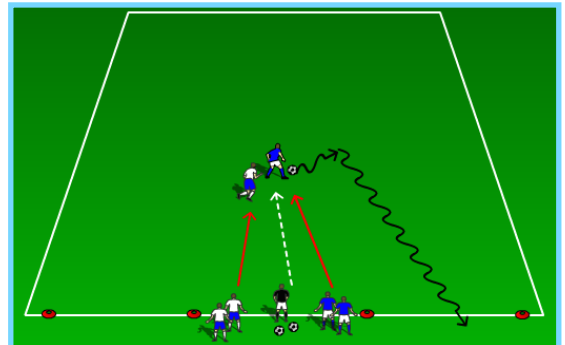
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two coned goals on one end line.

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 through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground as quickly as possible to lose def.



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.

