



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

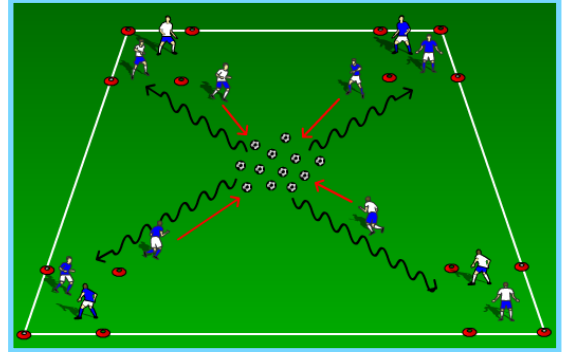
## Activity 1 - Bedrock Barbecue

**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 seal 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:** Dribbling & Turning with inside / outside hook.



## Activity 2 - 1 v 1 Battles

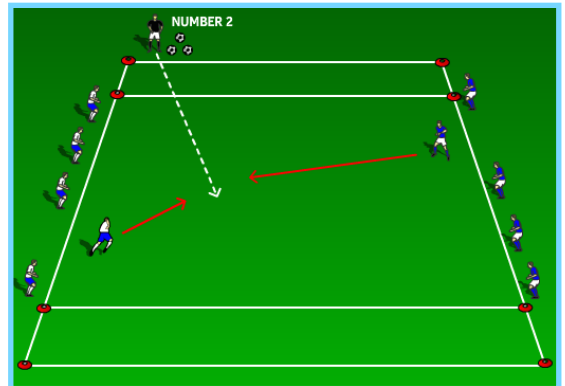
**Area:** 10 x 20 yards with two 3 yard end zones.

**Organization:** Split players into two teams, number them and place one on each side of the grid, as shown. Coach has all the soccer balls.

Coach shouts a number and plays a ball into the area. Player scores by retrieving the ball and dribbling across an end-line.

**Coaching Points:**

- Dribbling under pressure - can we dribble out of pressure?
- Turning under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.
- Accelerate (run with the ball) after you use turn.



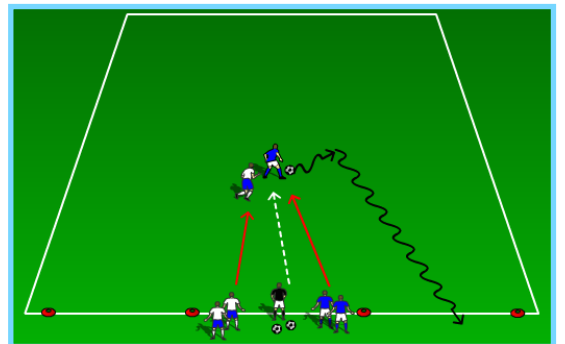
## Activity 3 - Boss of the Balls - 1 v 1 Turning Game

**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.

