



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

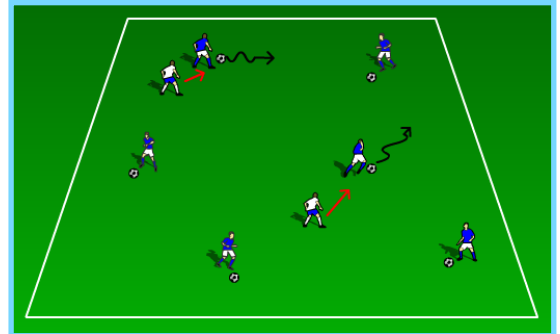
## Activity 1 - Freeze Tag

**Area:** 20 x 20 yards.

**Organization:** From a team of 8 players have 2 be taggers. Objective is for the taggers to tag players. Players who are tagged must freeze and stand with their legs open. Teammates can be unfrozen by players crawling through player's legs. Continue for a specific time limit or until all players are frozen.

### Coaching Points

- Dribbling Technique.
- Inside / outside turns to change direction and dribble away from pressure.



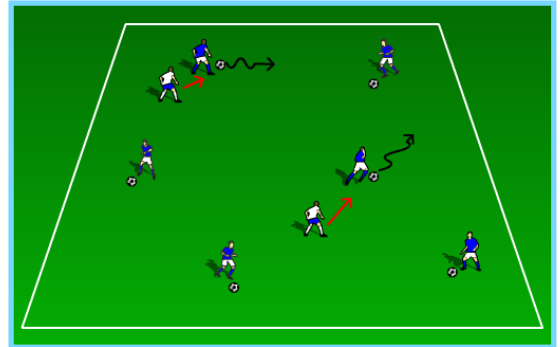
## Activity 2 - Knockout

**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?
- Inside / outside turns - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



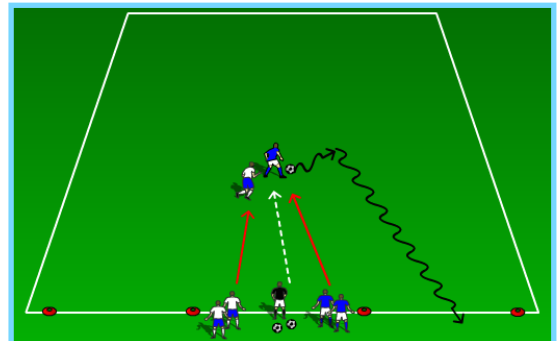
## Activity 3 - Boss of the Balls - 1 v 1 Turning Game

**Area:** 20 x 20 yards with two 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.

