



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Ball Retrieval

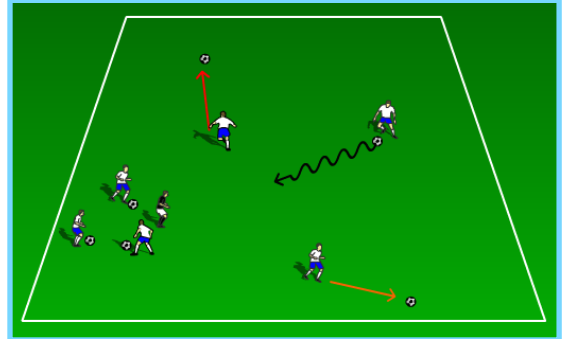
Area: 20 x 20 yards.

Organization: Each player has a ball. One at a time they hand the ball to the coach who throws the ball away and gives players commands:

- Use an inside hook to turn with the ball and dribble back.
- Use an outside hook to turn with the ball and dribble back.
- Make a zigzag (inside and outside of foot) when dribbling back.
- Chop the ball back (knock ball between insides of both feet).

Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



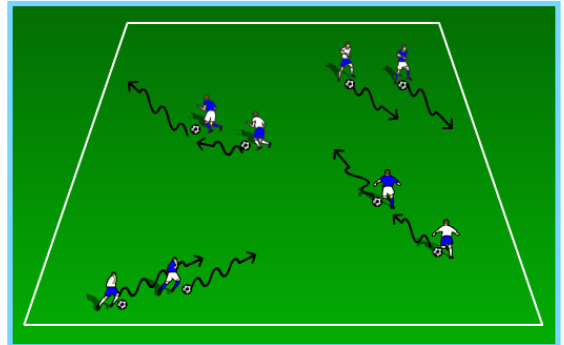
Activity 2 - Chase

Area: 20 x 20 yards.

Organization: Place players in pairs, both have a ball. Designate one cop and one robber. Start players back to back. Upon the command 'GO', the robber tries to lose the cop. When the coach shouts 'STOP' players should freeze. Robber picks up the ball and stands with legs open facing the cop. The cop tries to pass through the robbers legs. Losing player does a fun punishment.

Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



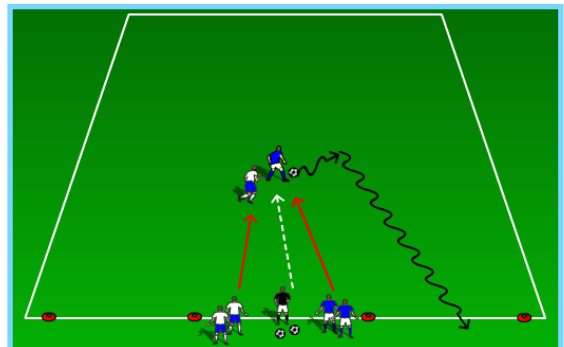
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

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.

