



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

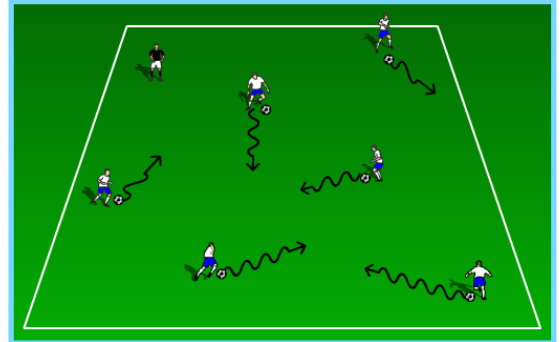
## Activity - Identifiers

**Area:** 20 x 15 yards.

**Organization:** All players run around the area randomly. The coach then calls out an identifier, which could be a group of players or an individual. Who can tag the most players in a minute? The identifiers could be colors of a vest, color of clothing, etc. Once players are used to the activity introduce the ball.

### Coaching Points

- Dribbling Technique.
- Running w/ball Technique.
- Introduce the Pull Back.



## Activity - Dog and Master

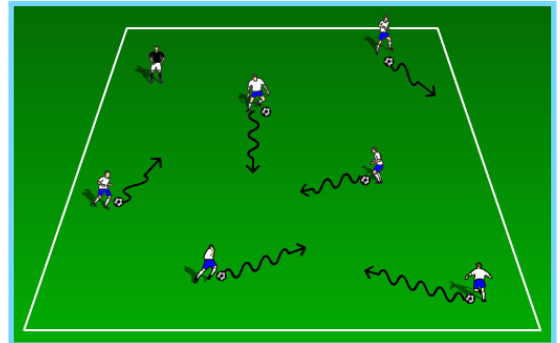
**Area:** 20 x 15 yards.

**Organization:** Each player (master) dribbles with their ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and is then caught by their master, master strokes his dog with their foot, walkers swap their dogs.

**Progression:** Add a dogcatcher. Player who tries to steal balls.

### Coaching Points

- Dribbling Technique.
- Running w/ball Technique.
- Introduce the Pull Back.



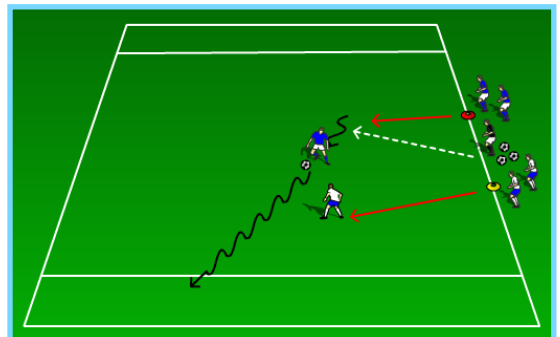
## Activity 3 - Boss of the Balls - 1 v 1 to End Zones

**Area:** 20 x 15 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 under pressure - can we keep the ball close while dribbling?
- Step Fake - can you use the step fake to beat the defender?
- Running w/ball - can you explode after beating defender?



## 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.

