



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 2

DRIBBLING TO PENETRATE

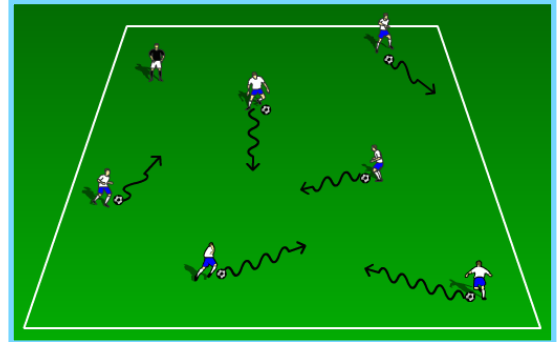
## Activity 1 - Free Dribble

**Area:** 20 x 15 yards.

**Organization:** All players dribble around the area randomly. The coach then call a command; STOP (players stop the ball with the sole of the foot), GO (players dribble), FAKE (players do a step fake), SWAP (players swap soccer balls with a teammate), STEAL (coach tries to steal players soccer balls).

### Coaching Points:

- Dribbling Technique.
- Running with the Ball Technique.
- Move: Step Fake.



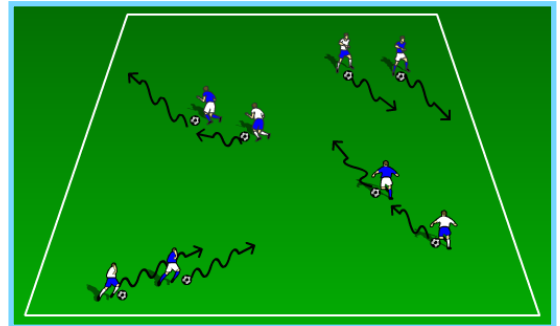
## Activity 2 - Follow the Leader

**Area:** 20 x 15 yards.

**Organization:** Place players into pairs, each player has a soccer ball. Players take it in turns to be the leader, their partner follows and does whatever their teammate does. Players should be encouraged to be creative.

### Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move: Step Fake.



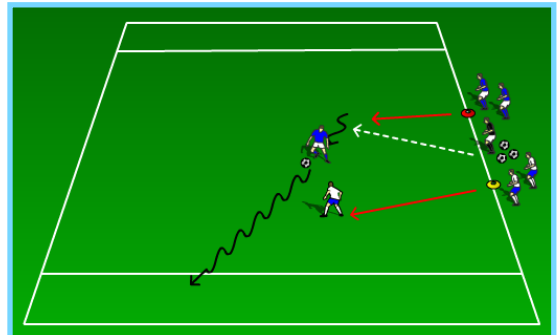
## Activity 3 - Boss of the Balls - 1 v 1 to End Zones

**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.

