



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

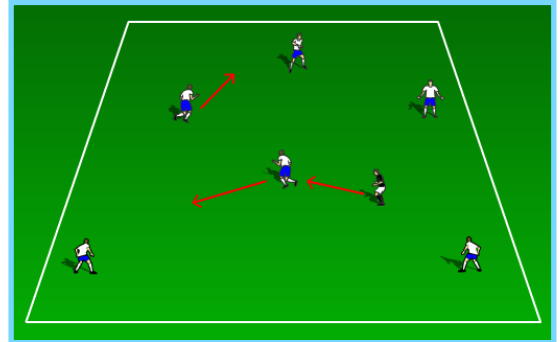
## Activity 1 - Tag

**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 stand with their legs open. Teammates can unfreeze these players by crawling through player's legs. Continue for a specific time limit or until all players are frozen.

### Coaching Points:

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



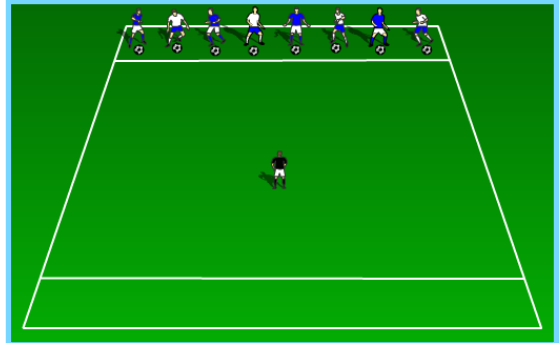
## Activity 2 - Mr Freeze

**Area:** 20 x 15 with 3 yard safe zones.

**Organization:** Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

### Coaching Points:

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



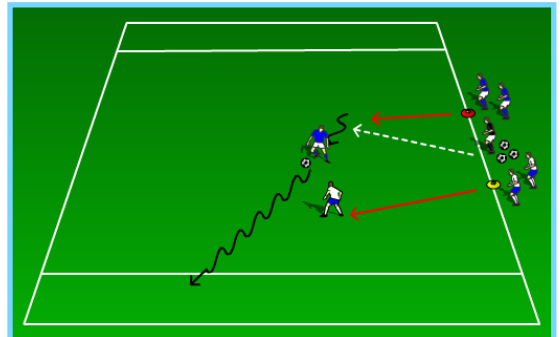
## Activity 3 - Boss of the Balls - 1 v 1 to End Zones

**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.

