



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Relay Race

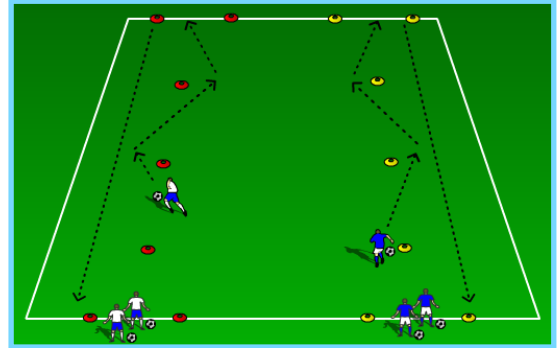
Area: 10 x 20 yards per group.

Organization: Place players into teams (no more than 3 players), each player has a ball.

1. Player dribbles through the cones and back to group.
2. Same but players complete a step fake at each cone.
3. Fun - Dribble with a partner, attached by a vest.

Coaching Points:

- Dribbling Technique - through the cones.
- Running with the Ball Technique - on the way back.
- Move: Step Fake.



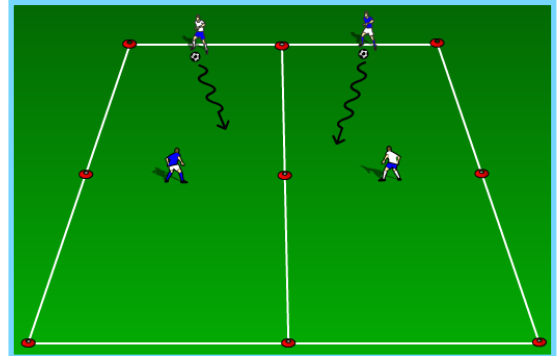
Activity 2 - Crab Soccer

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place one player in a crab like position (on hands and feet, facing upward) in the center of the grid and the others on an end line. Play for 1 minute. Players receive a point for dribbling past the crab and get to the other side of the grid. If they do a step fake to beat the crab they get 5 points. Rotate crab after each game.

Coaching Points:

- Dribbling - keep the ball close when getting close to the crab.
- Step Fake - can you use the move to fake the crab?
- Running w/ball - when you beat the crab, explode towards the line.



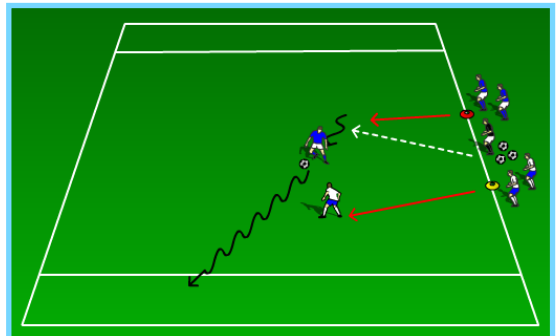
Activity 3 - Boss of the Balls - 1 v 1 to End Zones

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.

