



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

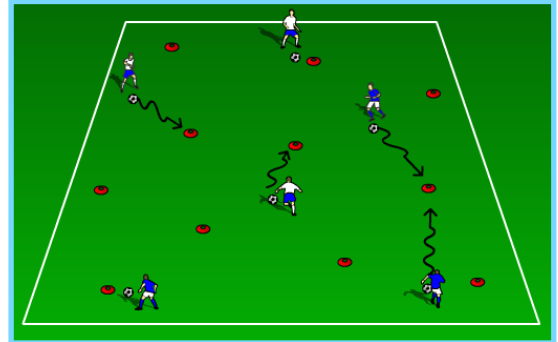
## Activity 1 - Zen Master

**Area:** 20 x 20 yards with random cones spread around the area.

**Organization:** Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Introduce scissor move.

### Coaching Points:

- Dribbling Technique - through the cones.
- Running with the Ball Technique - out of the cones.
- Move: Scissor.



## Activity 2 - Speedy Gonzales Relay

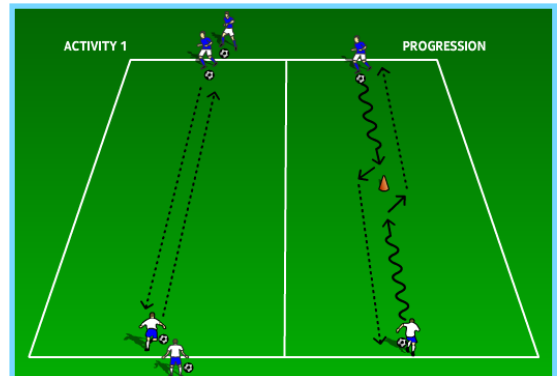
**Area:** 10 x 20 per group.

**Organization:** Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

**Progression:** Add a cone half way down the grid, players should complete a scissor move and then continue to the opposite side.

### Coaching Points:

- Dribbling - keep the ball close when approaching the cone (defender).
- Scissor - can you do the move before the cone (defender)?
- Running w/ball - explode out of the move.



## Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

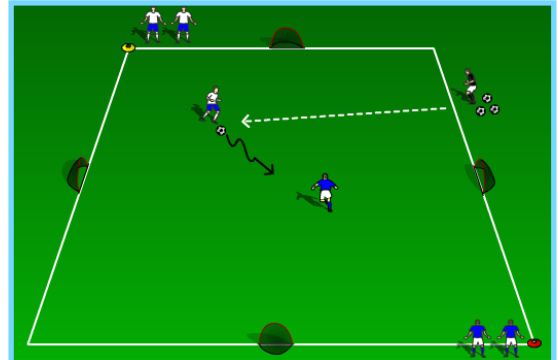
**Area:** 20 x 20 yards with four goals.

**Organization:** Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

**Progression:** Players can only score in 2 goals opposite their team.

### Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



## 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.

