



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

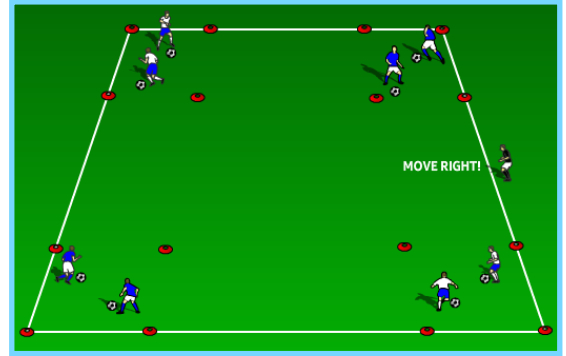
Activity 1 - Four Corners

Area: 20 x 20 yards.

Organization: Split players into 4 teams and place a team in each corner. Players should dribble in their designated corner and wait for the switch command. Switch right = players change and dribble to the corner square on their right. Other commands include switch left, cross over, etc. Do two commands to challenge players!

Coaching Points

- Dribbling Technique - keep the ball close in tight spaces.
- Running with the Ball Technique - cover ground quickly.



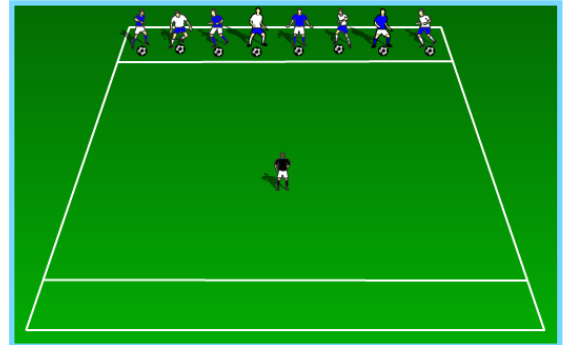
Activity 2 - Mr. Freeze

Area: 20 x 20 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 when under pressure.
- Scissor - use move to beat Mr. Freeze.
- Running w/ball - explode after moves and when space opens.



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

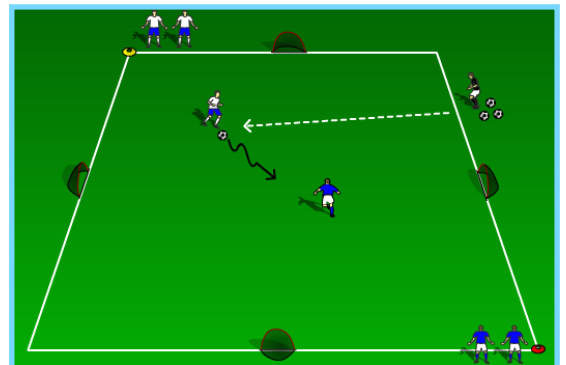
Area: 20 x 20 yards with four goals.

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.

