



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

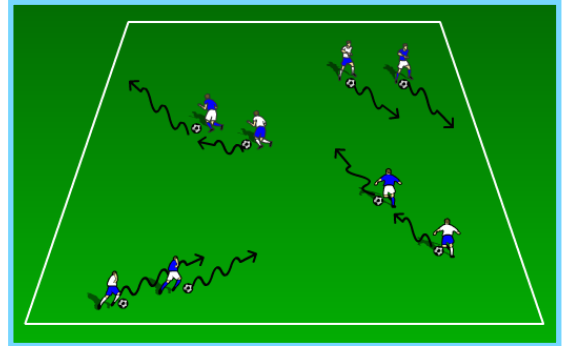
Activity 1 - Chase

Area: 20 x 20 yards.

Organization: Place players in pairs, both have a ball. Designate one cop and one robber. Start players back to back. Upon the command 'GO', the robber tries to lose the cop. When the coach shouts 'STOP' players should freeze. Robber picks up the ball and stands with legs open facing the cop. The cop tries to pass through the robbers legs. Losing player does a fun punishment.

Coaching Points

- Dribbling and changing direction.
- Running w/ball - cover ground quickly.



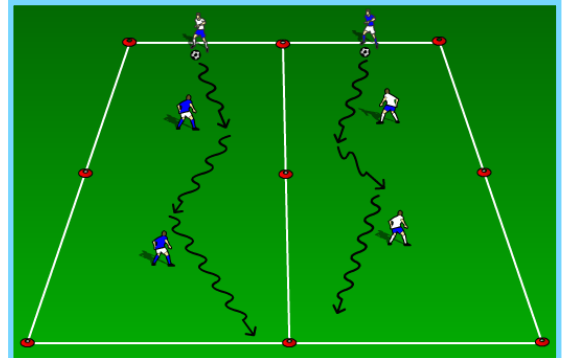
Activity 2 - Crab on the Beach

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place two players in a crab like position as shown. The other player goes to the oppositions grid and plays against the other team. Players get a point for dribble from one end line to the other without having their ball stolen by a crab. Play for 1 minute and see which team wins. Rotate crabs and continue. Give extra points for a scissor.

Coaching Points

- Dribbling - keep the ball close when approaching crabs.
- Scissor - use move to fake and beat the crabs.
- Running w/ball - explode after moves and when space opens.



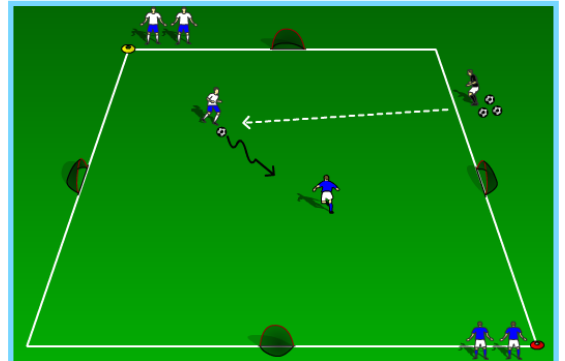
Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

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.

