



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 2

DRIBBLING TO PENETRATE

## Activity 1 - Speed Way

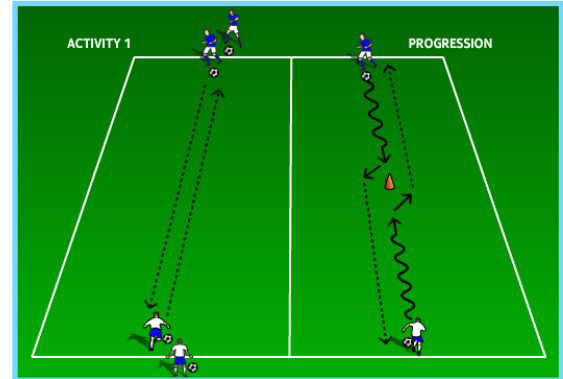
**Area:** 20 x 20 yards.

**Organization:** Each player has a ball. Players dribble to the opposite line on command. Start players on opposite sides of the grid. Who is going to win the speed way???

**Progression:** Place a cone in the middle. Players do a scissor at cone.

### Coaching Points:

- Running w/ball - cover ground as quickly as possible.
- Dribbling Technique - keep the ball close as you dribble toward cone.
- Scissor - complete the move before the cone (defender).
- Accelerate out of the scissor.



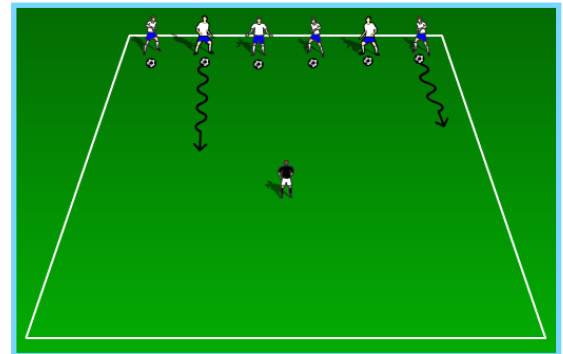
## Activity 2 - Sharks and Minnows

**Area:** 20x 20 yards.

**Organization:** Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players try to get across the area. If the coach steals their ball they become a shark as well. Continue until one player remains.

### Coaching Points

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



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

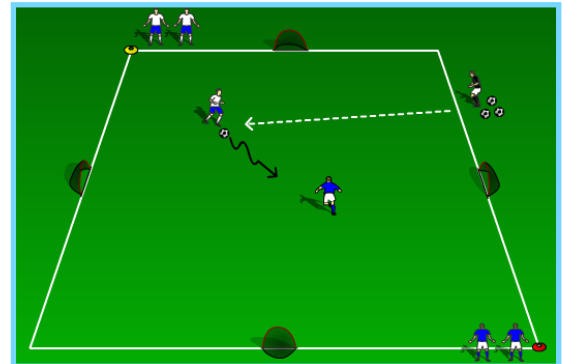
**Area:** 20 x 20 yards with four goals.

**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.

