



# ★ RECREATIONAL ★ COACHING CURRICULUM

## TRAINING BLOCKS & THEMES

### U8 SPRING TRAINING BLOCKS & THEMES

Weeks	Practice 1	Practice 2
1, 3, 5 and 7	<p><b>Dribbling to Keep Possession</b></p> <p>Technical: Dribbling, Turning &amp; Shielding. Secondary Techniques: Passing &amp; Receiving. Tactical: Decision in Possession. Secondary Tactical: Support from teammates.</p>	<p><b>Dribbling to Penetrate</b></p> <p>Technical: Dribbling, Running w/ball &amp; Moves. Introduce Passing &amp; Receiving. Tactical: Decision to penetrate with a pass or dribble, and supporting your teammate.</p>
2, 4, 6 and 8	<p><b>Keeping Possession</b></p> <p>Technical: Dribbling, Turning, Passing &amp; Receiving. Tactical: Decision in Possession &amp; Support.</p>	<p><b>Dribbling to Finish</b></p> <p>Technical: Dribbling, Running w/ball, Moves &amp; Finishing. Tactical: Decision in Possession &amp; Support.</p>

#### NOTES:

1. With these blocks we are starting to put a little more emphasis on the players decision on the ball to either penetrate or keep possession.
2. We are also starting to put more thought into the players around the ball and how they support the player in possession.
3. HOWEVER, we must notice that technique is still the primary focus at these ages and this should remain our main emphasis.