



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Free Dribble

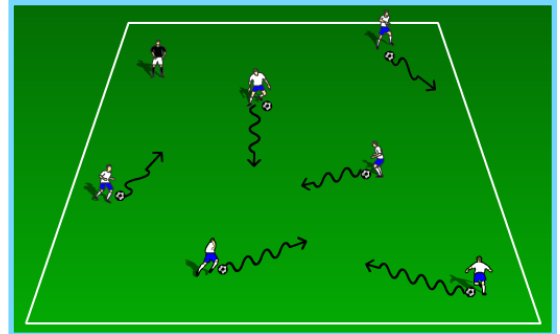
Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely.

Progression: Introduce turning with the inside & outside of the foot as well as review the pull back. Add pressure from a coach or player to make players use the turns.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - have players accelerate after the turn.



Activity 2 - Gate Dribbling

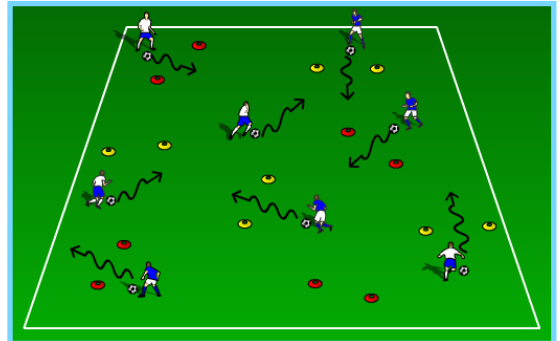
Area: 20 x 20 yards with small gates scattered around the area.

Organization: Complete the following:

1. How many gates can you dribble through in 1 minute.
2. Designate players to a specific color gate. How many in 1 minute.
3. Dribble through a gate & then turn back through. How many in 1 min.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - have players accelerate after the turn.
- Running w/ball - cover ground quickly in-between gates & after turn.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

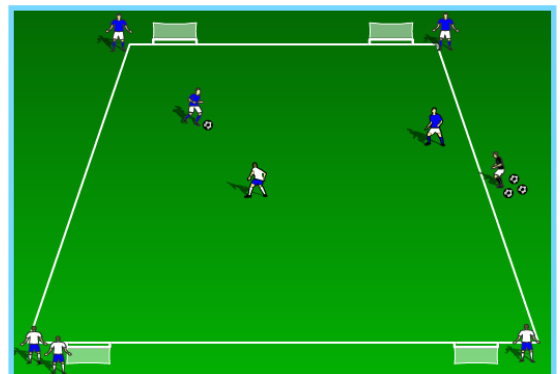
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - provide a passing option.



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.

