



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

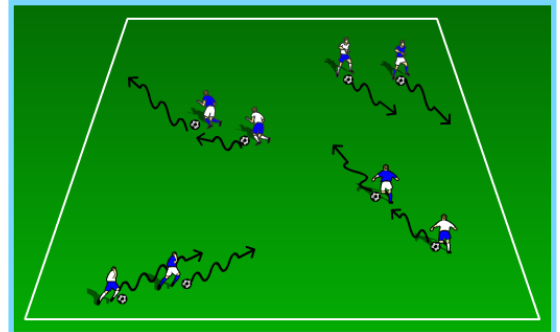
## Activity 1 - Follow the Leader

**Area:** 20 x 20 yards.

**Organization:** Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

### Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Moves - can you use the step fake & scissor to lose players?



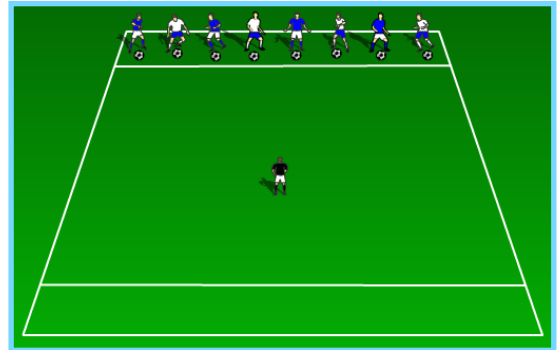
## Activity 2 - Mr Freeze

**Area:** 20 x 20 yards 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.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



## Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

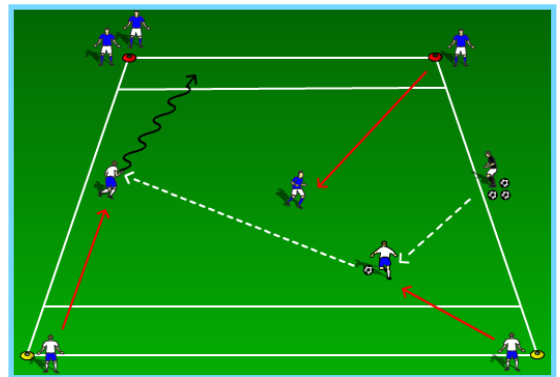
**Area:** 20 x 20 yards with two goals

**Organization:** Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

**Progression:** Play 2 v 1.

### Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give 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.

