



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

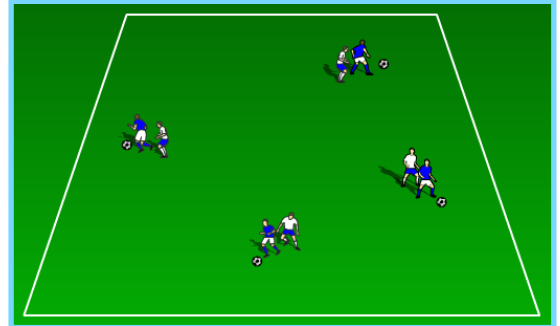
Activity 1 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



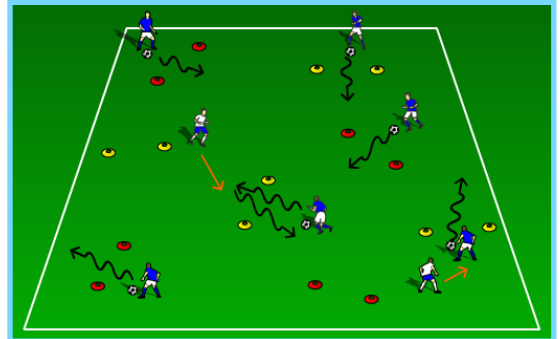
Activity 2 - Gate Dribbling with Bandits

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

Organization: Select 2 bandits, who do not have soccer balls, everybody else does. When a bandit steals a ball, that player then becomes the bandit.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



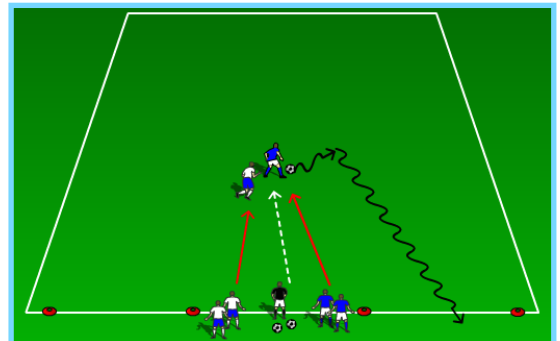
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two dribbling goals on one end line.

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 dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground quickly to lose the defender.



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.

