



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 2

DRIBBLING TO PENETRATE

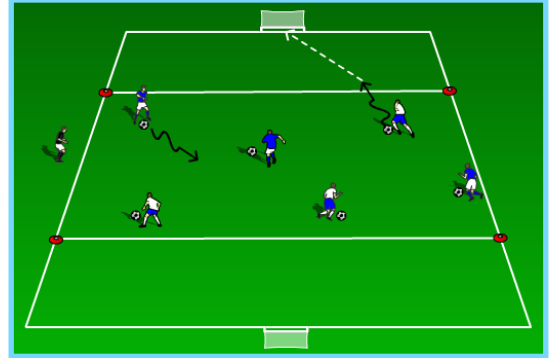
## Activity 2 - Name Game

**Area:** 20 x 20 yards with a 10 yard zone in the middle and two goals.

**Organization:** Players start by dribbling inside the center area. When the coach shouts their name players dribble towards the nearest goal and finish. Introduce moves for players to execute before scoring.

### Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor before scoring.
- Finishing - strike the ball with your laces.



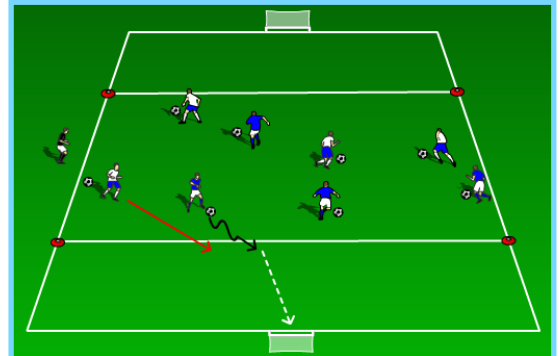
## Activity 2 - Follow the Leader Finishing

**Area:** 20 x 20 yards.

**Organization:** Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Players start by the leader dribbling around the area and their partner following. When coach shouts a number, the leader tries to score a goal and their partner chases and tries to stop them.

### Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - use moves to beat the defender when in front of you.
- Finishing - strike the ball with your laces. Can you finish early?



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

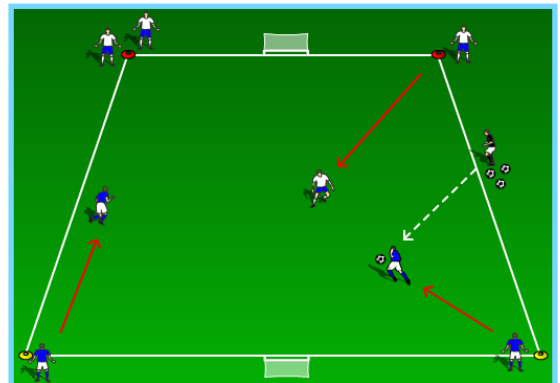
**Area:** 20 x 20 yards with two goals

**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.

