



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

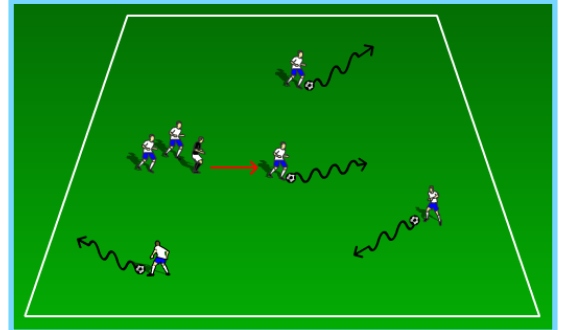
## Activity 1 - Chain Gang

**Area:** 20 x 20 yards.

**Organization:** Each player has a ball and dribbles around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

### Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - go through pull back, inside & outside hooks.
- Running w/ball - cover ground quickly to exploit space and get away from coach.



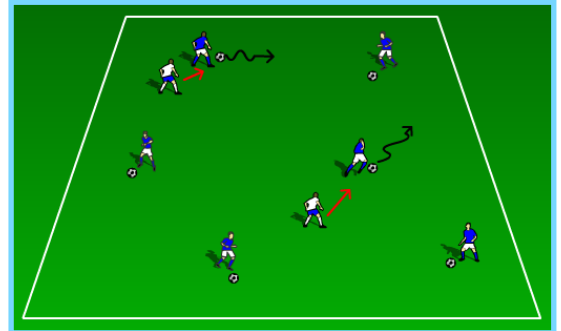
## Activity 2 - Knockout

**Area:** 10 x 10 yards.

**Organization:** Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

### Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



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

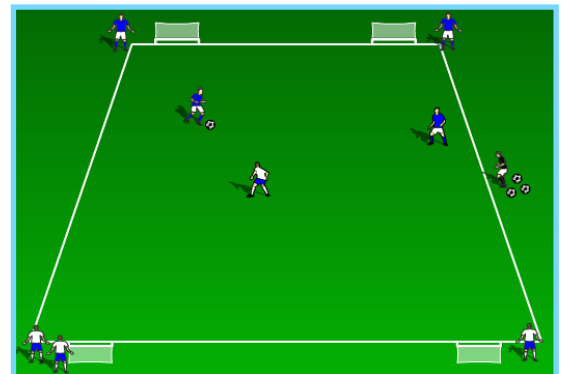
**Area:** 20 x 20 yards with four goals.

**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.

