



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Relay Race

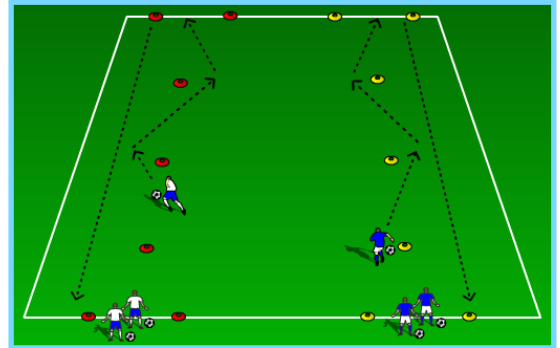
Area: 20 x 5 yards per team.

Organization: Place players into teams of no more than three players.

1. Player dribble individually to the end gate and back.
2. Same as above but do a move in the gate at the end before dribbling back.
3. Dribble with a partner, attached by a vest.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Moves - step fake and scissor.



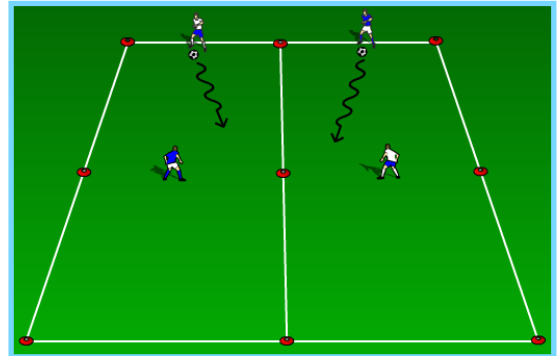
Activity 2 - 1 v 1 Crab Soccer

Area: 10 x 20 with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



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

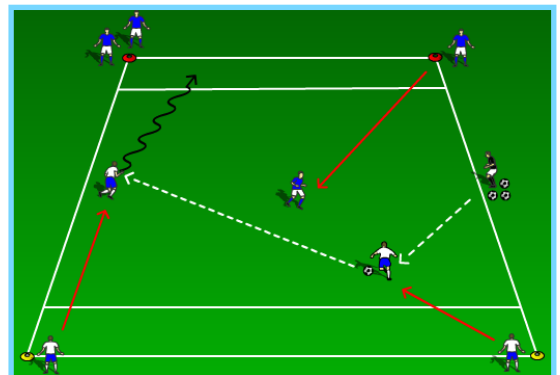
Area: 20 x 20 yards with two goals

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.

