



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Red Light, Green Light

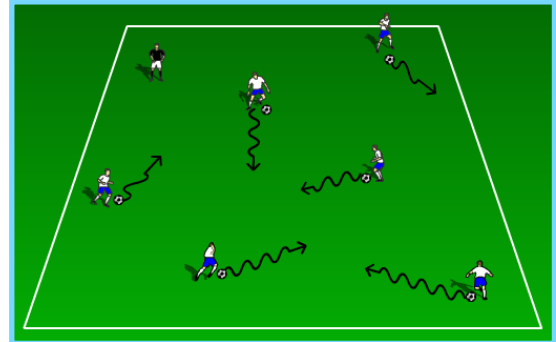
Area: 20 x 20 yards.

Organization: Each player has a ball.

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Designate a turn.
- Monster Truck = Coach tries to steal players soccer balls.
- Crash = Players fall to the ground & pretend to be hurt.

Coaching Points

- Dribbling Technique.
- Inside & Outside Hooks and Pull Back Turning Techniques.



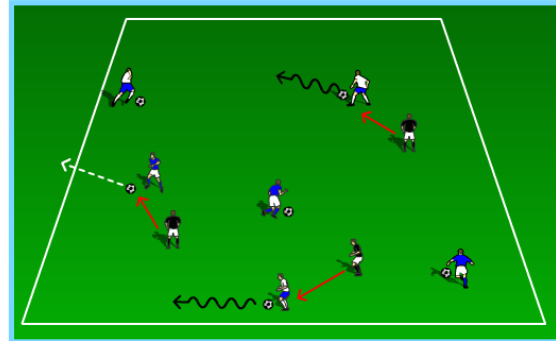
Activity 2 - Team Knockout

Area: 10 x 15 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



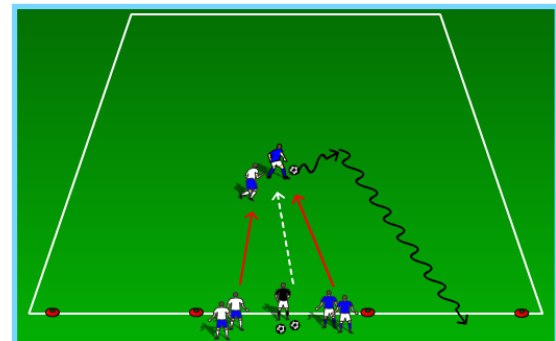
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

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.

