



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 2

DRIBBLING TO PENETRATE

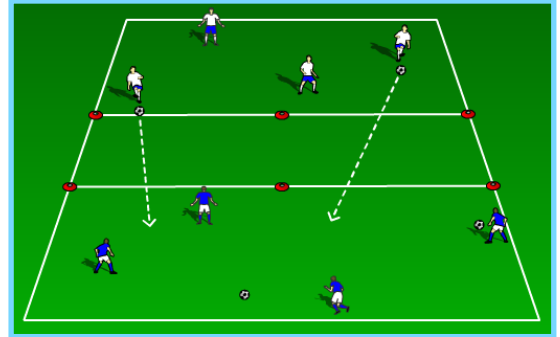
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your oppositions half.



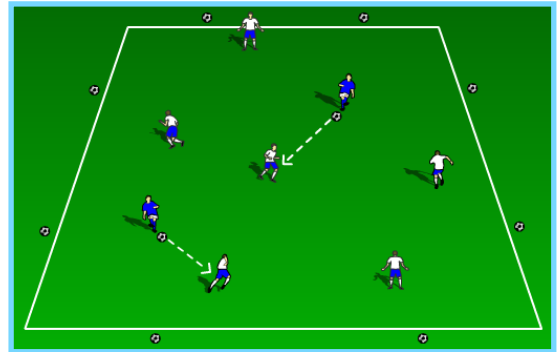
Activity 2 - Cops and Robbers

Area: 20 x 20 yards.

Organization: Two players have soccer balls (cops). The rest of the soccer balls are spread out around the area. The cops catch the robbers by hitting them below the knee with the soccer ball. Once a robber is caught they become a cop.

Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Finishing - strike the middle of the ball with your laces. Keep the ball low by keeping your body over the ball.



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

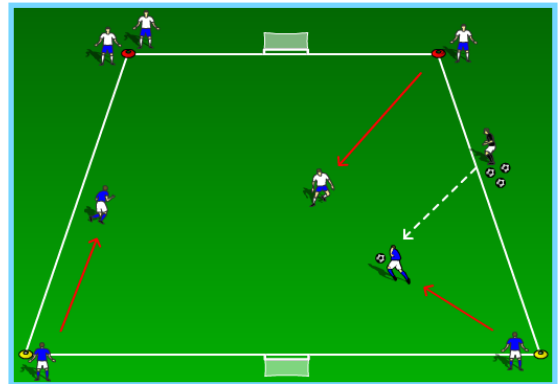
Area: 20 x 20 yards with two goals

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.

