



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

## Activity 1 - Around the World.

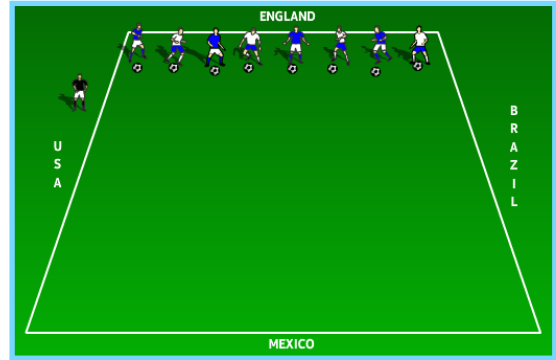
**Area:** 20 x 20 yards.

**Organization:** Name each line a major city a country. Players must dribble around the area randomly. On the coaches command the players must dribble around a city/cone and back into the grid.

**Progression:** players must use a designated turn to change direction.

### Coaching Points

- Dribbling - keep the ball close as your dribble around the area.
- Turning - Inside & Outside Hook and Pull Back.



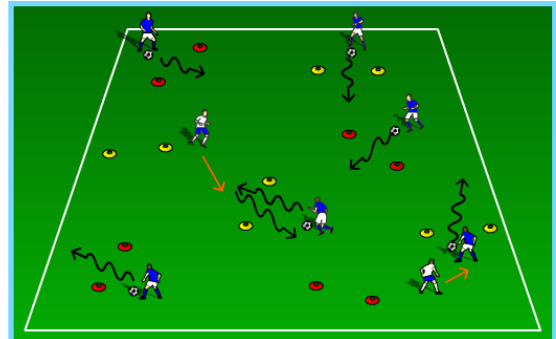
## Activity 2 - Gate Dribbling with Bandits

**Area:** 20 x 20 yards with small gates scattered around the area.

**Organization:** Select 2 bandits, who do not have soccer balls, everybody else does. When a bandit steals a ball, that player then becomes the bandit.

### Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



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

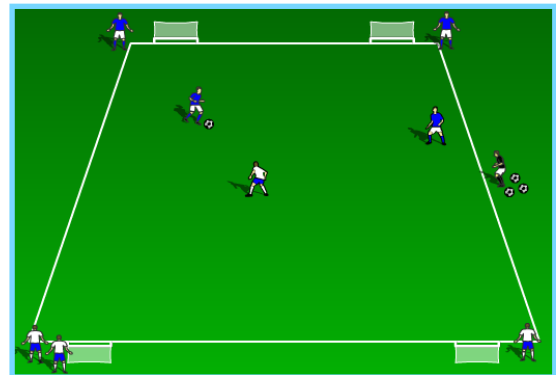
**Area:** 20 x 20 yards with four goals.

**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.

