



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

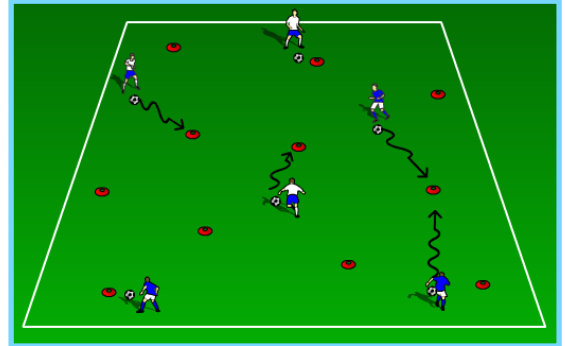
Activity 1 - Zen Master

Area: 20 x 20 yards with random cones spread around the area.

Organization: Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Introduce Step Fake & Scissor to be executed at the cones.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Ball Mastery - stay balanced as you execute skills.
- Moves - step fake and scissor.



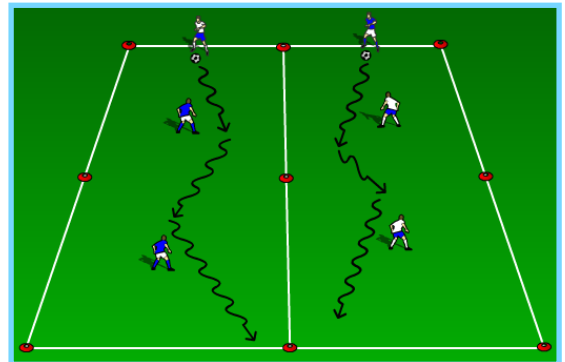
Activity 2 - Crabs on the Beach

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place two player in a crab like position as shown. One player from each group goes into the opposite area. Players have 1 minute to score as many goals as possible. Players score a point by getting to the opposite side of the grid without having their ball stolen. If players do a move to beat the defender they get 5 points.

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?



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

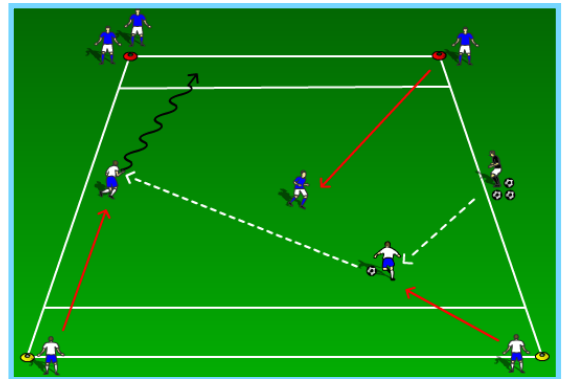
Area: 20 x 20 yards with two goals

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.

