



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

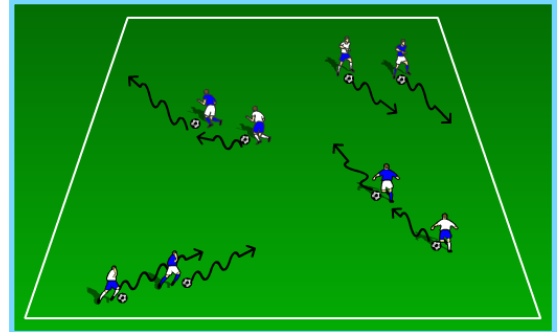
Activity 1 - Follow the Leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Turning - can you turn sharply to change direction?



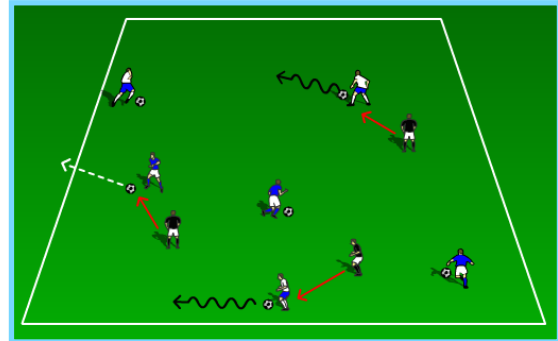
Activity 2 - Freeze Tag

Area: 20 x 20 yards.

Organization: Designate two players as Mr. Freeze. Objective is for Mr. Freeze to kick the players ball out of the grid. When this happens players must stand still with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are froze.

Coaching Points

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



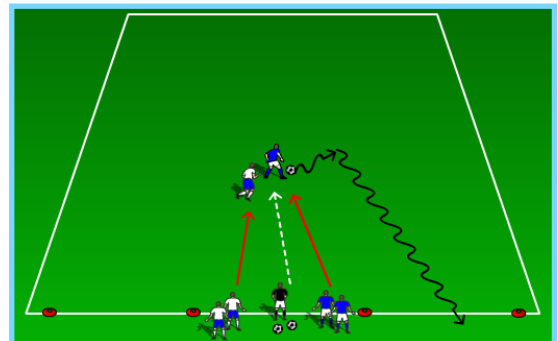
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

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.

