



# ★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

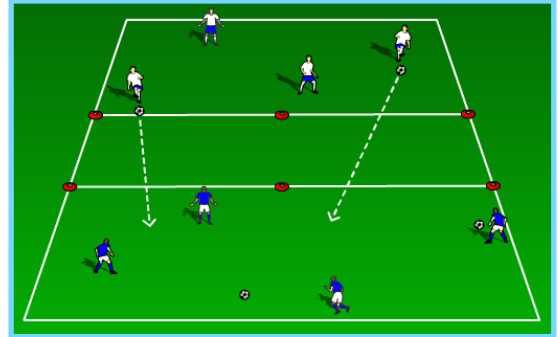
## Activity 1 - Clean Your Room

**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.



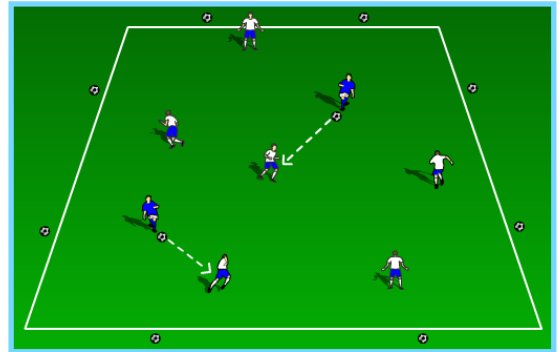
## Activity 2 - Ball Tag

**Area:** 20 x 20 yards.

**Organization:** Designate two taggers. Objective is for the taggers to hit either the players ball or feet with their ball. Players who are tagged must stand 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 frozen.

### 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

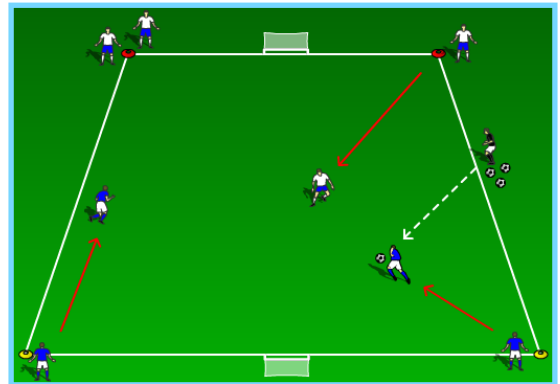
**Area:** 20 x 20 yards with two goals

**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.

