



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

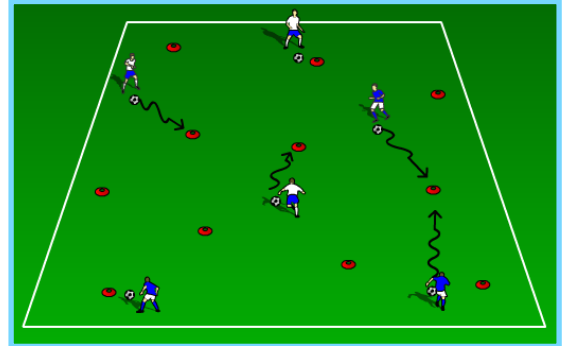
Activity 1 - Zen Master

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

Organization: The area is 20 x 20 yards with random cones spread around the area. 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 Pull Back, Inside & Outside Hook turns at the cones.

Coaching Points

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



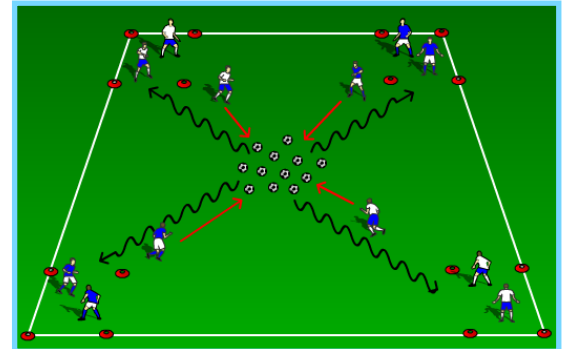
Activity 2 - Bedrock Barbecue

Area: 20 x 20 yards.

Organization: Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to seal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Progression: Play for 2 minutes. Once balls are gone, groups can steal from other teams. Groups are not allowed to defend their soccer balls.

Coaching Points: Same as above.



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

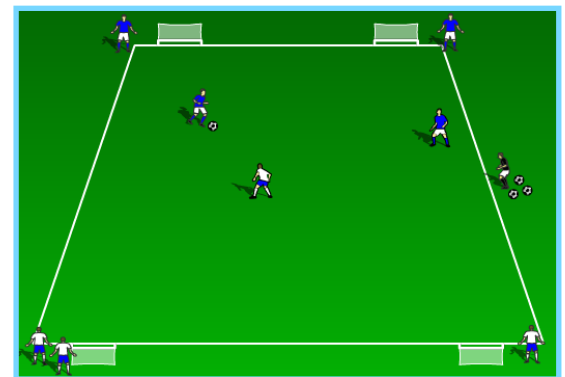
Area: 20 x 20 yards with four goals.

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.

