



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Speedy Gonzales

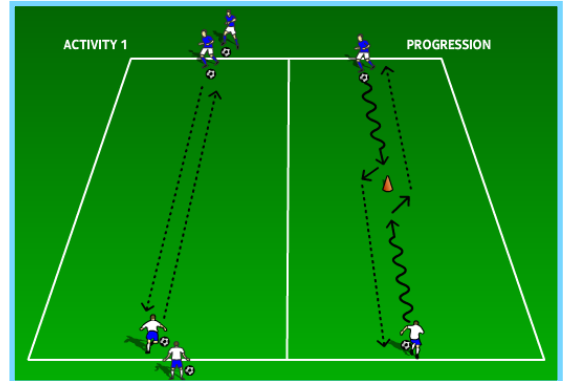
Area: 5 x 20 yards per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone half way down the grid, players should complete a step fake and then continue to the opposite side.

Coaching Points

- Running w/ball - push the ball out of your feet but still in control.
- Moves - step fake and scissor.



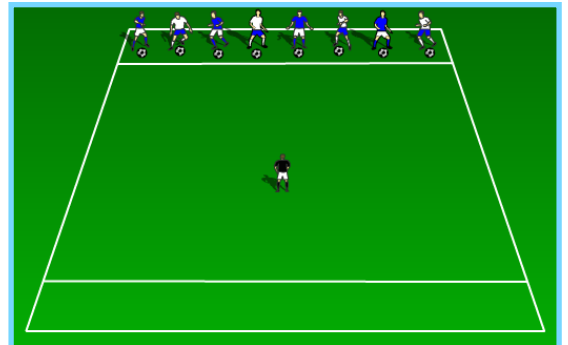
Activity 2 - Mr Freeze

Area: 20 x 20

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close when approaching defenders.
- Moves - can you use the step fake & scissor to beat frozen players?



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

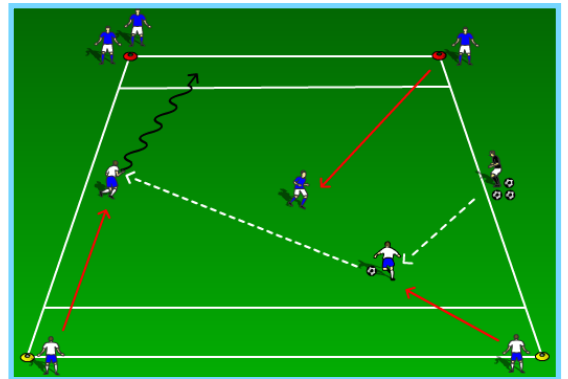
Area: 20 x 20 yards with two goals

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.

