



★ RECREATIONAL ★ COACHING CURRICULUM

U7 BOYS & GIRLS

SPRING: WEEK 8 - PRACTICE 2

DRIBBLING TO PENETRATE

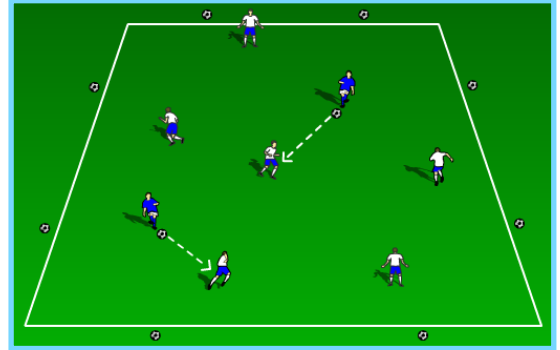
Activity 1 - Ball Tag

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.



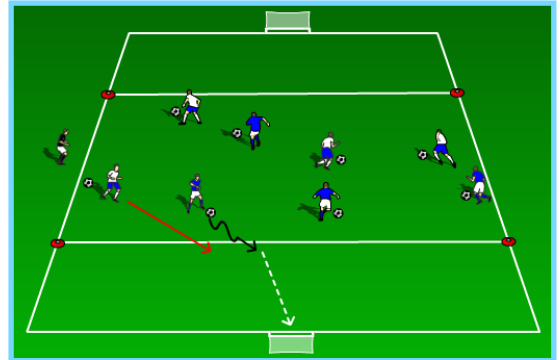
Activity 2 - Follow the Leader Finishing

Area: 20 x 20 yards.

Organization: Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Players start by the leader dribbling around the area and their partner following. When coach shouts a number, the leader tries to score a goal and their partner chases and tries to stop them.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Finishing - strike the ball with your laces. Can you finish early?



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

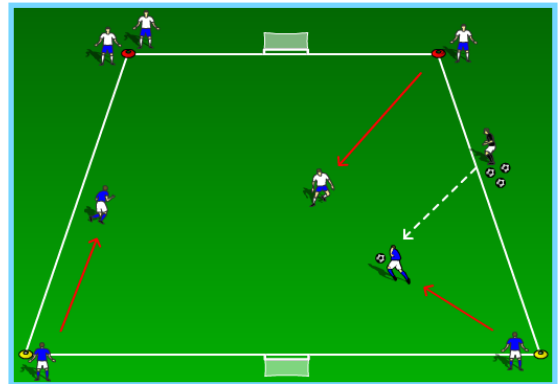
Area: 20 x 20 yards with two goals

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.

