



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

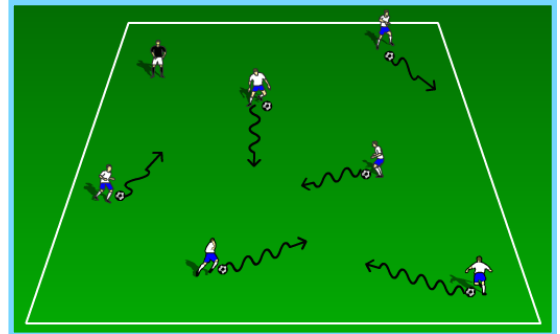
Activity 1 - MLS Turns

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all turns and add ball mastery techniques. Label each turn and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet)
- Turning - quality of turn and acceleration after the turn.



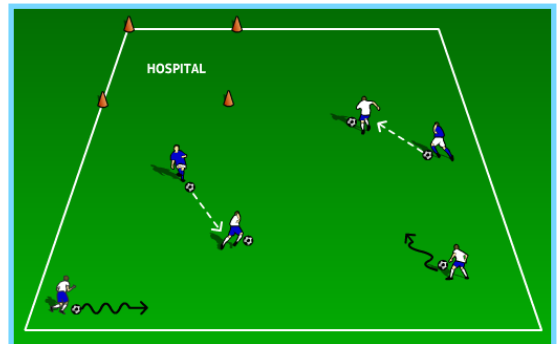
Activity 2 - Hospital Tag

Area: 20 x 20 yards with a 5 yard hospital.

Organization: Designate 2 taggers. Players who are tagged must hold that part of the body as they continue to dribble. If a player is tagged 3 times, they go to the hospital and complete a ball mastery task before returning to the game. Rotate taggers after 1 minute.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



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

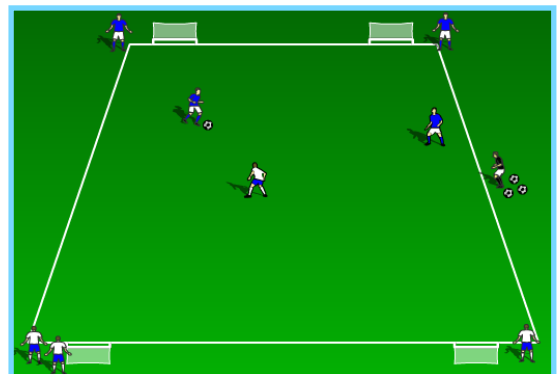
Area: 20 x 20 yards with four goals.

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 - don't crowd the player w/ball & give an 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.

