



# ★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 2

DRIBBLING TO PENETRATE

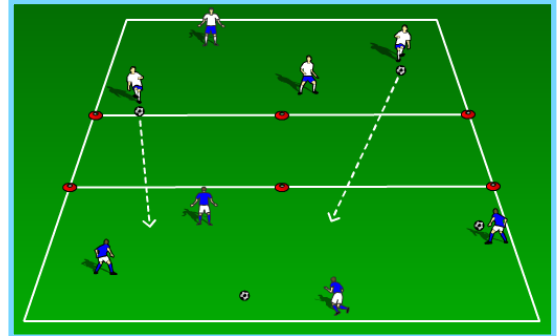
## Activity 1 - Clean Your Room

**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 opposition's half.



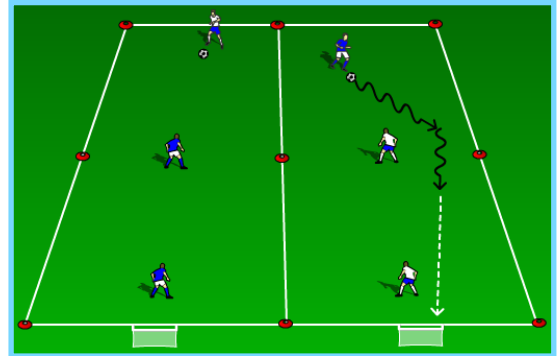
## Activity 2 - 1 v 1 Crab Soccer Finishing

**Area:** 10 x 20 with a goal at one end.

**Organization:** Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake / scissor and a goal

### Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Finishing Technique.



## Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

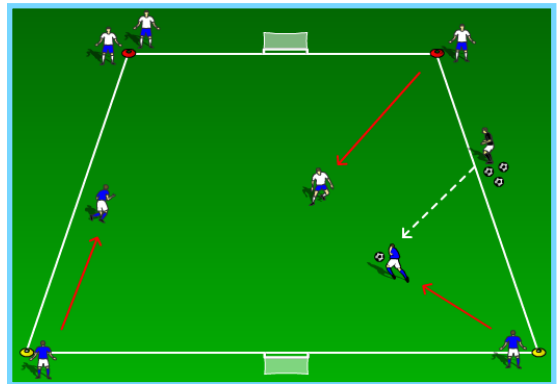
**Area:** 20 x 20 yards with two end zones.

**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 dribbling into their end zone.

**Progression:** 2 v 1.

### Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- Finishing Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - can you 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.

