



# ★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

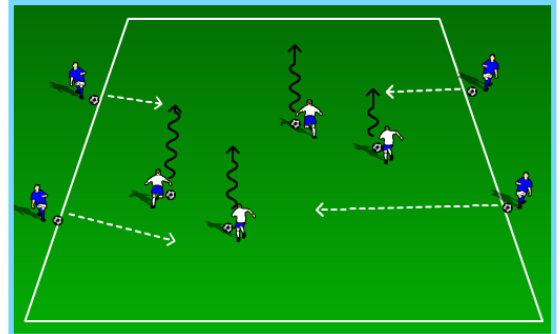
## Activity 1 - Moving Targets

**Area:** 20 x 20 yards.

**Organization:** Place players into two teams, one is the passing team, the other dribbling. Set up players as shown. Passing team has to hit the dribbling players ball or feet and must get to 10 points to win the game. Dribbling team has to do 6 dribbling lengths of the field. Then switch.

### Coaching Points:

- Dribbling - Close touches in tight spaces.
- Running with the Ball - Big touches & cover ground quickly.
- Passing Technique.



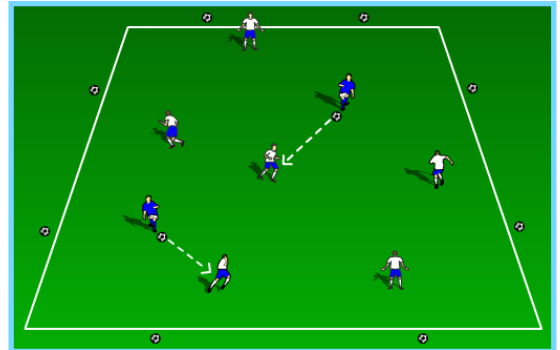
## Activity 2 - Cops and Robbers

**Area:** 20 x 20 yards.

**Organization:** Two players have soccer balls (cops). The rest of the soccer balls are spread out around the area. The cops catch the robbers by hitting them below the knee with the soccer ball. Once a robber is caught they become a cop.

### Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Passing Technique - accuracy!



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

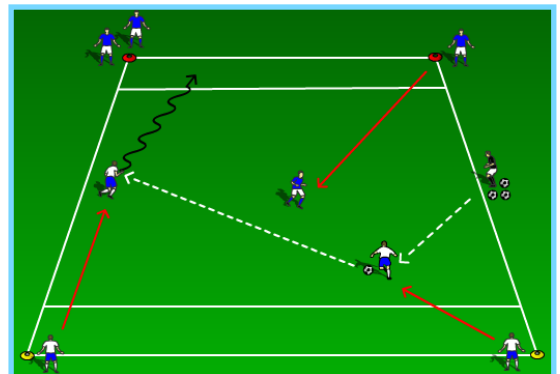
**Area:** 20 x 20 yards with two end zones.

**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:** Play 2 v 1.

### Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving 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.

