



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

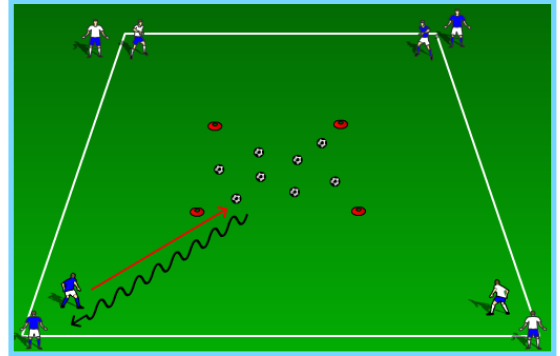
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Next players goes when teammate touches ball.

Coaching Points

- Dribbling Technique.
- Inside & Outside Hook Turns and Pull Back Technique.



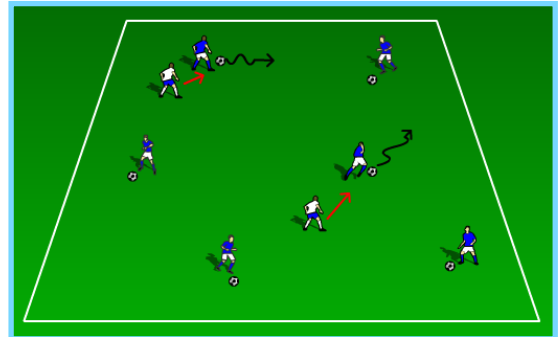
Activity 2 - Freeze Tag

Area: 20 x 20 yards.

Organization: Designate two players as Mr. Freeze. Objective is for Mr. Freeze to kick the players ball out of the grid. When this happens players must stand still 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 froze.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Pull Back, Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



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

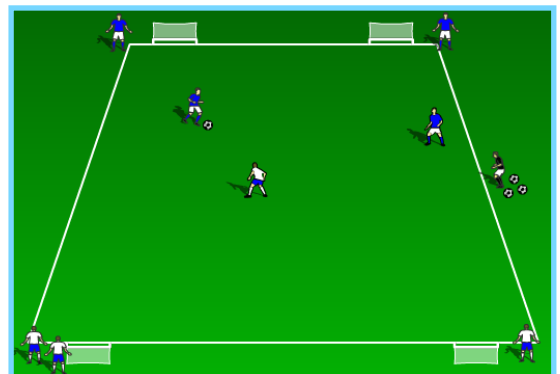
Area: 20 x 20 yards with four goals.

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 & provide 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.

