



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

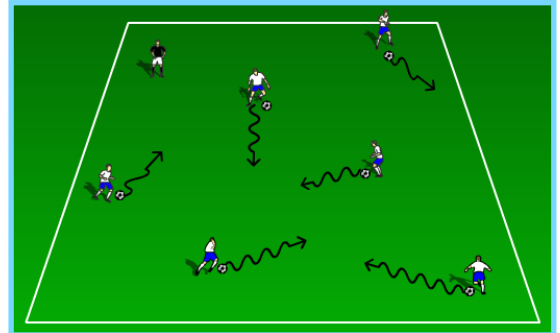
Activity 1 - Free Dribble

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Introduce ball mastery and moves for players to do as they dribble around the area.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Moves - review scissor and step fake.



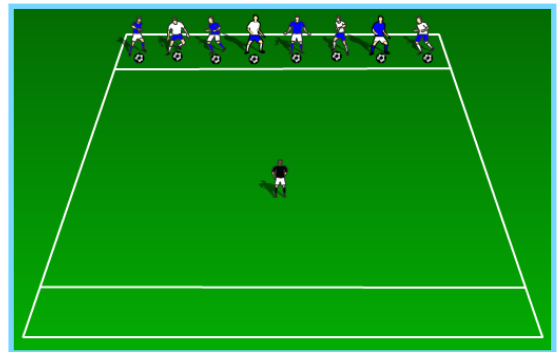
Activity 2 - Mr Freeze

Area: 20 x 20 with two 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



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

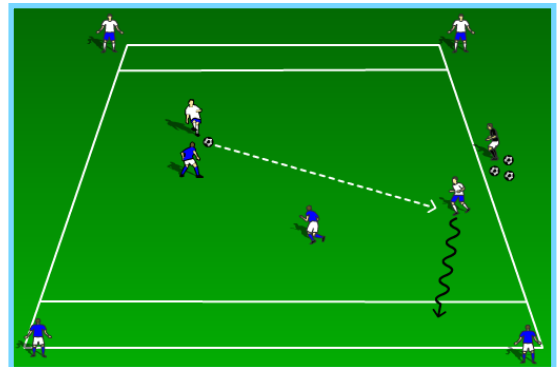
Area: 20 x 20 yards with two end zones.

Organization: Area is 20 x 20 yards with two end zones. 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 and finish playing 2 v 2.

Coaching Points:

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

