



# ★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

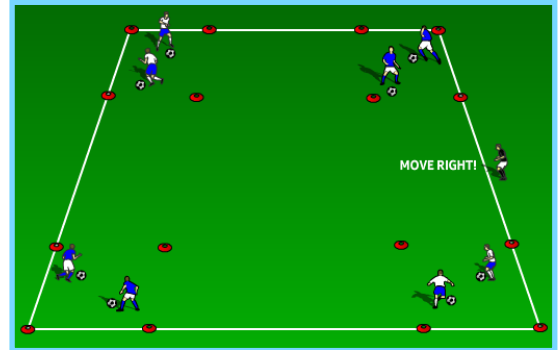
## Activity 1 - Four Corners

**Area:** 20 x 20 yards.

**Organization:** Split players into 4 teams and place a team in each corner. Players should dribble in their designated corner and wait for the switch command. Switch right = players change and dribble to the corner square on their right. Other commands include switch left, cross over, etc. Do two commands to challenge players!

### Coaching Points

- Dribbling Technique - keep the ball close in tight spaces.
- Turning Techniques - use turns to change direction quickly.
- Running with the Ball Technique - cover ground quickly.



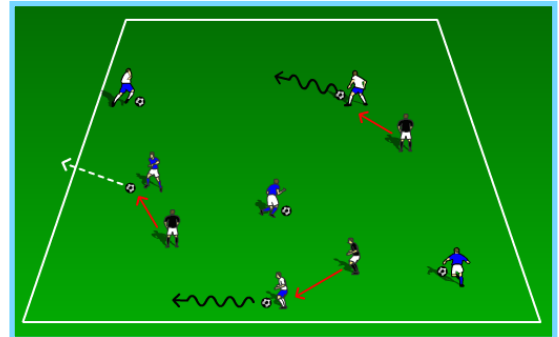
## Activity 2 - Team Freeze Tag

**Area:** 20 x 20 yards.

**Organization:** Split players into three teams. Objective is for the Freeze team to kick the other two teams 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. Play for 1 minute 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 2 Turning Game

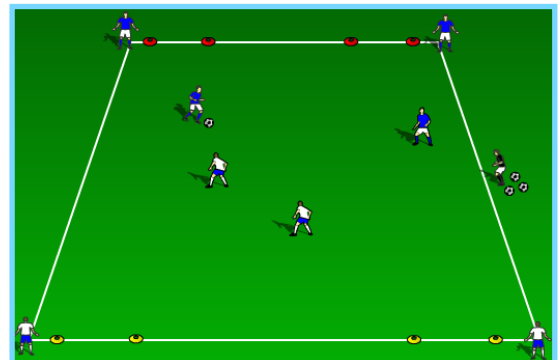
**Area:** 20 x 20 yards with four goals.

**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 and finish playing 2 v 2.

### Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 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.

