



★ RECREATIONAL ★ COACHING CURRICULUM

UB BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

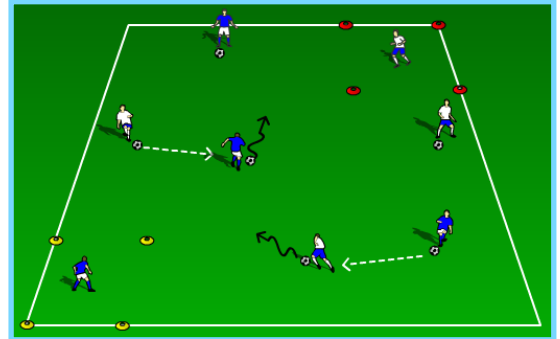
Activity 1 - Doctor, Doctor

Area: 20 x 20 with two 5 yard hospitals in each corner.

Organization: Split players into two teams, each team must designate a doctor who starts in the hospital. Each player has a ball (except the doc) and is trying to hit the other team's feet or ball with their ball. If a player is tagged they sit on their ball and pretend to be injured. The doctor can come out of the hospital to tag and rescue them. The game is over when one team, including the doctor, has been hit with the ball.

Coaching Points:

- Striking the ball with the laces.
- Dribbling Technique - get close to the player before passing.



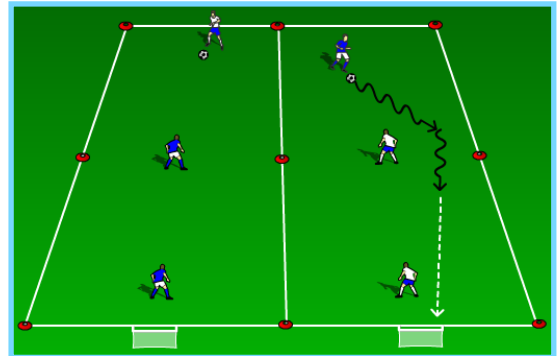
Activity 2 - 1 v 1 Crab Soccer to Goal

Area: 10 x 20 per group with a goal at the 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 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)?
- Running w/ball - explode out of the moves.



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

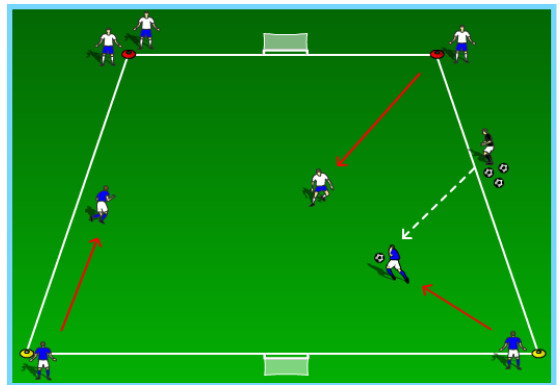
Area: Area is 20 x 20 yards with two end zones.

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 and finish playing 2 v 2.

Coaching Points:

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

