



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Relay Race

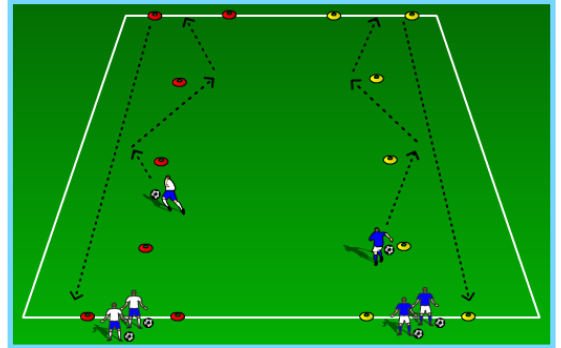
Area: 20 x 5 yards per team.

Organization: Place players into teams of no more than three players.

1. Player dribble individually to the end gate and back.
2. Same as above but do a designated turn in the gate at the end.
3. Dribble with a partner, attached by a vest.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Turns - inside and outside hook and pull back.



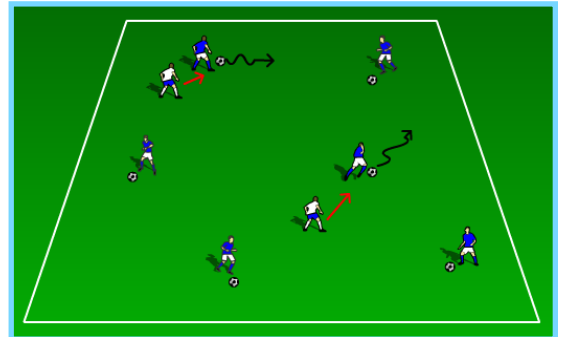
Activity 2 - Freeze Tag

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 2 Turning Game

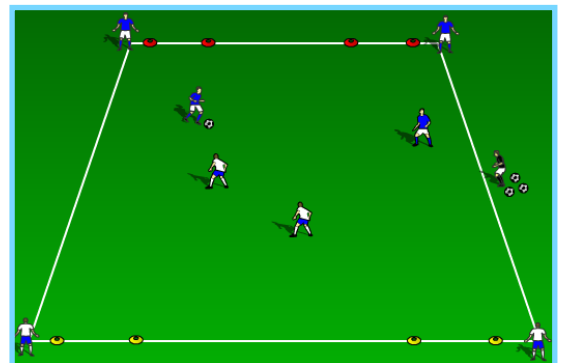
Area: 20 x 20 yards with four goals.

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.

