



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 2

DRIBBLING TO PENETRATE

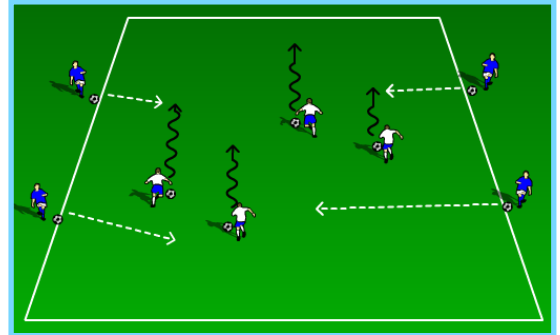
Activity 1 - Moving Targets

Area: 20 x 20 yards.

Organization: Place players into two teams, one is the passing team, the other dribbling. Set up players as shown. Passing team has to hit the dribbling players ball or feet and must get to 10 points to win the game. Dribbling team has to do 6 dribbling lengths of the field. Then switch.

Coaching Points:

- Dribbling - Close touches in tight spaces.
- Running with the Ball - Big touches & cover ground quickly.
- Striking the ball with the laces.



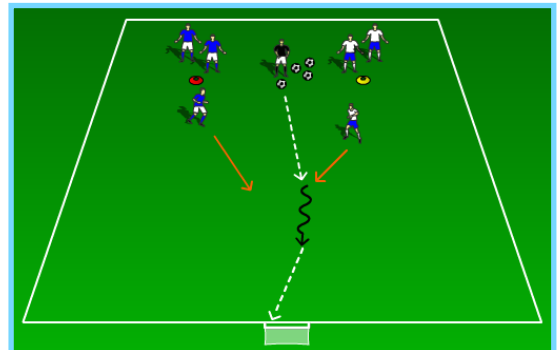
Activity 2 - MLS Shootout

Area: 20 x 20 yards with a goal at one end.

Organization: Split players into two teams. Place each team either side of the coach. Coach has all the soccer balls. When the coach passes a ball into the area, the first two players in line run to get the ball and try to finish. Keep the game moving quickly.

Coaching Points:

- Running w/ball - can you cover ground quickly and get to goal?
- Finishing - strike the ball with the laces early.



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

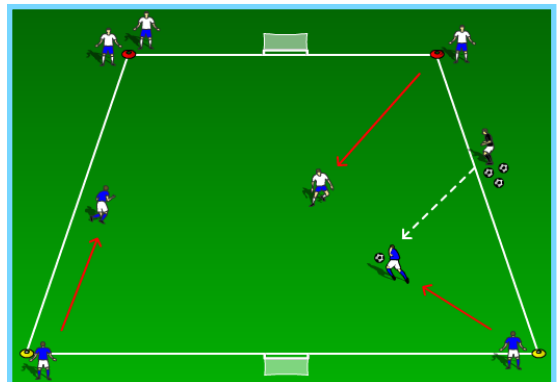
Area: Area is 20 x 20 yards with two end zones.

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.

