



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

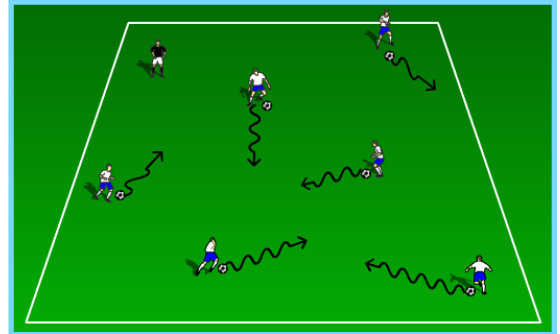
Activity 1 - MLS Turns

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all turns and add ball mastery techniques. Label each turn and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet)
- Turning - quality of turn and acceleration after the turn.



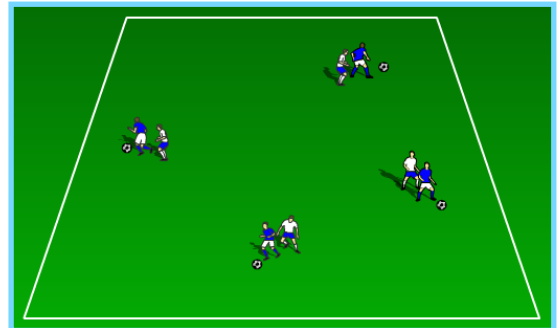
Activity 2 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 Turning Game

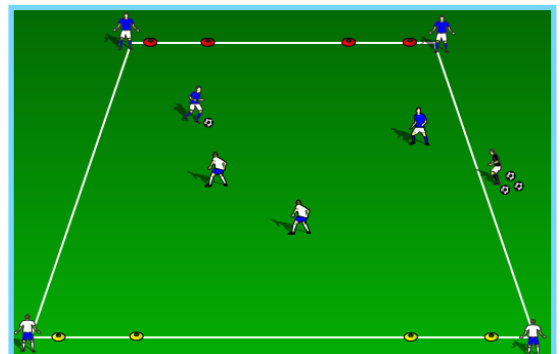
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the field as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



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.

