



# ★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

## Activity 1 - Coaches Challenge

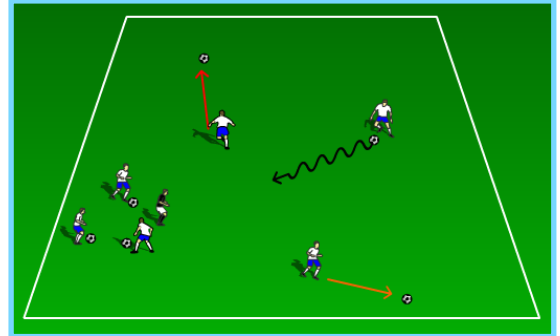
**Area:** 20 x 20 yards.

**Organization:** Each player has a ball. One at a time they hand the ball to the coach who throws the ball away and gives players commands:

- Do a step fake while dribbling back.
- Do a scissors move while dribbling back.
- Make a zigzag (inside and outside of foot) when dribbling back.
- Chop the ball back (knock ball between insides of both feet).

### Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



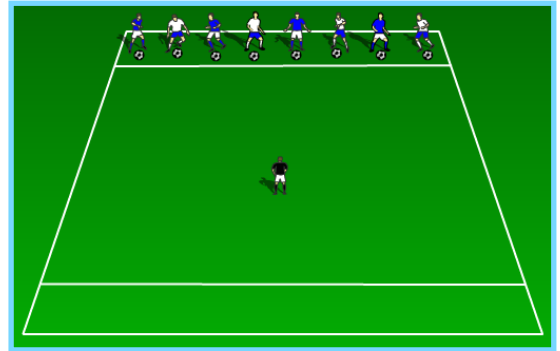
## Activity 2 - Mr Freeze

**Area:** 20 x 20 with two 3 yard safe zones.

**Organization:** Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

### Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



## Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 End Zone Game

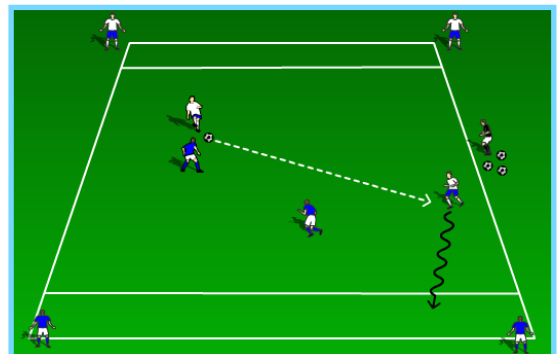
**Area:** 20 x 20 yards with two end zones.

**Organization:** Place players into two teams, one at each side of the coach. Coach plays the ball into the attacking team, who sends in two players. The defending team sends one to create a 2 v 1 game.

**Progression:** Play 2 v 1.

### Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving 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? Where are the defenders and your teammates?



## 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.

