



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 2

DRIBBLING TO FINISH

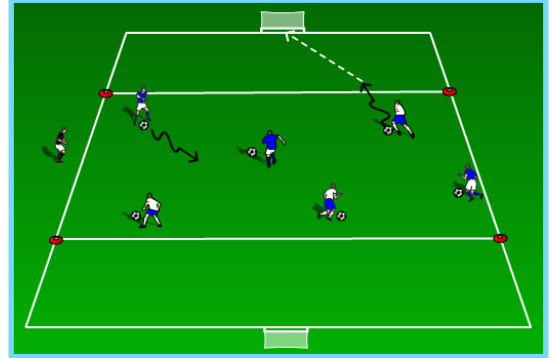
Activity 1 - Name Game

Area: 20 x 20 yards with a 10 yard zone in the middle and two goals.

Organization: Players start by dribbling inside the center area. When the coach shouts their name players dribble towards the nearest goal and finish. Introduce moves for players to execute before scoring.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor before scoring.
- Finishing - strike the ball with your laces.



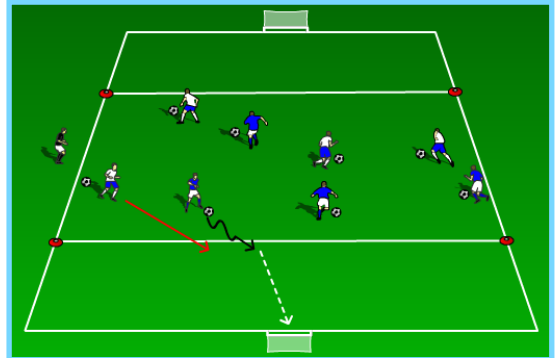
Activity 2 - Follow the Leader Finishing

Area: 20 x 20 yards.

Organization: Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Start with the leader dribbling and their partner following. When coach says a number, the leader goes to goal and their partner chases and tries to stop them.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - use moves to beat the defender when in front of you.
- Finishing - strike the ball with your laces. Can you finish early?



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

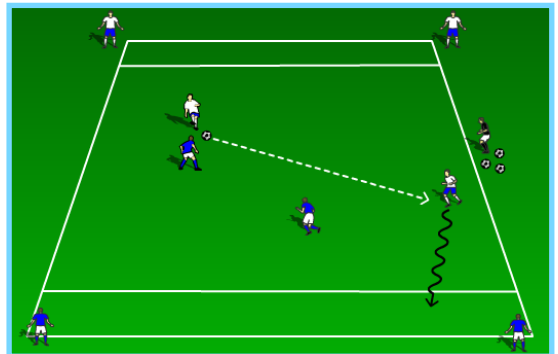
Area: 20 x 20 yards with two end zones.

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.

