



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

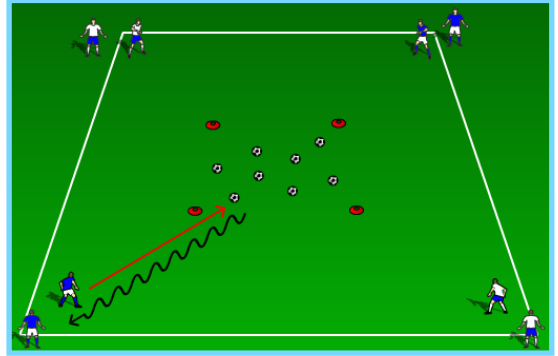
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Players go when teammate touches ball, this way players have to avoid each other in the center of the grid.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



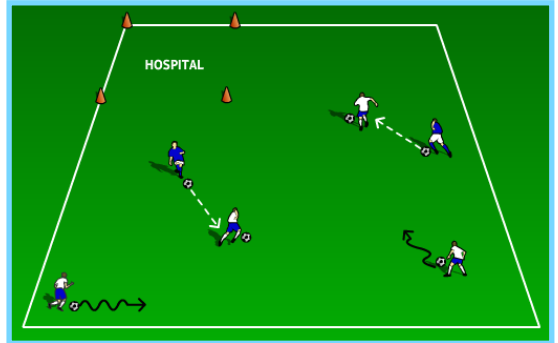
Activity 2 - Hospital Tag

Area: 20 x 20 yards with a 5 yard hospital.

Organization: Designate 2 taggers. Players who are tagged must hold that part of the body as they continue to dribble. If a player is tagged 3 times, they go to the hospital and complete a ball mastery task before returning to the game. Rotate taggers after 1 minute.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



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

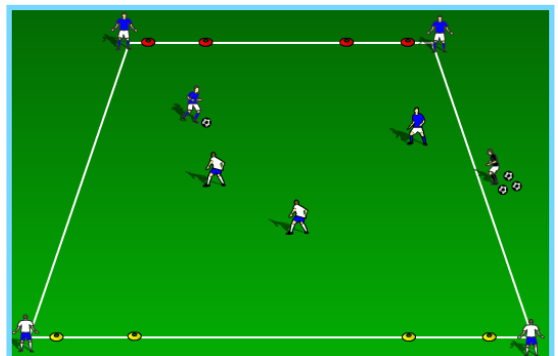
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid 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.

