



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 2

DRIBBLING TO FINISH

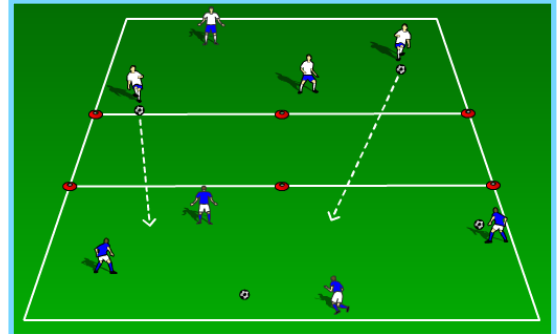
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your opposition's half.



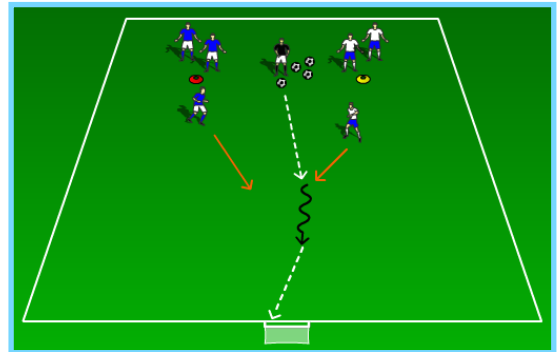
Activity 2 - MLS Shootout

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 - 2 v 1 to 2 v 2 End Zone Game

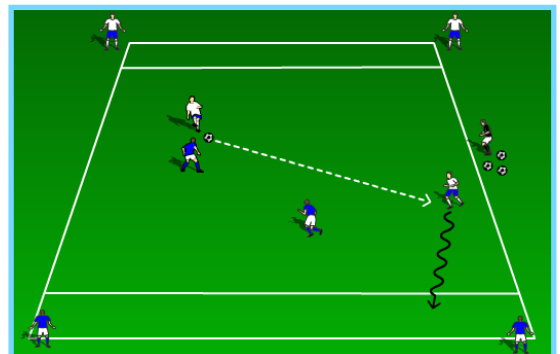
Area: 20 x 20 yards with two end zones.

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.

