



# ★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

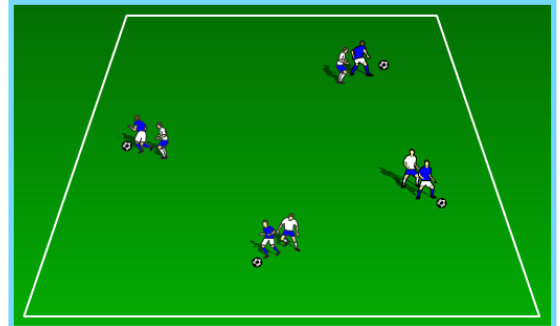
## Activity 1 - Steal Shield

**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.



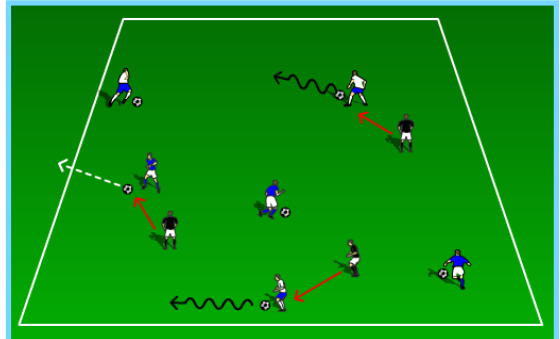
## Activity 2 - Team Knockout

**Area:** 10 x 10 yards.

**Organization:** Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

### Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



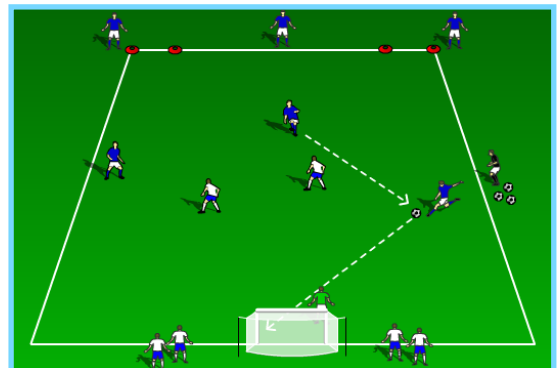
## Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

**Area:** 20 x 20 yards with one big goal & counters

**Organization:** Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

### 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.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & 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.

