



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Speedy Gonzales Relay

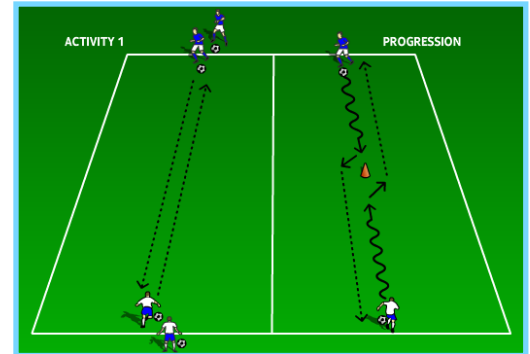
Area: 10 x 20 yards per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone, players complete a move at the cone.

Coaching Points:

- Dribbling - keep the ball close when approaching the cone (defender).
- Scissor & Step Fake - can you do the move before the cone?
- Running w/ball - explode out of the move.



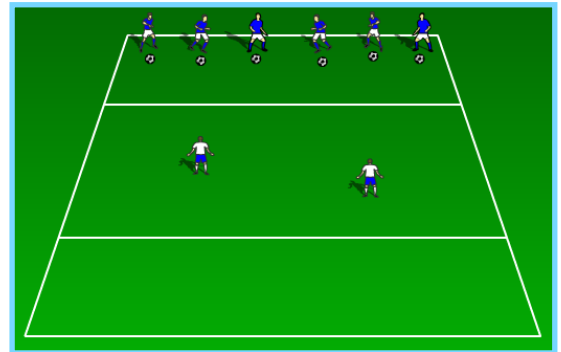
Activity 2 - Cross the River

Area: 20 x 20 with a 10 yard zone in the center.

Organization: Place two players in the middle zone (river) and the rest on the end line. When the coach says 'cross the river' the players must try to get across the area without having their ball stolen. If there ball is stollen they join the defenders in the river. Continue until one player remains.

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?



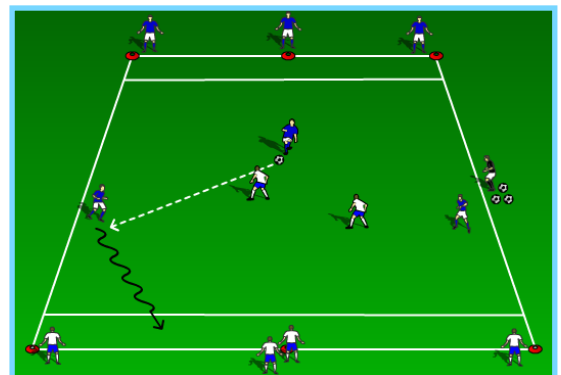
Activity 3 - Boss of the Balls - 3 v 2 to End Zones

Area: 20 x 20 yards with 3 yard end zones.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team who sends three players. The defending team sends two, which creates a 3 v 2 game. Players dribble into the end zone to score a goal.

Coaching Points:

- Dribbling, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Decision - pass or dribble? Where is the defender?
- Support - can you provide a passing option? Where are the def 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.

