



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 2

DRIBBLING TO FINISH

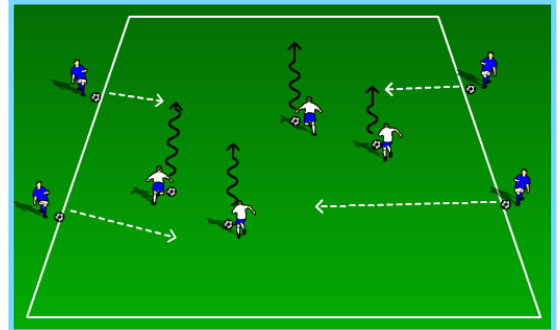
Activity 1 - Moving Targets

Area: 20 x 20 yards.

Organization: Split players into two teams. One is placed on an end line and is looking to dribble across the grid without getting hit. The other is the passing team and they are trying to hit the dribblers feet or below the knee. Play for one minute. Teams gain a point by dribbling across the grid without getting hit or hitting a player with a pass.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Running with the Ball Technique.
- Striking the ball with the laces technique.



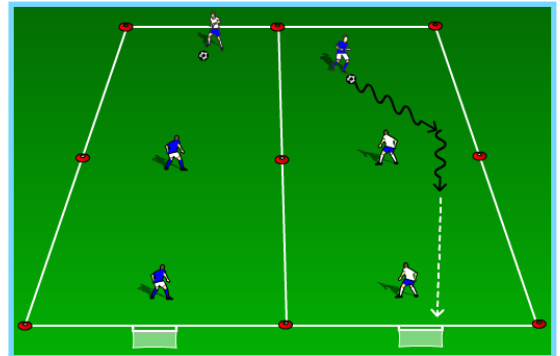
Activity 2 - 1 v 1 Crab Soccer Finishing

Area: 10 x 20 with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake / scissor and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Finishing Technique.



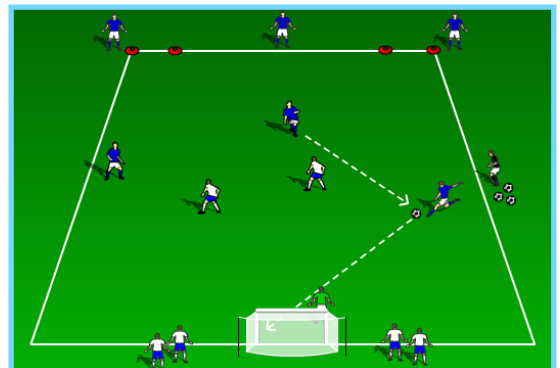
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

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, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Finishing Technique - Distance from goal? Where is the GK?
- Decision - pass or dribble? Where is the defender?
- 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.

