



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

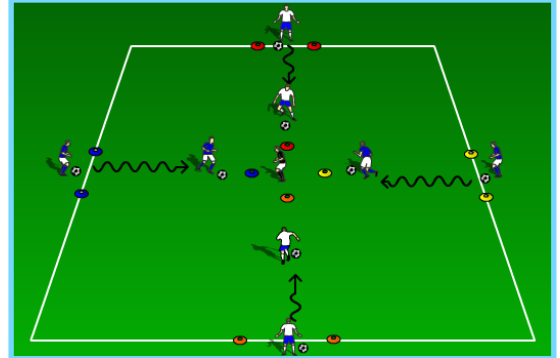
Activity 1 - Diamond Turning

Area: 20 x 20 yards with a 5 yard diamond in the center.

Organization: Place players into pairs, one ball per pair. First player in line dribbles towards the diamond, turns and passes back to their teammate. Run through Pull Back, Inside Hook and Outside Hook.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Turning Techniques.
- Running w/ball - explode out of turns.
- Passing Technique.
- Receiving the Ball Technique.



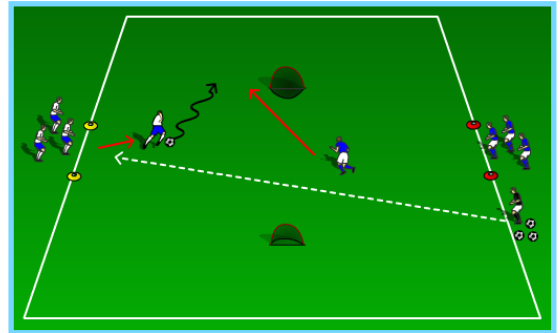
Activity 2 - 1 v 1 to Inverted Goals.

Area: 20 x 20 yards with two goals in the center facing outward.

Organization: Split group into two teams. Place a team at either side of the area. Coach plays to the attacking team. Play 1 v 1 until a goal is scored or ball runs out of bounds. Players should switch sides after each turn.

Coaching Points

- Receiving Technique - can you take it in the direction of a goal?
- Dribbling - keep the ball close when under pressure.
- Use turns to change direction and keep possession.
- Shielding - place your body in-between the defender and ball.



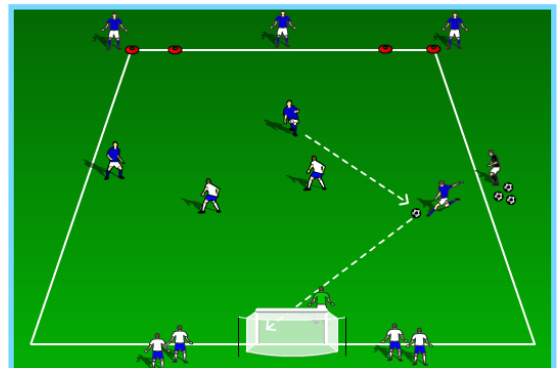
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

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.

