



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

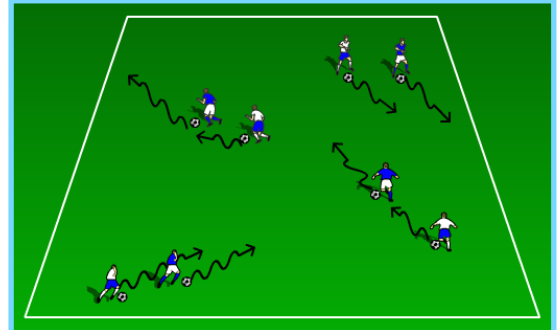
Activity 1 - Follow the Leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Moves - can you use the step fake & scissor to lose players?



Activity 3 - Boss of the Balls - 1 v 1 to End Zones

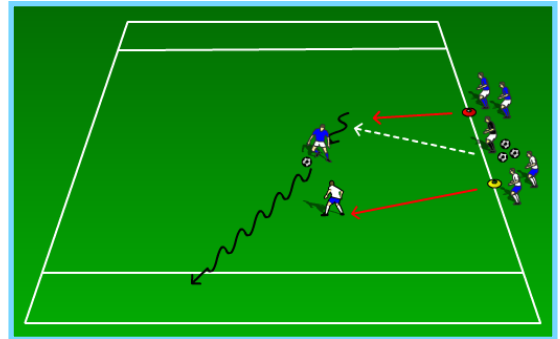
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



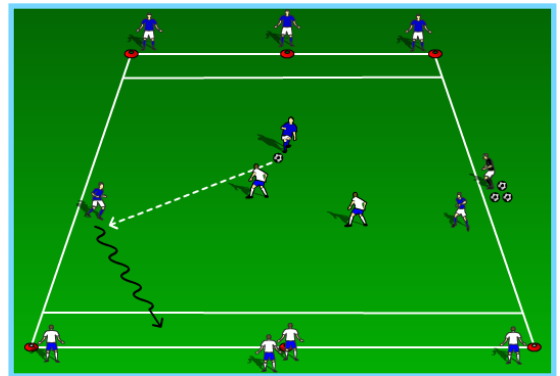
Activity 3 - Boss of the Balls - 3 v 2 to End Zones

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.

