



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 8 - PRACTICE 2

DRIBBLING TO FINISH

Activity 1 - Finishing

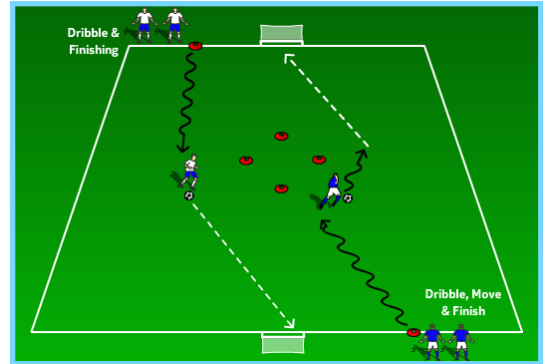
Area: 20 x 20 yards with goals and a 5 yard diamond in the center.

Organization: Split players into two teams. Place a team on each end line as shown.

1. Dribble and finish.
2. Dribble into diamond of cones, do a move and then finish.
3. Competition between groups. First to 10 goals wins.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Striking the ball with the laces technique.
- Moves & Fakes - Run through Step Fake, Scissor and Inside Cut.



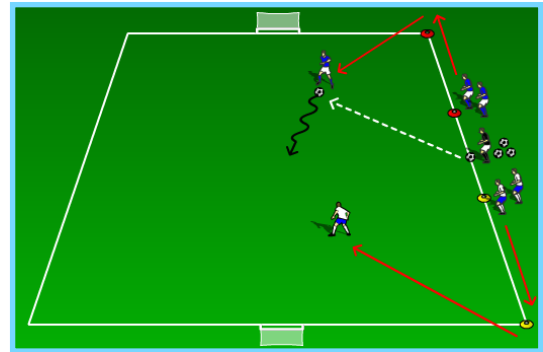
Activity 2 - 1 v 1 to Goal

Area: 20 x 20 with two goals.

Organization: Split players into two teams. Place a team either side of the coach. When coach says 'go', first two players in line run around the end line cone and into the grid to play 1 v 1. Make into a competition.

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake, scissor or inside cut to beat defender?
- Running with the ball - can you explode out of your move?
- Finishing Technique.



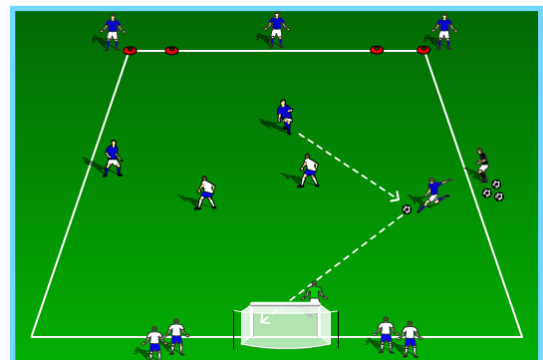
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

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?



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.

