



★ RECREATIONAL ★ COACHING CURRICULUM

UB BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

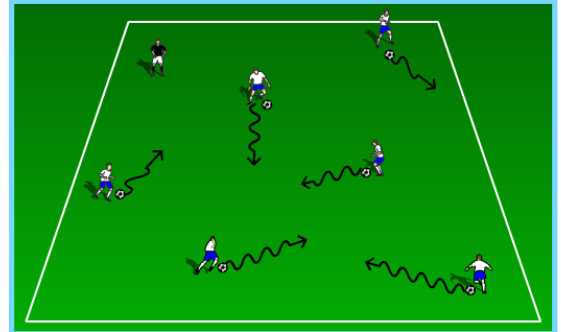
Activity 1 - MLS Moves

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all moves and add ball mastery techniques. Label each move and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet).
- Moves - review step fake and scissor.



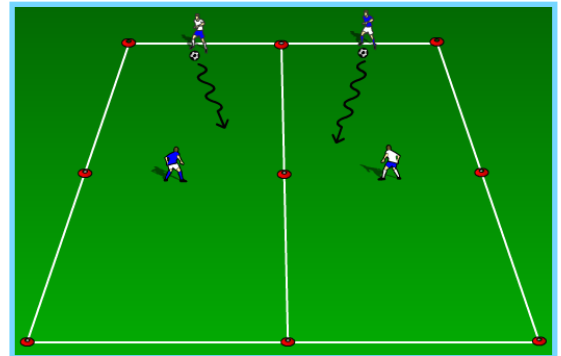
Activity 2 - 1 v 1 Crab Soccer

Area: 10 x 20 yards 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 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)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

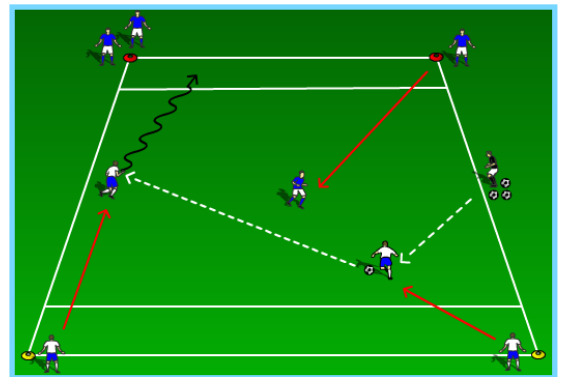
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - 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.

