

# U7/U8

## Week 1 Training Curriculum

Topic: *Dribbling*



<p><b>10-15min Warm-Up:</b></p> <p>Hospital Tag</p> <p>Large Groups (~3 teams)</p>	<p><b>Objective:</b></p> <p>Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body at which they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the little soccer players so they can continue playing the game.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Do little coaching during this warm up. Focus on getting players excited to play and away from their parents.</li> <li>• Encourage/Challenge players to perform 'healing' task such as bouncing the ball off their thigh or foot while catching it before returning to play.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p>Red Light/Green Light</p> <p>Cars</p>	<p><b>Objective:</b></p> <p>All players (cars) have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add variations as listed below.</p> <p><u>Variations:</u></p> <ol style="list-style-type: none"> <li>1) When coach yells out "Bumper Cars!", players must <b>gently</b> bump their ball into another players while keeping their foot on top of their ball.</li> <li>2) When coaches yells out "Super Charge!", players must <b>quickly</b> perform 6 toe-taps then take 5 big dribbles with their ball to the most open area in the playing field.</li> <li>3) When coaches yells out "Traffic Jam!", players must <b>quickly</b> sit on their soccer ball and honk their horns as loud as they can.</li> <li>4) When coaches yells out "Wrong Way!", players must <b>stop</b> their ball and change direction.</li> <li>5) When coaches yells out "Circle!", players dribble their ball in one full circle (360°).</li> </ol>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and <i>very close</i> to their feet at all times.</li> <li>• Players should be dribbling with their head up and as fast as they can.</li> <li>• Players should find the open space and spread out while dribbling.</li> <li>• <i>Encourage/Challenge</i> players to keep their head up by holding up your hand with a particular number. Initially tell them you are, then do not and see if they notice by keeping their head up.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p>4v4 with no goal keepers</p>	<p><b>Objective:</b></p> <p>Set up 2 teams to scrimmage. Coach should be in control of the ball. When out of play, coach serves ball <u>on the ground</u> to the player in the most open space within the field.</p> <p>Encourage dribbling – not passing!</p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.</li> <li>• Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?"</li> <li>• <i>Encourage/Challenge</i> players to dribble and not pass or simply kick the ball away.</li> </ul>