



# U7/U8

## Week 5 Training Curriculum

Topic: **Dribbling to Beat a Player**



<p><b>10min Warm-Up:</b></p> <p>No Man's Land</p>	<p><b>Objective:</b></p> <p>Designate 3 defenders in an 8yd x 15yd grid (<i>No Man's Land</i>) in the center of the playing field. At one end-line, have all remaining players with their ball. On coach's call, players attempt to dribble their ball through <i>No Man's Land</i> and get to the other side. Defenders <u>cannot</u> leave <i>No Man's Land</i> and attackers must dribble through it and get to the other end-line with their ball under control. Defenders prevent players from passing through by simply kicking the balls away. Repeat 3x per group no matter if successful or not.</p> 	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet <i>at all times</i>.</li> <li>• Players should spread out when stopped along the end-lines of play.</li> <li>• <i>Encourage/Challenge</i> players to quickly dribble their ball past defenders. <b>Do not</b> encourage players to simply kick their ball past the defenders.</li> <li>• <i>Encourage/Challenge</i> players to <b>only</b> make 1 or 2 moves (outside or inside of foot cuts) to get past the defenders.</li> </ul>
<p><b>15-20min Individual-Based Activity:</b></p> <p>1v1 to End-line</p>	<p><b>Objective:</b></p> <p>Divide players into 1v1 groups in an 8yd x 15yd grid. Game starts when a player from his/her dribbles the ball to the other player. Players try to gain possession and stop the ball on their opponent's line. Game continues until a point is scored or it goes out of play behind either player's goal line. Each restart is alternated no matter who scores the last goal.</p> 	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet <i>at all times</i>.</li> <li>• Players should maintain body balance when receiving/control ball.</li> <li>• <i>Encourage/Challenge</i> players to quickly dribble their ball past defender. <b>Do not</b> encourage players to simply kick their ball past the defender.</li> <li>• <i>Encourage/Challenge</i> players to <b>only</b> make 1 or 2 moves (outside or inside of foot cuts) to get past the defender.</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 players to 'take-on' and dribble past opposing players – 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>