



## U7/8 Week 2

Category: Technical: Dribbling and RWB  
Difficulty: Moderate

JASA Coastal Surge, Jacksonville, United States of America  
Individual-Adult Member

### Warm up Race (15 mins)



Set up two lines approximately 12 yards apart. In the middle of these lines have two gates of different colors 2 yards wide as shown in the picture.

One player from each line runs into the middle and run on the spot (players should be pumping the arms to work on proper running technique), the coach then calls out a color and the players race through that color gate. When the coach calls out the color the next two players should make their way to the middle. You can add activities for the players to do when they are in the middle (header, touch the ground, turn etc)

For an extra progression you can make it that if the coach yells 'blue' the players go to yellow and if he coach yells 'yellow' the players go to blue.

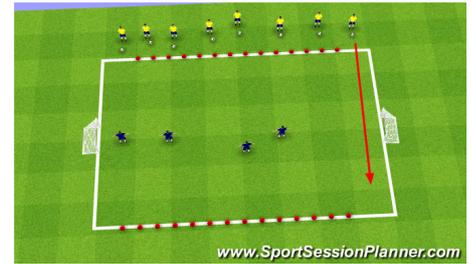
### Dribble Tag (15 mins)



Dribble Tag

In pairs the players dribble under control and try to tag their partner. Switch partners frequently

### Hungry Dinosaurs (10 mins)



Create two lines for the players to start and end at either side of the field.

Have players start out without balls. When the coach yells go all the humans (blue) have to make it across the field without the Hungry Dinosaurs' (Yellow) tagging them. To start off with all the dinosaurs have to do is tag the humans. Play a few rounds so that all players understand the game and then ask all humans to get a soccer ball (as pictured). Now our humans have to get their soccer balls across without the dinosaurs touching the balls with their feet. If a human's soccer ball is touched they become a dinosaur. Have the coach start off as the first dinosaur and the last remaining human become the first dinosaur in the next game.

Progression: Dinosaurs can "Steal" ball and pass it into goals (Dinosaurs Den). This will help the defenders learn that after defending they should help start the attack. Not just kick the ball away.

### 3v3 Game (25 mins)



Duration: 24 Minutes

Organization:

30 x 25 yard box.

Teams play 3 v 3 inside the box with no goalkeepers.

Sit back and watch them play... **NO COACHING!**

Let the kids play and learn to love the game. 4 x 5 minute games with one minute water breaks in between games