



U7 - Running and Dribbling

60 min



Organization:

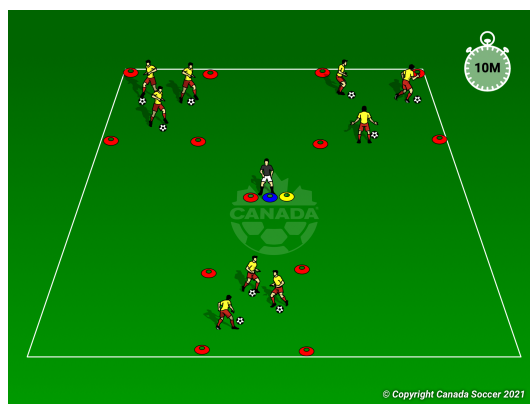
Groups in a 15×15 area & 1 ball per player
Players dribble inside their space and perform skills/moves based on the cone color that the coach holds up (Yellow, Red, Blue)
Ideas - stop the ball, pull back, scissors, push pull, lateral roll, fake, feints (research ball mastery moves)

Facilitator Feedback:

Use deception
Keep close control
What skills helped you retain possession

Progressions:

Add moves, turns, tricks for each cone color
Progress to when a "red" or "blue" cone is held up from the coach, that specific group (ie - Blue color) then has to pressure the other



Organization:

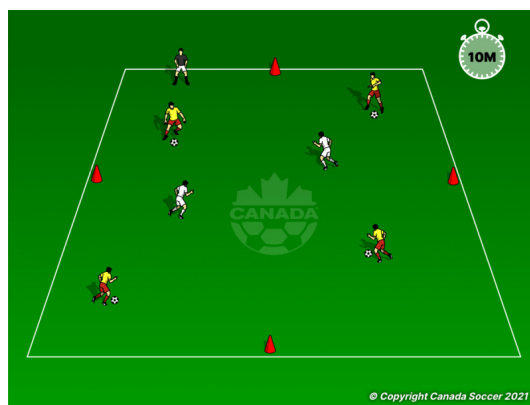
Groups of 2- 4 players per square (15×15) & 1 ball per player
Players dribble inside their square and perform skills/moves based on the cone color that the coach holds up (Yellow, Red, Blue)
Ideas - stop the ball, pull back, scissors, push pull, lateral roll, fake, feints (research ball mastery moves)

Facilitator Feedback:

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WARM UP - Escape and Evade the Taggers - 10 minutes

Organization: Balls and 4 cones

Everyone has a ball. Start off with coach trying to tag (roll a ball to hit player, or tie a knot in a pinnie to throw at player) the players. After a few minutes can ask one of the players to become the tagger and rotate through everyone.
If a player gets tagged, they must leave and dribble around 1 of the cones on the edge of area
Players need to try to not get tagged

Facilitator Feedback to players:

Keep your head up - keep ball close - dribble away from pressure- identify open space- can ask them a question "how can you protect the ball from the taggers"

Progression:

Add more taggers
Increase complexity of the re-enters - ie add ball mastery 5 toe taps at one



Organization:

3 Groups of 2 - 4 players - Bibs for each group & every player has a ball or you can number each grouping 1,2,3
When the coach holds up a colored cone (or coach can call out color, you can also number the groups and hold up fingers), that same group color as the cone or number, leave their ball and pressures to the rest of the other 2 groups trying to kick their ball away
Once a player is losses the ball, they can support any from the 2 groups that are attacking

- Restart the process after 60" of play

Facilitator Feedback:

Protect the ball
Twist & Turn
Scan for pressure
Scan for Space

Progressions:

Increase the time limit from 60" to 90
Reduce the space of the grid