

5/3/07 PRACTICE

7/8 y.o. GIRLS

I. WARM UP / BALL FAMILIARITY (30 MIN)

A. SMALL GRID - DRIBBLING / DIDDLEY DOS

B. LARGE GRID - DRIBBLING

1. COACHING POINTS

a. HEADS UP - LOOKING FOR SPACE

b. CLOSE CONTROL OF BALL (BABY STEPS)

c. STAY AWAY FROM OTHERS

2. "STOP / GO"

a. TRY TO BE FIRST TO STOP (SOLE OF FOOT)

3. "SIMON SAYS"

a. STOP BALL WITH BODY PART CALLED OUT (ELBOW, KNEE...)

II SKILLS (20 MIN)

A. INTRODUCE 'DRAG BACK'

1. DEMONSTRATION

2. LARGE GRID

a. SKILL ON COMMAND

b. FREE DRIBBLE - LOTS OF DRAGBACKS

SWITCH ?



3. 2 CONES / PLAYER - DRIBBLE BACK & FORTH, CONES AS OPPONENT

III GAME (FLEX TIME TO FIT)

→ SPLIT EVENLY, SMALL GOALS, MODIFY SCORING

IV HOMEWORK

→ BACKYARD → DRAGBACKS → AS MANY AS POSSIBLE FOR SATURDAY.