**7/8 PDP Curriculum Spring 2022**

**Dribbling (Most important aspect of 7/8 Development)**

Reiterate to dribble with **Last 3 Toes** NOT Outside, Inside or Laces

* As many touches on the ball as possible
* Confidence dribbling with all surfaces (inside, outside, laces, bottom)
  + Knowledge of when to use these surfaces
  + Introduction to moves –
  + **Level 1** - squash, teaser, fakie

**Level 2** – faints, step over, scissors, Over Mars, L move, V move,

* + **Introduction to 6 Turns** - big toe/pinky toe cuts (inside/outside cuts), Pull back, drag back, change your mind, cruyff turn
* Knowledge of when and where to do a move or turn
* Confidence taking players on in 1v1 situations (encourage moves as much as possible)
* **Acceleration after turn or move**

**Passing/Receiving**

* Introduce how to pass with the inside and outside of both feet
* **Proper passing technique (Heel down, Toe up)**
* Confident passing with right and left (inside and outside)
  + Able to pass a ball with accuracy 10 yards (inside of the foot)
  + Knowledge of when to use the inside vs the outside of the foot
* **Introduction to ABC receiving technique (Angle, Body Shape, Checking your shoulder)**
* Directional first touch
* Receiving with the back foot

**Shooting**

* Work on **finesse finishing** (using inside of the foot)
* Start to introduce shooting and the technique used (big toe/laces)
* **Tony Chin** for using big toe or laces (Toes down, knee and chin over the ball)

**Agility (Very important – Should be working on this every week)**

* Balance – Strength – Coordination - Acceleration

**Turns Explanations**

* Inside Cut (Big toe cut)
* Outside Cut (Pink toe cut)
* Drag Back (Drag with right foot and spin left, or drag with left and spin right
* Pull Back (Pull across your body, turn same way the ball goes past your body)
* Change your mind (Run over ball and turn 180, take with outside of closest foot
* Cruyff (Plant foot beside ball, other foot goes over ball and flick back with big toe while foot is pointed down)

**Moves Explanations**

* Freeze (Sole of the foot on the ball)
* Teaser (Sole of foot on ball, roll ball back and forth)
* Fakie (Fake shot/cross, take with laces/outside of foot)
* Faint (Drop of the shoulder, take with outside of foot)
* Scissors (Maybe even double scissors) (foot goes around the ball outside closest to ball)
* Step Over (Foot goes over the ball and then plants, plant other foot then push off with outside)
* 90 Degree Drag (using sole of the foot) (Drag ball 90 degress across your body and use other foot to take a touch out in front of you)
* Over Mars (drag ball forward with one foot, step over with the opposite foot)
* V Move (drag ball back with one foot, push with outside of opposite foot)
* L Move (Drag ball from one foot to the other, push with outside of other foot)

**Creative Games**

**Body Parts** – Like Simon say’s, players put body park on the ball

**Stuck in the mud** – Couple of players try to stick everyone by touching their ball. When stuck a players picks up their ball and hold it above their head and open their leg wide. If a teammate dribbles a ball thru their legs they are free again

**Sharks and Minnows –** Players try to dribble their soccer ball from one side of the grid to the other while ‘sharks’ stand in the middle trying to kick their soccer ball out. If your ball gets kicked out you become a shark. Last minnow left wins.

**Red Light Green Light –** Coach stands at opposite end of grid and turns his back on players and shouts green light, at this point players dribble out towards the end line. Once coach shouts red light, players must freeze their ball and their body, when the coach turns around after saying red light if he sees anyone moving or their ball moving that players starts back from the beginning. Player that reaches end line without being spotted moving by the coach wins

**Golden Eggs –** Make 4 nests in corners of the grids and split everyone into 4 teams. Each go to their own nest. Put all the balls in the middle. When coach begins the game, players run out and try to dribble a ball and back to their nest. Once balls are gone in the middle players have to steal ball from each other’s nests. After 3 minutes coach shouts freeze and team with most balls in their nest wins. (Have 1, 2 or 3 golden/yellow balls that are worth 2 or 3 points)

**Islands –** Make 4 small grids inside one big grid. These are your islands. When the coach shouts go, players must dribble from one island to another and avoid sharks in the sea looking to take their ball. If player reaches a particular island they must do or say something to represent that island ie the hula for Hawaii, or sipping a cup of tea for UK, or doing some Karate chop in China, or pretending they have a mustache in France etc. Whatever you can think of to make it fun.

**Wreck it Ralph v Bob The Builder –** Stand up big cones around a grid. One team has to dribble their soccer balls and kick them into the cones (wreck it Ralph team). The other team has to fix the cones using only their feet (Bob the builder team). After 2-3 minutes coach says freeze and however many cones are knocked over is the score for the wreck it Ralph team and then both teams switch to see who has the high score at end of game 2.

**Battleships –** Line up 5-10 big cones then another 5-10 big cones 10 yards apart facing them. Players are split into two teams and have to stand in between the big cones and kick their ball over the ‘sea’ and knock down the opposing teams big cones ‘cannons’. Once one team knocks over all the opposing teams cones they win. If balls get stuck in the sea players can form ladders holding hands to go into the sea to get the balls back.