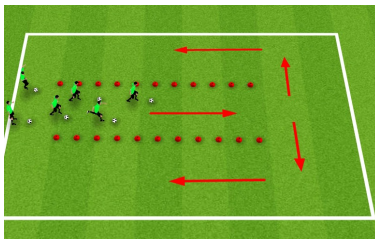


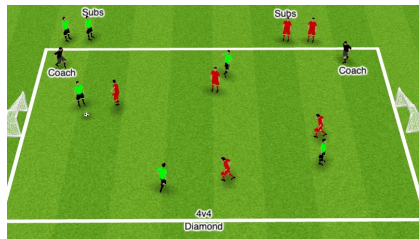
Surfers & Sharks

- Every Player on a Ball (Surfers)
- Players must ride the wave (middle) whilst dribbling to get to the other side
- Coaches (Sharks) are trying to catch them
- Add in: Right foot / left foot / etc
- Make it a game of who can ride the most waves
- Encourage close control and small touches



Small Sided Game

- 4v4 vs OWN Group (then vs Others)
- Look for Diamonds
- Ball goes out - Coach puts new ball in
- After a goal / teams reset in own half
- Flow of Game takes precedent
- Subs = every 2-3 mins
- Repeat: "Spread out" / "Head Up"
- Have FUN!



Vancouver UNITED FC

Game. Club. Community.

FIRST KICKS WEEK 3: U7 "DRIBBLING & GAME PLAY"

Technical Support



- Connect with your Technical Lead with Q's
- Staff are "ON Field" to run activities with you
- Keep it Fun & Safe for ALL
- If the ball(s) are rolling; you're doing great!
- Your energy becomes their energy
- Do Not hesitate to ask Staff for help
- Add wrinkles that go with the Topic

