



U7 & U8

PRACTICE CURRICULUM OVERVIEW

WEEK	TOPIC	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4	SKILLS CHALLENGE
1	Dribble to Escape Pressure	Arrival Scrimmage (rules & boundaries)	Knockout	Secret Number Escape 2.0	Scrimmage	30 sole pulls, 30 sole drags & 9 lives shielding (attacker)
2	Dribble to Escape Pressure	Arrival Scrimmage (goal kicks & throw- ins)	Red Rover	Back - to - Back 1v1's	Scrimmage vs Neighboring team (game day format run through)	30 sole pulls, 30 pull pushes & Dribble Champion (1st to 3 points)
3	Dribble Beyond Pressure	Arrival Scrimmage (diamond shape)	River Monsters 1v1	Attack the Castle (Secret Number Style)	Scrimmage	30 foundations, 30 pull/pushes & Can't Beat Me! (attacker)
4	Dribble Beyond Pressure	Arrival Scrimmage (position & shape from goal kicks)	Sharks & Minnows	2v1 Island Treasure	Scrimmage vs Neighboring team	30 heel toes, 30 sole drags & Dribble races (3x laces, 3x free)
5	Defend the Goal 1v1	Arrival Scrimmage (goal side & defending corners)	1v1 Boxes	1v1 + GK's	Scrimmage	30 foundations, 30 heel toes & Can't beat me! (defender)
6	Defend the Goal 1v1	Arrival Scrimmage (attacking corner kicks)	Shoot It or Block It	Defend the Castle (Secret Number Style)	Scrimmage vs Neighboring team	25 goalie scoops, 25 catches & 10 saves
7	Dribble to Escape Pressure	Arrival Scrimmage (shooting & GK positioning)	Red Rover	2v1 Thanos Battle	Scrimmage	25 inside/outside 1 foot, 25 other foot & score 5 goals
8	Dribble to Goal	Arrival Scrimmage (diamond team shape)	Pop-up Races to Goal	1v1 + GK's	Scrimmage vs Neighboring team	50 passes & Eiffel tower
9	Defend Space	Arrival Scrimmage (don't crowd the dribbler)	Video Game Gauntlet	2v2 Highway Patrol	Scrimmage	50 passes & 9 lives shielding (defender)
10	Dribble to Escape Pressure	Arrival Scrimmage (surf it up)	1v1 Gladiators	Secret Number Escape 2.0	Scrimmage vs Neighboring team	25 foundations w/1, 2, 3, stop & builder vs bulldozer
11	Dribble & Combine Beyond Pressure	Arrival Scrimmage (shooting & GK)	River Monsters 1v1	2v1 Thanos Battle	Scrimmage	25 inside/outside 1 foot, 25 other foot & 9 lives (attacker)
12	Player's Choice	Arrival Scrimmage	Player's Choice	Player's Choice	Scrimmage vs Neighboring team	n/a