

Age	U7
Season & Session	Fall – Week 1 – Session 1
Topic	Ball Mastery, Dribbling Technique. Turning and Shielding

Activity Description	Diagram	Coaching Points
<p>Activity: Greeting Game</p> <ul style="list-style-type: none"> Area: 20 x 30. Activity: Players run around the area waiting for the coach to give a greeting command. Players must listen and then greet each other completing the task. Greetings include; shake hands, high fives, low fives, shoulder to shoulder, back to back, etc. Progression: Dribbling doing the same thing. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Crab Attack</p> <ul style="list-style-type: none"> Area: 20 x 30. Activity: Each player has a soccer ball placed on one end line. The coach acts as the crab and is placed in the center of the grid. Players must try to dribble past the crab to the opposite side of the grid without getting caught. Continue until only one is left. Progression: Crab becomes a slow poke (walk) and gazelle (run). 		<p>Dribbling Technique:</p> <ul style="list-style-type: none"> Athletic body shape. Strike the ball with outside of laces. Knee should be over the ball when striking it. Every time you take a step you should be able to take a touch on the soccer ball. Head up in between touches on the ball. Cover ground quickly with control.
<p>Activity: Bedrock Barbeque</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Place players into four teams. Place a team in each corner. All soccer balls placed in the center of the grid. Aim of the game is for players (one at a time) to steal a ball and bring it back to their corner. 1st team back wins. Players must complete a turn to retrieve a ball. Progression: Once balls have gone from the middle, players can steal from other groups (one at a time). This cannot be stopped. 		<ul style="list-style-type: none"> Dribbling Technique. Drag Back: Place sole of the foot on the ball, roll the ball back through your legs and turn 180. Pull Back: Place sole of foot on the ball, balance on non-kicking foot, as you pull the ball back you should be able to see the ball move across your body and turn 180.
<p>Activity: Boss of the balls</p> <ul style="list-style-type: none"> Area: 20 x 30 with two small goals. Activity: Players are placed into two teams, one at the side of each coach. Each team defends and attacks one goal. The coach plays a ball into the area and shouts a number 1 or 2. Players run onto the field and compete to try and score a goal. 		<ul style="list-style-type: none"> All above. When to use turns? Use turns to change direction within the game and turn away from defenders. Explode out of turns to lose defenders.
<p>Activity: 4 v 4 Scrimmage</p> <ul style="list-style-type: none"> Area: 25 x 35 with small goals Activity: Play a regular of soccer. Players who complete a turn at the correct time and keeps possession is rewarded with 5 points for their team. Progression: Remove points system and play a regular game. 		<ul style="list-style-type: none"> All above.