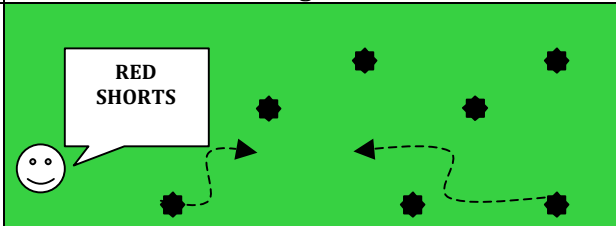
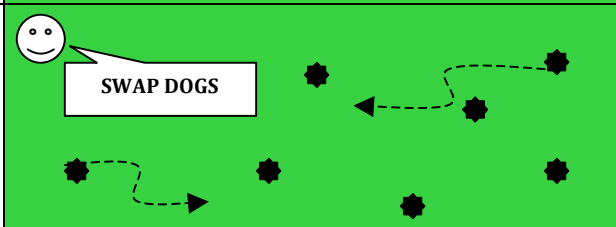
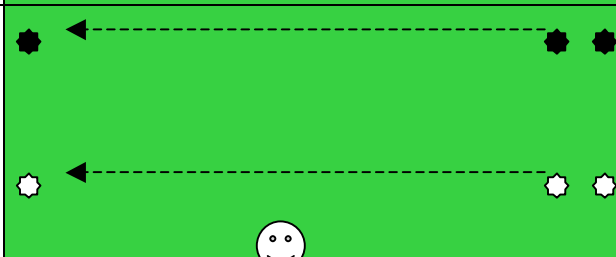
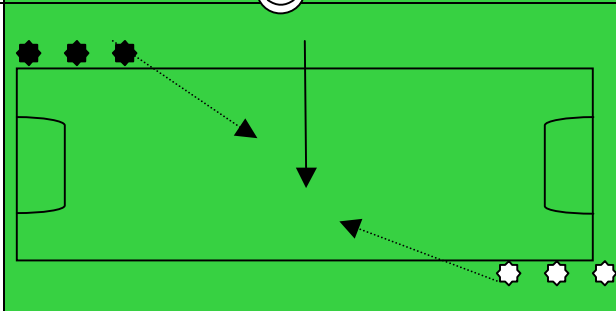



<b>Age</b>	U7 Players
<b>Season &amp; Session</b>	Fall - Week 1 – Session 2
<b>Topic</b>	Ball Mastery, Running with the Ball and Step Fake Move

Activity Description	Diagram	Coaching Points
<p><b>Activity: Identifiers</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 30.</li> <li>Activity: All players run around the area randomly. The coach then calls out an identifier, which could be a group of players or an individual. Who can tag the most players in a minute? The identifiers could be colors of a vest, color of clothing, first letter of players name, etc.</li> <li>Progression: Every player has a ball.</li> </ul>		<ul style="list-style-type: none"> <li>Have some fun.</li> </ul>
<p><b>Activity: Dog and Master</b></p> <ul style="list-style-type: none"> <li>Area: Same as above.</li> <li>Activity: Each player (master) dribbles with their ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and is then caught by their master, master strokes his dog with their foot, walkers swap their dogs.</li> <li>Progression: Add a dogcatcher.</li> </ul>		<p><b>Running with the Ball Technique</b></p> <ul style="list-style-type: none"> <li>Use the outside of the laces to strike the ball.</li> <li>Ball should be under knee when you strike it.</li> <li>Push the ball three or four steps in front of you and cover ground as quickly as possible.</li> </ul>
<p><b>Activity: Speedy Gonzales Relay</b></p> <ul style="list-style-type: none"> <li>Area: 5 x 30 per group.</li> <li>Activity: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.</li> <li>Progression: Add a cone half way down the grid, players should complete a step fake and then continue to the opposite side.</li> </ul>		<ul style="list-style-type: none"> <li>Running with the Ball Technique.</li> <li><b>Step Fake</b></li> <li>Keep the ball close before completing the move.</li> <li>Step next to the ball with your weak foot.</li> <li>Bend knee of non-kicking foot and drop your shoulder.</li> <li>Come out of the move with the outside of strong foot, at an angle and explode.</li> </ul>
<p><b>Activity: Disney Game</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 30 with two goals.</li> <li>Activity: Two teams of equal numbers stand at either sides of the grid. Give each player a Disney characters name (make sure there is a match name on the other team). Coach sends a ball in and players come out to play a game. After a goal, period of play or ball goes out another character.</li> <li>Progression: Play more than 1 v 1.</li> </ul>		<ul style="list-style-type: none"> <li>All above.</li> <li>Keep the ball close when engaging the defender.</li> <li>Complete your move 2 to 3 yards before the defender.</li> <li>Explode out of the move.</li> </ul>
<p><b>Activity: 4 v 4 Scrimmage</b></p> <ul style="list-style-type: none"> <li>Area: 25 x 35 with small goals</li> <li>Activity: Play a regular of soccer. Players who complete a step fake at the correct time &amp; beats a defender gains 5 points for their team.</li> <li>Progression: Remove points system and play a regular game.</li> </ul>		<ul style="list-style-type: none"> <li>All above.</li> </ul>