



Age	U7
Season & Session	Fall - Week 2 – Session 1
Topic	Ball Mastery, Dribbling, Turning & Shielding

Activity Description	Diagram	Coaching Points
<p>Activity: I can, can you?</p> <ul style="list-style-type: none"> Area: Free Space. Activity: Coach challenges players to do the follow: Jog and change direction quickly. Dribbling and changing direction. Toe Taps – players should tap toes on top of the ball. Chops – chop ball back and forth between legs with inside of foot. Pull, Push – Pull ball back with sole of foot, then push it to the other foot with the inside of the foot, then complete with opposite foot. 		<ul style="list-style-type: none"> Athletic Stance: Knee's bent, on balls of feet and body weight slightly leaning forward. Balance is key when completing ball mastery.
<p>Activity: Around the World.</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Name each corner cone a major city in the world. Players must dribble around the area randomly. On the coaches command the players must dribble around a city/cone and back into the grid. Progression: players must use the inside of the foot or outside of the foot to dribble around the cone. 		<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: Gate Chase.</p> <ul style="list-style-type: none"> Area: 20 x 30 with gates inside the area. Activity: As players dribble around the area they must: <ol style="list-style-type: none"> How many gates in 30 seconds. Beat your own score. Use inside of foot (inside hook) to turn back through the gate. Use outside of foot (outside hook) to turn back through gate. 		<p>Inside Hook</p> <ul style="list-style-type: none"> Step across the soccer ball with non-kicking foot, keeping knee slightly bent. Use the inside of strong foot to push the front panel of the ball. Turn 180 as you strike the ball <p>Outside Hook</p> <ul style="list-style-type: none"> Same as above but with outside of the foot.
<p>Activity: Turning Challenge.</p> <ul style="list-style-type: none"> Area: 20 x 30. Activity: place players into two teams and number them. Then place one team on each side of the grid. The coach has all the soccer balls. The coach plays a ball into the area and shouts a number. Players play 1 v 1 to retrieve ball and get back to team. Progression: add a goal at either end of the grid. Players must try to score in a goal when they are called. 		<ul style="list-style-type: none"> Use inside and outside hook to turn with the ball sharply. Use the correct surface to turn away from the defender, NEVER into defenders. <p>Shielding Technique</p> <ul style="list-style-type: none"> Keep you body in between ball and defender. Turn body sideways and make yourself big. Manipulate the ball with sole of foot.
<p>Activity: 4 v 4 Scrimmage</p> <ul style="list-style-type: none"> Area: 25 x 35 with small goals Activity: Play a regular game of soccer. Player's who complete a turn and keep 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. When to use turns and shielding in game.