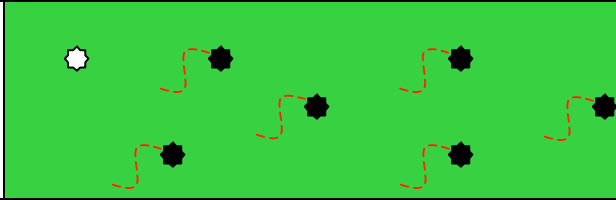
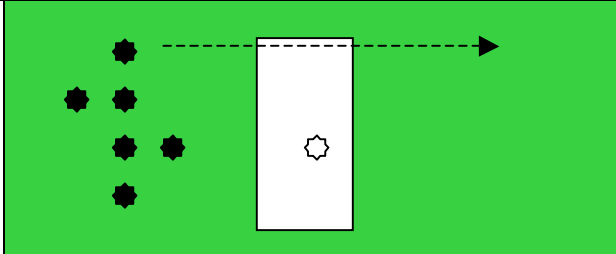
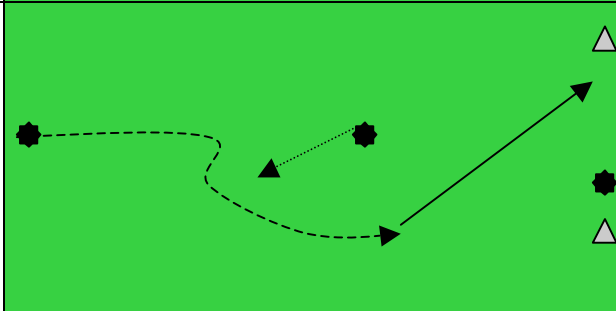
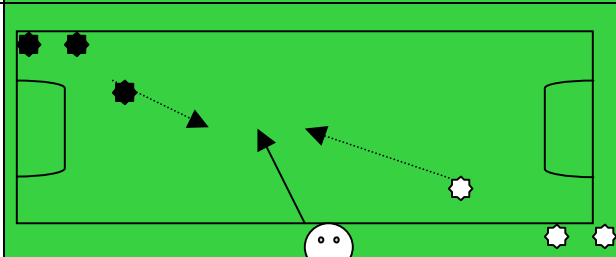
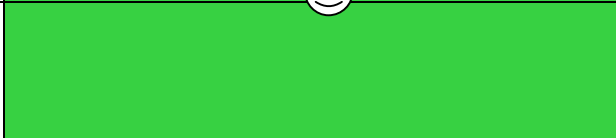


<b>Age</b>	U7
<b>Season &amp; Session</b>	Fall - Week 2 – Session 2
<b>Topic</b>	Ball Mastery, Running with the Ball and Scissor Move

Activity Description	Diagram	Coaching Points
<p><b>Activity: Foxes and Rabbits</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20.</li> <li>Activity: Each player is given a vest. Players tuck these vests into the side of their shorts. Players start by running around the area randomly. The coach is the catcher and tries to steal player's vests. When a vest is stolen that player helps the coach. Continue until one player remains.</li> </ul>		<ul style="list-style-type: none"> <li>Have some fun.</li> </ul>
<p><b>Activity: Cross the river</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 30 with a 5 yard zone in the center.</li> <li>Activity: Players are on one end line with their soccer balls. Place one player in the river. On the shout of "GO" from the coach players try to get across to the other side. If they are caught (ball stolen) that player stays in the river and helps out. Continue until only one player remains.</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> <li>Players should keep the ball close when confronted with defenders and then explode past them by changing direction of the ball and taking a big touch.</li> </ul>
<p><b>Activity: Crab Soccer</b></p> <ul style="list-style-type: none"> <li>Introduce the scissor move to players in free space before activity.</li> <li>Area: 10 x 20 per group.</li> <li>Activity: Split players into groups of three. Place one player in a crab like position in the center of the grid and the other two on an end line. Play for 1 minute. Players on the end line must try to beat the crab and get to the other side of the grid. Players receive a point for getting to the opposite side of the grid without having their ball stolen. If they do a scissor to beat the defender they get 5 points. Rotate the crab after one minute.</li> </ul>		<p><b>Scissor Move</b></p> <ul style="list-style-type: none"> <li>Ball must be under control, at feet when completing the scissor move.</li> <li>Circle the soccer ball with one foot. Foot should move inside the ball and then out.</li> <li>Step down after circling the ball &amp; bend knee.</li> <li>Come out of the move with the outside of the opposite foot, by pushing the inside of the soccer ball away at an angle.</li> <li>Explode after the ball.</li> </ul>
<p><b>Activity: 1 v 1 to large goals.</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 30 with a 5 yard goal on each end line.</li> <li>Activity: Place players into two teams and number them. Place a team on a cone as shown. When the coach shouts a number those players race around the grid, through the goal and into the grid to play 1 v 1. Players score a point for a goal and five points for using a scissors move.</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. Player's who complete a scissor and beat a defender is rewarded with 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>