

Age	U7
Season & Session	Fall – Week 3 – Session 1
Topic	Ball Mastery, Dribbling Technique, Turning and Shielding

Activity Description	Diagram	Coaching Points
<p>Activity: Ball Retrieval</p> <ul style="list-style-type: none"> Area: Free Space. Activity: Each player has a ball. One at a time they give the ball to the coach who throws the ball away and gives players commands: Dribble back Make a zigzag (inside and outside of foot) when dribbling back Chop the ball back (knock ball between insides of both feet) 		<ul style="list-style-type: none"> Allow players to get as many touches on the ball as possible. Cover ground as quickly as possible.
<p>Activity: Speedway</p> <ul style="list-style-type: none"> Area: Place cones in a circle – more cones than players. Activity: Each player finds a cone. Coach names each player a car. When the coach shouts a car name, that player dribbles and finds a free cone. When the coach shouts 'SPEEDWAY' every player must find a different cone. Progression: ask players to dribble in different ways to find a new cone, as above. 		<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: Stop / Go / Turn</p> <ul style="list-style-type: none"> Area: 20 x 30. Activity: Players dribble and listen for coaches commands: STOP – players stop the ball – last player to stop does a punishment GO – Players dribble as fast as they can TURN – Players complete a designated turn SWITCH – Players stop their ball and find another one as quickly as possible. Last players does fun punishment. 		<ul style="list-style-type: none"> Dribbling Technique. Drag Back: Place sole of the foot on the ball, role 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: Knockout</p> <ul style="list-style-type: none"> Area: 10 x 15 with four cones as shown. Activity: Players are dribbling around the area trying to tag each other. Players who are tagged must dribble to one of the outside cones, complete a soccer punishment (10 toe taps, 10 chops, etc) and then reenter the game. Progression: Players are trying to knock each others soccer balls out of the grid. 		<p>Shielding Technique:</p> <ul style="list-style-type: none"> Get body in between ball and defender. Body shape should be side on in order to make yourself as big as possible. Manipulate the ball with all surfaces of closest foot. When to use turns? Use turns to change direction away from defenders and explode.
<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.