



Age	U7 Players
Season & Session	Fall - Week 3 – Session 2
Topic	Ball Mastery, Running with the Ball and Step Fake Move

Activity Description	Diagram	Coaching Points
<p>Activity: Tag</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: From a team of 8 players have 2 be taggers. Objective is for the taggers to tag players. Players who are tagged must stand with their legs open. Teammates can unfreeze these players by crawling through player's legs. Continue for a specific time limit or until all players are frozen. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Dogs & Cats</p> <ul style="list-style-type: none"> Area: 20 x 30 with a 5 yard strip in the middle. Activity: Place players into two teams and place a team on each side of the channel. Name a team 'DOGS' and the other 'CATS'. When the coach shouts 'CATS' that team must chase the 'DOGS' team to their end line. Reverse command. Start without soccer balls and then introduce them. 		<p>Running with the Ball Technique</p> <ul style="list-style-type: none"> Use the outside of the laces to strike the ball. Ball should be under knee when you strike it. Push the ball three or four steps in front of you and cover ground as quickly as possible. Stop the ball on the end with sole of the foot.
<p>Activity: Mr. Freeze</p> <ul style="list-style-type: none"> Introduce the step fake to players before the game. Area: Same as above with a safe area at each end. Activity: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen. 		<ul style="list-style-type: none"> Running with the Ball Technique. <p>Step Fake</p> <ul style="list-style-type: none"> Keep the ball close before completing the move. Step next to the ball with your weak foot. Bend knee of non-kicking foot and drop your shoulder. Come out of the move with the outside of strong foot, at an angle and explode.
<p>Activity: 1 v 1, 2 v 2 and 3 v 3 game</p> <ul style="list-style-type: none"> Area: Same as above with a large goal at either end. Activity: Place players into two teams, one team in each goal and number players from both teams. Players stand in the goal holding hands, when the coach shouts a number(s) those players enter the grid and play until a goal is scored or the ball goes out of bounds. Ball must stay below knee height to be counted as a goal. 		<ul style="list-style-type: none"> All above. Keep the ball close when engaging the defender. Complete your move 2 to 3 yards before the defender. Explode out of the move.
<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. Player's who complete a step fake and beat a defender 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.