



Age	U7
Season & Session	Fall - Week 4 – Session 1
Topic	Ball Mastery, Dribbling, Turning & Shielding

Activity Description	Diagram	Coaching Points
<p>Activity: In and Out Burger</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players dribble randomly around the area. Commands: Out – Players dribble to outside of grid and dribble around it. In – Players dribble in area and continue to dribble randomly. French Fries – Stop ball with sole of the foot. Burger - Toe Taps Milk Shake – Switch soccer ball with another player. 		<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: Relay Race</p> <ul style="list-style-type: none"> Area: 20 x 5 per team. Activity: place players into teams: 1. Player dribble individually to the end, circle the end cone with inside of foot and back. Continue. 2. Same as above but circle with outside of the foot. 3. Dribble with a partner, attached by a vest. 		<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: Smash and Grab</p> <ul style="list-style-type: none"> Area: 30 x 30 with a 10 x 10 area in the center. Activity: split players into 4 teams. One by one do the following: 1. Retrieve ball with inside hook. 2. Retrieve ball with outside hook. 3. Play continues until all balls are back in the center. 4. Players go when teammate touches ball, this way players have to avoid each other in the center of the grid. 		<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: Follow the leader</p> <ul style="list-style-type: none"> Area: 30 x 30. Activity: Place players in pairs, one player with a ball and the other without. Start players back to back. Upon the command go, the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. Player without ball stands with legs open facing teammate. Teammate tries to pass through teammates legs. Losing player does a fun punishment. 		<ul style="list-style-type: none"> Use inside and outside hook to change direction to stay close to teammate. Dribble with head up to track teammate. Cover ground as quickly as possible.
<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. 		<p>Shielding Technique</p> <ul style="list-style-type: none"> Keep you body in between ball and defender. Turn body sideways and make yourself as big as possible. Manipulate the ball with sole of foot.