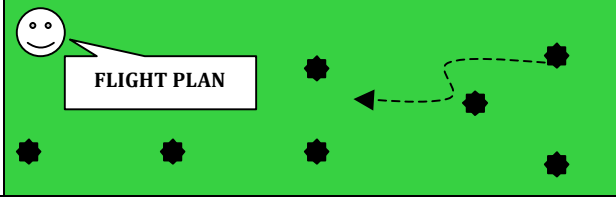
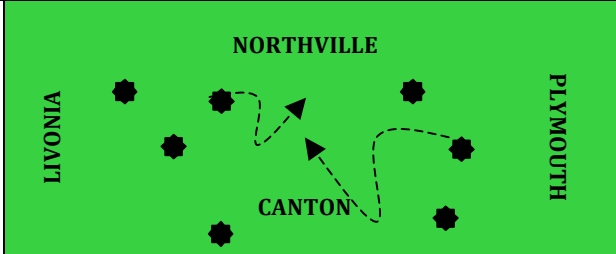
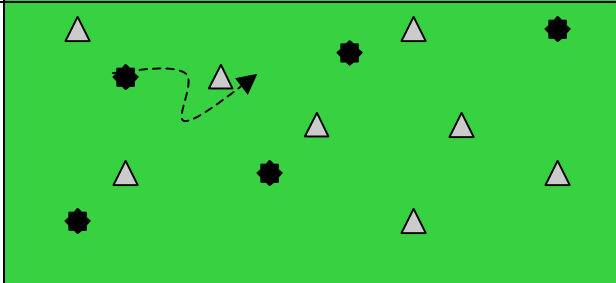
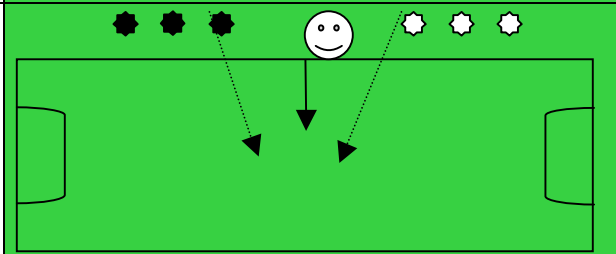



<b>Age</b>	U7
<b>Season &amp; Session</b>	Fall - Week 4 – Session 2
<b>Topic</b>	Ball Mastery, Running with the Ball and Scissor Move

Activity Description	Diagram	Coaching Points
<p><b>Activity: Battle Ships</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20 with cones placed randomly in the area.</li> <li>Activity: Players dribble around waiting for commands. Bomb Alert – players dribble to a cone, stop it and take cover! All Hands On Deck – players dribble around coach and into area. Flight Plan – Players circle cones before go to next one. Attention – Players stand with one foot on ball and salute coach.</li> </ul>		<ul style="list-style-type: none"> <li>Have some fun.</li> </ul>
<p><b>Activity: Four Sides</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20.</li> <li>Activity: Give each side of the grid a name. Players start on one side of the grid. Coach shouts a name of a side of the grid and players must get there as quickly as possible.</li> <li>Progression: Coach shouts multiple sides of the grid.</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: Mine Field</b></p> <ul style="list-style-type: none"> <li>Area: Same as above with cones randomly spread around the area.</li> <li>Activity: Players should dribble randomly around the area:             <ol style="list-style-type: none"> <li>Avoid the cones. Every time a player touches a cone they should pretend to blow up and complete a fun punishment.</li> <li>Do a scissor move when you approach the cone.</li> </ol> </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 soccer ball &amp; 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 and exploding.</li> </ul>
<p><b>Activity: Boss of the balls</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 15 with two goals.</li> <li>Activity: place players into two teams and place a team at each goal. Coach plays a ball into the area and shouts a number, that number of players come into the area and compete to goal. Numbers called should start with 1 v 1, 2 v 2 and 3 v 3.</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 beats 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>

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