



Age	U7
Season & Session	Fall – Week 5 – Session 1
Topic	Ball Mastery, Dribbling Technique. Turning and Shielding

Activity Description	Diagram	Coaching Points
<p>Activity: Circle Ball Mastery</p> <ul style="list-style-type: none"> Area: 20 x 20 yard circle. Activity: each player has a ball and finds a space around the circle. While on the spot complete ball mastery activities (toe taps, chops) before the coach gives commands. <ul style="list-style-type: none"> Across – players dribble across the circle and find a new space. Dribble Right / Left – players dribble around the circle. ZigZag – players dribble in a zigzag with inside / outside of foot across the circle. 		<ul style="list-style-type: none"> Balance: bend knees and take an athletic stance while completing ball mastery. Light on feet – on balls on feet. <p>Dribbling Technique:</p> <ul style="list-style-type: none"> 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.
<p>Activity: Turning Techniques</p> <ul style="list-style-type: none"> Area: 15 x 15 yard square, coach stands in the middle. Activity: Place players into four groups, with a group in each corner. One player from each team dribbles towards the coach, turns (drag back then pull back) and dribbles back to their group. Continue. Progression: Coach tries to steal player’s soccer balls. 		<ul style="list-style-type: none"> Dribbling Technique. Drag Back: Place sole of the foot on the ball, roll 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: Team Knock Out</p> <ul style="list-style-type: none"> Area: 10 x 15. Activity: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player’s soccer ball out of the grid. Rotate defending team. 		<ul style="list-style-type: none"> All above. Use turns to move away from pressure. When under high pressure shield the soccer ball. <p>Shielding Technique</p> <ul style="list-style-type: none"> Place body in between ball and defender. Use arms to feel defender. Use all surfaces of foot to manipulate ball.
<p>Activity: 4 v 4 to end zones</p> <ul style="list-style-type: none"> Area: 30 x 45 with two 5 yard n-zones. Activity: Split players into two teams. Teams score by a player dribbling into an n-zone and stopping the ball. Teams can also score (5 points) if a player successfully completes a turn and keeps possession of the ball. 		<ul style="list-style-type: none"> All above. When to use turns? Use turns to change direction within the game and turn away from defenders. When to shield? Under high pressure with no support. Explode out of turns to lose defenders.
<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. 		<ul style="list-style-type: none"> All above.