



Age	U7 Players
Season & Session	Fall - Week 5 – Session 2
Topic	Ball Mastery, Running with the Ball and Step Fake Move

Activity Description	Diagram	Coaching Points
<p>Activity: Zen Master</p> <ul style="list-style-type: none"> Area: 20 x 20 with random cones spread around the area. Activity: Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Add some fun ones. 		<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>Activity: Step Fake with Shadow Pressure</p> <ul style="list-style-type: none"> Area: 5 x 20 per pair. Activity: Split players into pairs. Place players at opposite sides of the grid. <ol style="list-style-type: none"> Players run with the ball past each other to the opposite end of the grid. Players do a step fake around each other in the center of grid. 		<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.
<p>Activity: 1 v 1 Crab Attack</p> <ul style="list-style-type: none"> Area: 10 x 20 with a goal at one end. Activity: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal 		<ul style="list-style-type: none"> Running with the Ball Technique. Step Fake <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: Attacking N-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 beats a defender and keeps possession. 		<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: 30 x 35 with small goals Activity: Play a regular of soccer. Players who complete a step fake and beats 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.