



<b>Age</b>	U7
<b>Season &amp; Session</b>	Fall - Week 6 – Session 1
<b>Topic</b>	Ball Mastery, Dribbling, Turning & Shielding

Activity Description	Diagram	Coaching Points
<p><b>Activity: Personal Battle</b></p> <ul style="list-style-type: none"> <li>Area: Place two lines 20 yards apart.</li> <li>Activity: Place players on the line with a soccer ball. <ol style="list-style-type: none"> <li>Players dribble as fast as they can and stop the ball on the opposite end line. Players must stop ball without slowing!</li> <li>Players do same as above and count number of touches on ball.</li> <li>Players must double the amount of touches the ball.</li> <li>Players complete a zigzag with the ball. Do as above with touches.</li> </ol> </li> </ul>		<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Strike the ball with outside of laces.</li> <li>Knee should be over the ball when striking it.</li> <li>Every time you take a step you should be able to take a touch on the soccer ball.</li> <li>Cover ground quickly with control.</li> <li>Make a zigzag using the inside and outside of the foot. Move body laterally with the ball.</li> </ul>
<p><b>Activity: Relay Races</b></p> <ul style="list-style-type: none"> <li>Area: place cones 2 yards apart as shown with a gate at the end.</li> <li>Activity: Place players into teams and place a team behind each relay course. <ol style="list-style-type: none"> <li>Players dribble in and out of cones do 10 toe taps in gate and then back. Continue until all players are back.</li> <li>Same as above but with an inside hook in gate.</li> <li>Same as above but with an outside hook in gate.</li> </ol> </li> </ul>		<p><b>Inside Hook</b></p> <ul style="list-style-type: none"> <li>Step across the soccer ball with non-kicking foot, keeping knee slightly bent.</li> <li>Use the inside of strong foot to push the front panel of the ball.</li> <li>Turn 180 as you strike the ball</li> </ul> <p><b>Outside Hook</b></p> <ul style="list-style-type: none"> <li>Same as above but with outside of the foot.</li> </ul>
<p><b>Activity: Team Steal</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20.</li> <li>Activity: Split group into three teams. Place a team in each corner and the coach in the other. As soon as coach plays a ball into the area, a player from each team runs into the area to compete for the soccer ball and get back to their team. This scores a point.</li> </ul>		<ul style="list-style-type: none"> <li>All Above.</li> <li>Turn away from defenders.</li> <li>Explode out of turns and away from defenders.</li> <li>Step in front of defenders and shield the ball.</li> <li><b>Shielding Technique:</b> Place body in between ball and defender – side ways on. Feel defenders with arms and manipulate ball with all surfaces on feet.</li> </ul>
<p><b>Activity: 4 v 4 to N-Zones</b></p> <ul style="list-style-type: none"> <li>Area: 30 x 45 with two 5 yard n-zones.</li> <li>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.</li> </ul>		<ul style="list-style-type: none"> <li>All above.</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 game of soccer. Player's who complete a turn and keep possession is rewarded with 5 points for their team.</li> <li>Progression: Remove points system and play a regular game.</li> </ul>		<p><b>Shielding Technique</b></p> <ul style="list-style-type: none"> <li>Keep you body in between ball and defender.</li> <li>Turn body sideways and make yourself as big as possible.</li> <li>Manipulate the ball with sole of foot.</li> </ul>