



Age	U7
Season & Session	Fall - Week 6 – Session 2
Topic	Ball Mastery, Running with the Ball and Scissor Move

Activity Description	Diagram	Coaching Points
<p>Activity: Four Corners</p> <ul style="list-style-type: none"> Area: 25 x 25 with 5 yard squares in each corner. Activity: Split players into 4 teams and place a team in each corner. Players should dribble in their designated corner and wait for the switch command. Switch right = players change and dribble to the corner square on their right. Other commands are switch left and cross over, where players cross over to the opposite corner. 		<ul style="list-style-type: none"> Keep the ball tight and close when in the square. Explode to the next corner on shout of switch: Push the ball a couple of yards in front of you and cover ground quickly. Push ball with outside of your laces.
<p>Activity: Scissor Game</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Each player has a ball and dribbles around the area. When the coach shouts 'GO' players get the ball moving and try to complete as many scissors as possible before the ball stops. 		<p>Scissor Move</p> <ul style="list-style-type: none"> Ball must be under control, at players feet when completing the scissor move. Circle the soccer ball with one foot; foot should move inside the ball & then out. Step down after circling the ball & bend knee. 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 explode.
<p>Activity: Boss of the balls</p> <ul style="list-style-type: none"> Area: 20 x 15 with two goals. 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. 		<ul style="list-style-type: none"> Battle for the ball – be competitive. 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: 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: 25 x 35 with small goals Activity: Play a regular of soccer. Player's who complete a scissor 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.