



# BartlesvilleSoccer.Org



Training Session (Week 2&3)

Team: U7 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: All (1)

Time	Activity & Description	Coaching Points	Field Layout
5 mins	<p><b>Whole Group Ball Mastery: (Warm-up)</b></p> <ul style="list-style-type: none"> <li>- All players with a ball, arms length apart, where they can see instructor</li> <li>- On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill.</li> </ul> <p><b>Ball Mastery Skills:</b> Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc...</p>	<ul style="list-style-type: none"> <li>• Coaches walk around teaching and correcting technique.</li> <li>• During this time players get split into groups</li> </ul> <p><b>Coaches:</b> All</p>	Open space
8 Mins.	<p><b>Station 1 (Technical Skill): Ladders with Moves</b></p> <ul style="list-style-type: none"> <li>- All players with a ball.</li> <li>- Coach instructs to space out evenly between the cones.</li> <li>- Coach shows first move and preforms the activity.</li> <li>- On coaches command, players replicate the move at each cone.</li> </ul> <p><b>Moves:</b> Inside of the foot cut (right/left), Outside of the foot cut (right/left), Pullback (right/left), Whip (right/left)</p>	<ul style="list-style-type: none"> <li>• Listening skills</li> <li>• Starting slow and working towards fast</li> <li>•</li> </ul> <p><b>Coaches:</b></p>	Rectangular Grid X ^  ^  ^  ^ X ^  ^  ^  ^ X ^  ^  ^  ^ X ^  ^  ^  ^
8 Mins.	<p><b>Station 1: Gates With Partners</b></p> <ul style="list-style-type: none"> <li>- All players with a soccer ball</li> <li>- On coaches command, players try to pass the ball to their partner through as many gates as possible. "how many gates did you get through"?</li> <li>- Challenge them to beat their old score</li> <li>- <b>Progress to:</b> (1) Players cannot go through the same gate back to back. (2) Players cannot stand in the gates to receive the pass, but must instead MEET the pass as it pass though the gates.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up to see around you</li> <li>• Look for the open gate</li> <li>• COMMUNICATION</li> <li>• Inside of the foot passing</li> </ul> <p><b>Coaches:</b></p>	^^      ^  ^ ^  ^  ^^ ^  ^          ^^  ^  ^

8 Mins.	<p><b>Station 3 Competition Game): 2v1</b></p> <ul style="list-style-type: none"> <li>- Players split into 3 lines.</li> <li>- The two line on the same side of the field are partners and will try to score on the goal opposite their line.</li> <li>- The opposite side of the field with only 1 line will try to score on the goal opposite their line.</li> <li>- The coach plays the ball in the one of the 2 partners.</li> <li>- <b>Progress to:</b> (1) Players must pass the ball at least once. (2) Players must perform a move before they can shoot</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up to see around you</li> <li>• Look for the open partner</li> <li>• “Pass and move, NOT pass and stand” (after passing players should move to a new location that where they can help their teammate)</li> </ul> <p>Coaches:</p>	<pre> X           X X           X ^   GOAL   ^  ^   GOAL   ^ O O </pre>
8 Mins.	<p><b>Station 4 (Competition Game): 1v1</b></p> <ul style="list-style-type: none"> <li>- Players split into two groups single file facing each other on opposite ends of the field.</li> <li>- All soccer balls at coaches feet</li> <li>- On coach’s command players race out to center cone, Double Fist bump the opposing player, backwards run to the starting location and call for ball.</li> <li>- Coach plays ball to the player who gets their first or who hasn’t touched the ball in a while.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up (so they don’t run into anyone)</li> <li>• Push the ball with your foot (don’t just kick it away)</li> <li>•</li> </ul>	<pre> ^           ^ Goal       Goal XXX      ^   OOO Goal       Goal ^   COACH ^ </pre>
8 Mins. 8 Mins.	<p><b>Station 5 &amp; 6: End Game (4v4)</b></p> <ul style="list-style-type: none"> <li>- Teams play 4v4.</li> <li>- Normal Rules apply</li> <li>- This is the time to work on spacing, what the positions mean and learn the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up</li> <li>• Dribble away from the crowd to get to the goal.</li> <li>• Look for a friend to pass to away from pressure</li> </ul>	Full Field
	<p><b><i>If the activity is not working, CHANGE IT!</i></b></p> <p><b>Play OUCH!</b></p> <ul style="list-style-type: none"> <li>- Pass the ball into the coach’s legs while walking. Coach yells “OUCH!” when he/she got hit.</li> </ul> <p><b>Play Head Catch</b></p> <ul style="list-style-type: none"> <li>- All players stand arm’s length apart with in a semi-circle around the coach.</li> <li>- Coach uses a soft or flat soccer ball and tells the player to either “head” or “catch” the ball.</li> <li>- Then coach tosses the ball to the player who must complete that task.</li> </ul> <p>***** Coaches tip: have players do the opposite for a more challenging game and have a 3 strikes and you’re out rule if the player follows the wrong instruction.</p>	<ul style="list-style-type: none"> <li>• Keep the Soccer ball close.</li> <li>• Eyes up</li> <li>• Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot</li> <li>• _____</li> <li>• Eyes open to see the ball</li> <li>• Strong neck to head it back</li> <li>• Make sure to move towards the ball, don’t let it just hit you in the head</li> <li>• Ball should hit the forehead NO WHERE ELSE!</li> </ul>	Circle or Grid
5 Mins.	<b>Cool Down:</b>	<b>Coaches:</b> All	

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|  | <ul style="list-style-type: none"><li>- Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color.</li><li>- Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, <b>I Love Soccer!</b>"</li></ul> |  |  |
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**1,2,3 "I LOVE SOCCER!"**