

BartlesvilleSoccer.Org



Training Session (Week 4)

Team: U7 Group (2012's) & throw ins (1)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Checking to

Time	Activity & Description	Coaching Points	Field Layout
5 mins	 Whole Group Ball Mastery: (Warm-up) All players with a ball, arms length apart, where they can see instructor On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill. Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc 	 Coaches walk around teaching and correcting technique. During this time players get split into groups Coaches: All 	Open space
8 Mins.	 Station 1: 1v1 (throw ins & checking) Players split into two groups (offensive & Defensive) Defensive players with a ball preform a proper throw in to the offensive player across from them Offensive player should call "BALL" and check to the throw in the defensive player played. The player with the ball tries to score in one of the 2 goals he is facing. If the defensive player wins the ball, he should then attempt to score in one of the opposite goals. 	 Proper throw in technique. Use outside voice to call for ball. Eyes find the open goal Offensive player should use skills to tick the defender Defensive player should try to win the ball and keep it NOT JUST CLEAR IT OUT 	Rectangular Grid A A Goal Goal XX OO Goal Goal A A
8 Mins.	 Station 1: 1v1 (shoulder to shoulder and checking) Players split into two groups lined up next to each other. On coach's command, the first two players lean and bump shoulder to shoulder with there opponent. On coach's command, players check to the center cone and coach plays a ball to 1 of the 2 players. The player with the ball must turn and try to score on one of the two goal while the defensive player attempts to win the ball and do the same. 	 Body position when shoulder to shoulder (leaning into player with arm against the side) First touch on the ball to cusion the pass Use deception and pick a goal. 	 ^ ^ ^ Goal OOO Goal ^ ^

	Station 3: 1v1 Races w/o & with the ball		
8 Mins.	 Players split into 2 lines and race from starting point to coach. First player to "high five" the coach wins Now players start off with feet square to shoulders (PLAYERS FIRST STEP MUST BE FORWARD NOT BACKWARDS) Players start Kris Cross Apple Sauce style and CANNOT use hands or arms to get up. Players start sitting down legs straight " " Players start super man style on stomach " " " ADD BALL IF TIME ALLOWS AND REPEAT 	• FIRST STEP FORWARD Coaches:	^ ^ ^ XXX Coach OOO ^ ^
8 Mins.	 Station 4: Shoot & Defend Players split into two groups single file facing the goals all with soccer balls. Games starts with one player from one team defending and the other team with a ball attempting to score. Once the player shoots or the ball gets played out, the offensive player then becomes the defender and the first player in the previously defensive players' line attempts to score. Then repeat making the patter of Shoot and then defend. 	 Keep the ball close Eyes up to find goal Use deception to trick defender After offensive players losses the ball then need to turn and defend! 	A A Goal OOO XXX Goal A A
8 Mins. 8 Mins.	 Station 5 & 6: End Game (4v4) Teams play 4v4. Normal Rules apply This is the time to work on spacing, what the positions mean and learn the rules of the game. 	 Keep the ball close Eyes up Dribble away from the crowd to get to the goal. Look for a friend to pass to away from pressure 	Full Field
	 If the activity is not working, CHANGE IT! Play OUCH! Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. Play Head Catch All players stand arm's length apart with in a semi-circle around the coach. Coach uses a soft or flat soccer ball and tells the player to either "head" or "catch" the ball. Then coach tosses the ball to the player who must complete that task. ***** 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. 	 Keep the Soccer ball close. Eyes up Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot 	Circle or Grid

	Cool Down:		
5 Mins.	 Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color. Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, I Love Soccer!" 	Coaches: All	

1,2,3 *"I LOVE SOCCER!"*