## BartlesvilleSoccer.Org

## Training Session (Week 4) <br> Age Group Leader: J. Marshall

Team: U7 Group (2012's)
Duration: 1 hr .
Topic: Checking to
\& throw ins (1)

| Time | Activity \& Description | Coaching Points | Field Layout |
| :---: | :---: | :---: | :---: |
| 5 mins | Whole Group Ball Mastery: (Warm-up) <br> - All players with a ball, arms length apart, where they can see instructor <br> - On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill. <br> Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc... | - Coaches walk around teaching and correcting technique. <br> - During this time players get split into groups <br> Coaches: All | Open space |
| 8 Mins. | Station 1: 1v1 (throw ins \& checking) <br> - Players split into two groups (offensive \& Defensive) <br> - Defensive players with a ball preform a proper throw in to the offensive player across from them <br> - Offensive player should call "BALL" and check to the throw in the defensive player played. <br> - $\quad$ The player with the ball tries to score in one of the 2 goals he is facing. <br> - If the defensive player wins the ball, he should then attempt to score in one of the opposite goals. | - Proper throw in technique. <br> - Use outside voice to call for ball. <br> - Eyes find the open goal <br> - Offensive player should use skills to tick the defender <br> - Defensive player should try to win the ball and keep it NOT JUST CLEAR IT OUT <br> Coaches: | Rectangular Grid  <br> $\wedge$ $\wedge$ <br> Goal Goal <br> XX 00 <br> Goal Goal <br> $\wedge$ $\wedge$ |
| 8 Mins. | Station 1: 1v1 (shoulder to shoulder and checking) <br> - Players split into two groups lined up next to each other. <br> - On coach's command, the first two players lean and bump shoulder to shoulder with there opponent. <br> - On coach's command, players check to the center cone and coach plays a ball to 1 of the 2 players. <br> - 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) <br> - First touch on the ball to cusion the pass <br> - Use deception and pick a goal. <br> Coaches: | Goal |


| 8 Mins. | Station 3: 1v1 Races w/o \& with the ball <br> - Players split into 2 lines and race from starting point to coach. <br> - First player to "high five" the coach wins <br> - Now players start off with feet square to shoulders (PLAYERS FIRST STEP MUST BE FORWARD NOT BACKWARDS) <br> - Players start Kris Cross Apple Sauce style and CANNOT use hands or arms to get up. <br> - Players start sitting down legs straight " " " <br> - Players start super man style on stomach " " " <br> - ADD BALL IF TIME ALLOWS AND REPEAT | - FIRST STEP FORWARD <br> Coaches: | XXX <br> Coach $000$ |
| :---: | :---: | :---: | :---: |
| 8 Mins. | Station 4: Shoot \& Defend <br> - Players split into two groups single file facing the goals all with soccer balls. <br> - Games starts with one player from one team defending and the other team with a ball attempting to score. <br> - 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. <br> - Then repeat making the patter of Shoot and then defend. | - Keep the ball close <br> - Eyes up to find goal <br> - Use deception to trick defender <br> - After offensive players losses the ball then need to turn and defend! | $\wedge$ $\wedge$ <br> Goal 000 <br> Goal <br> $\wedge$ |
| 8 Mins. <br> 8 Mins. | Station 5 \& 6: End Game (4v4) <br> - Teams play 4 v 4 . <br> - Normal Rules apply <br> - This is the time to work on spacing, what the positions mean and learn the rules of the game. | - Keep the ball close <br> - Eyes up <br> - Dribble away from the crowd to get to the goal. <br> - Look for a friend to pass to away from pressure | Full Field |
|  | If the activity is not working, CHANGE IT! <br> Play OUCH! <br> - Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. <br> Play Head Catch <br> - All players stand arm's length apart with in a semi-circle around the coach. <br> - Coach uses a soft or flat soccer ball and tells the player to either "head" or "catch" the ball. <br> - 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. <br> - Eyes up <br> - Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot <br> - Eyes open to see the ball <br> - Strong neck to head it back <br> - Make sure to move towards the ball, don't let it just hit you in the head <br> - Ball should hit the forehead NO WHERE ELSE! | Circle or Grid |


|  | Cool Down: <br> $-\quad$ <br> Players end by picking up as many cones as possible. "Who can get the <br> most cones?" Players sort them by size and color. <br> $-\quad$ <br> Split into 2 large groups and have all players put their hands in the middle <br> and yell "1,2,3, I Love Soccer!" | Coaches: All |
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## 1,2,3 "I LOVE SOCCER!"

