

## 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	Fiel	d Layout
5 mins	<ul> <li>Whole Group Ball Mastery: (Warm-up)         <ul> <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> </li> <li>Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc</li> </ul>	<ul> <li>Coaches walk around teaching and correcting technique.</li> <li>During this time players get split into groups</li> <li>Coaches: All</li> </ul>	Open space	
8 Mins.	Station 1: 1v1 (throw ins & checking)	Proper throw in technique.	Recta	ngular Grid
	<ul> <li>Players split into two groups (offensive &amp; Defensive)</li> </ul>	<ul> <li>Use outside voice to call for ball.</li> </ul>	^	^
	- Defensive players with a ball preform a proper throw in to the offensive	Eyes find the open goal	Goal	Goal
	<ul> <li>player across from them</li> <li>Offensive player should call "BALL" and check to the throw in the</li> </ul>	<ul> <li>Offensive player should use skills to tick the defender</li> </ul>		
	defensive player played.	<ul> <li>Defensive player should try to win the ball</li> </ul>	XX	00
	<ul> <li>The player with the ball tries to score in one of the 2 goals he is facing.</li> <li>If the defensive player wins the ball, he should then attempt to score in</li> </ul>	and keep it NOT JUST CLEAR IT OUT	Goal	Goal
	one of the opposite goals.	Coaches:	^	۵001 ۸
	Station 1: 1v1 (shoulder to shoulder and checking)			
		Body position when shoulder to shoulder		^
8 Mins.	<ul> <li>Players split into two groups lined up next to each other.</li> <li>On coach's command, the first two players lean and bump shoulder to</li> </ul>	(leaning into player with arm against the	Goal	ххх
	shoulder with there opponent.	<ul> <li>side)</li> <li>First touch on the ball to cusion the pass</li> </ul>	Coach	^
	- On coach's command, players check to the center cone and coach plays a	• Use deception and pick a goal.		000
	<ul><li>ball to 1 of the 2 players.</li><li>The player with the ball must turn and try to score on one of the two goal</li></ul>	Coaches:	Goal	
	while the defensive player attempts to win the ball and do the same.	Cuatiles.	^	۸

	Station 3: 1v1 Races w/o & with the ball		
8 Mins.	<ul> <li>Players split into 2 lines and race from starting point to coach.</li> <li>First player to "high five" the coach wins</li> <li>Now players start off with feet square to shoulders (PLAYERS FIRST STEP MUST BE FORWARD NOT BACKWARDS)</li> <li>Players start Kris Cross Apple Sauce style and CANNOT use hands or arms to get up.</li> <li>Players start sitting down legs straight " "</li> <li>Players start super man style on stomach " " "</li> <li>ADD BALL IF TIME ALLOWS AND REPEAT</li> </ul>	• FIRST STEP FORWARD Coaches:	^ ^ ^ XXX Coach OOO ^ ^
8 Mins.	<ul> <li>Station 4: Shoot &amp; Defend <ul> <li>Players split into two groups single file facing the goals all with soccer balls.</li> <li>Games starts with one player from one team defending and the other team with a ball attempting to score.</li> <li>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.</li> <li>Then repeat making the patter of Shoot and then defend.</li> </ul></li></ul>	<ul> <li>Keep the ball close</li> <li>Eyes up to find goal</li> <li>Use deception to trick defender</li> <li>After offensive players losses the ball then need to turn and defend!</li> </ul>	A A Goal OOO XXX Goal A A
8 Mins. 8 Mins.	<ul> <li>Station 5 &amp; 6: End Game (4v4)</li> <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> <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
	<ul> <li>If the activity is not working, CHANGE IT!</li> <li>Play OUCH! <ul> <li>Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit.</li> </ul> </li> <li>Play Head Catch <ul> <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> <li>***** 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.</li> </ul> </li> </ul>	<ul> <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></ul>	Circle or Grid

	Cool Down:		
5 Mins.	<ul> <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, I Love Soccer!"</li> </ul>	Coaches: All	

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