





Training Session (Week 2)

Team: U7 Group (2012's) Duration: 1 hr. Age Group Leader: J. Marshall Topic: Shooting (2)

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: Lightning (First Touch Shooting Game) All soccer balls located on one side of the goal. All players line up single file roughly 12 yards from goal. 1 player starts in the goal and can use hands to block shots. When the first player in line calls "BALL", the coach plays a pass out into space in front of the player who must shoot it before it stops rolling using only 1 touch. If the player misses or the shot is blocked, he then becomes keeper. If the player scores, he goes to the back of the line to shoot again, the keeper is out of the game, and the next person in line becomes keeper. Progress to: If a player who is out catches a shot before the ball hits the ground, the shooting player is out and the player who caught the ball is back in the game as a keeper. If a shot hits the cross bar, all the players who are out get to go back in the game. 	 Proper timing on shooting the ball Leaning over the ball and using laces to shoot with. Coaches: 	Rectangular Grid ^ Coach Goal xxxxxx ^ ^
8 Mins.	Station 2: 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 (either left or right of the checking player, not to feet).	 Body position when shoulder to shoulder (leaning into player with arm against the side, arms at side, butt low to the ground to add stability) Call for "BALL" using your "OUTSIDE VOICE" First touch on the ball to cushion the pass and towards a specific direction Use deception and pick a goal. Coaches:	^ ^ Goal XXX Coach ^ OOO Goal ^

	 The player with the ball must turn and try to score on one of the two pugg goals while the opposing player attempts to win the ball and do the same. 		
8 Mins.	 Station 3: 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! 	Goal OOO XXX Goal
8 Mins. 8 Mins.	 Station 4 & 5: 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 Eyes open to see the ball Strong neck to head it back Make sure to move towards the ball, don't let it just hit you in the head Ball should hit the forehead NO WHERE ELSE! 	Circle or Grid
5 Mins.	 Cool Down: 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!"