



BartlesvilleSoccer.Org



Training Session (Week 6)

Team: U7 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Defending (1)

Time	Activity & Description	Coaching Points	Field Layout
5 mins	<p>Whole Group Ball Mastery: (Warm-up)</p> <ul style="list-style-type: none"> - 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. <p>Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc...</p>	<ul style="list-style-type: none"> • Coaches walk around teaching and correcting technique. • During this time players get split into groups <p>Coaches: All</p>	Open space
8 Mins.	<p>Station 1: 1v1 (4 goal game)</p> <ul style="list-style-type: none"> - Players split into two groups (Offensive & Defensive) - Defensive players with a ball pass a ball using the inside of their foot to the offensive player across from them - Offensive player should call "BALL" and check to the pass 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. 	<ul style="list-style-type: none"> • Defensive player should apply pressure to the offensive player quickly and "break down" • Defensive player should try to win the ball and keep it NOT JUST CLEAR IT OUT <p>Coaches:</p>	<p>Rectangular Grid</p> <pre> ^ ^ Goal Goal XX OO Goal Goal ^ ^ </pre>
8 Mins.	<p>Station 2: 1v1 (Breaking Down Technique)</p> <ul style="list-style-type: none"> - Players split into pairs and face each other. - On coach's command, one of the teammates (X) will try to run passed his opposing partner to get to the other line. - The Defensive player (O) tries to keep his partner in front of him while running backwards. <p><i>Tip: show and explain "breaking Down" and relate to a surfer with the weight on the back foot. start slow w/o ball and progress with speed. Progress to: add a ball</i></p>	<ul style="list-style-type: none"> • Breaking down (body position) • Keeping the attacking player in front • Do not cross feet, shuffle • Shift hips according to the direction or foot the attacking player is dribbling. • Arm length apart <p>Coaches:</p>	<pre> ^ ^ X O X O X O X O X O ^ ^ </pre>

8 Mins.	<p>Station 3: Fighter (1v1 w/o the ball)</p> <ul style="list-style-type: none"> - Players pair up and face each other - On coaches command, players try to TAG their partner in the back of the thigh (lightly) - Game lasts 20 seconds, then switch partners <p>**** use training vests hanging out of the back of their shorts if tapping the thigh is too physical for them.</p>	<ul style="list-style-type: none"> • Good defensive body position (breaking down) • Side on show shoulder • Quick feet • Don't run away, just dodge. <p>Coaches:</p>	<pre> ^ ^ XO XO XO XO XO XO XO XO ^ ^ </pre>
8 Mins.	<p>Station 4: Race through the Gate</p> <ul style="list-style-type: none"> - Players split into pairs, each pair at a cone - On coaches command, the player closest to the cone tries to keep his body between his partner and the cone. - The player farthest from the cone attempts to touch the cone with his foot. - After 20 secs. Have players switch positions. - Progress to: have the defensive player protect the soccer ball. 	<ul style="list-style-type: none"> • Keep your body between the man and the ball • Keep arms down, but lean into opponents' shoulder. • Get low, quick feet 	<pre> ^ ^ ^ ^ ^ ^ </pre>
8 Mins. 8 Mins.	<p>Station 5 & 6: End Game (4v4)</p> <ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> • 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
5 Mins.	<p><i>If the activity is not working, CHANGE IT!</i></p> <p>Play OUCH!</p> <ul style="list-style-type: none"> - Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. <p>Play Head Catch</p> <ul style="list-style-type: none"> - 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. <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"> • 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:	Coaches: All	

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| | <ul style="list-style-type: none">- 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!" | | |
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1,2,3 "I LOVE SOCCER!"