



BartlesvilleSoccer.Org



Training Session (1)

Team: U7 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling (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 (Technical Skill): Types of Dribbling (Speed vs. Control)</p> <ul style="list-style-type: none"> - All players with a ball. - Coach instructs players for form 1 line. - On coaches command, the first player in line dribbles through agility stick line (cones) however they choose then sprinting with the ball to the next line where he/she dribbles the agility sticks (cones) again and finally sprints with the ball back the starting line. <p>Progress to: Using the inside of the foot through the sticks only for control and the laces of the cleat to push the ball forward for speed. (Outside only, left foot only, inside then outside (right foot) inside then outside (left only), inside then outside with both feet, etc....)</p>	<ul style="list-style-type: none"> • Listening skills • Large part of the foot for control (inside) • Push the ball with the laces of the cleat for speed. • Anticipate slowing down when approaching agility sticks. • <p>Coaches:</p>	<p>Rectangular Grid</p> <pre> ^ ^ XXXXX </pre>
8 Mins.	<p>Station 1 : Gates</p> <ul style="list-style-type: none"> - All players with a soccer ball - On coaches command, players try to get through as many gates as possible without a soccer ball. "how many gates did you get through?" - Players repeat going through the gates while dribbling the soccer ball. "How many gates did you get through?" - Challenge them to beat their old score - Progress to: (1) Players cannot go through the same gate back to back. (2) Players must perform a task once in the age (toe touches, foundation, pull backs, etc...) 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches:</p>	<pre> ^^ ^ ^ ^ ^ ^^ ^ ^ ^^ ^ ^ </pre>

<p>8 Mins.</p>	<p>Station 3 : Eggs in the Nest (Technical Activity)</p> <ul style="list-style-type: none"> - Soccer balls “eggs” are all in the center of the grid “nest”. Players are spaced out evenly around the center “nest” with their own “nest”. - On coach’s command, players race to the center “nest” and steal as many “eggs” as possible by bring them back to their personal “nest”. - Progress to: (1) Players must only use their feet (2) only 1 egg at a time (3) Use only the top of the foot “Laces” (4) Use only the bottom of the foot “Sole” to bring ball back (5) Use only R or L foot 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches:</p>	<pre> ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ Center Nest ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ </pre>
<p>8 Mins.</p>	<p>Station 4 (Competition Game): 1v1</p> <ul style="list-style-type: none"> - Players split into two groups single file on either side of the coach. - All players with a ball. - On coach’s command players race out to cones, then back to score on one of the 2 goals (their choice). <p>Progress to:</p> <ul style="list-style-type: none"> - Players must run with the ball around the cone; players race around the cone w/o the ball and yell “BALL”, the coach plays the ball out to the first player who yells “BALL” (not the first player there). 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up (so they don’t run into anyone) • Push the ball with your foot (don’t just kick it away) • 	<pre> ^ ^ XXX Goal 1/2 Field Goal OOO ^ ^ </pre>
<p>8 Mins. 8 Mins.</p>	<p>Station 5 & 6: End Game (4v4)</p> <ul style="list-style-type: none"> - Teams play 3v3. - 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 	<p>Full Field</p>
	<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! 	<p>Circle or Grid</p>

<i>5 Mins.</i>	Cool Down: <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!"	Coaches: All	
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1,2,3 "I LOVE SOCCER!"