



BartlesvilleSoccer.Org



Training Session (1)

Team: U7 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling (2)

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 (Race Game): Coerver Speed Drill 4</p> <ul style="list-style-type: none"> - Two teams face each other single file across the field from each other - In between the two teams is a cone in the middle of the field - On coach's command, the first player in each line sprint out to the center cones and jogs in place. - When coach says "CHANGE" the players turn 180 degrees. - After a few times of changing 180 degrees the coach calls out the color of one of the two cones (red left, blue right). - Players race to that color cone then return to line. - Each players scores points for his team. <p>Progress to: (1) Players must go to the opposite color cone (2) Add a soccer ball (3) add additional players</p>	<ul style="list-style-type: none"> • Listening skills • Push the ball with the laces of the cleat for speed. • Anticipate slowing down when approaching teammates • <p>Coaches:</p>	<p>20x20 yd Grid</p> <p>Red</p> <p>XXX ^ OOO</p> <p>Blue</p>
8 Mins.	<p>Station 2 : 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". <p>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</p>	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches:</p>	<p>^ ^ ^ ^</p> <p>^ ^ ^ ^</p> <p> ^ ^</p> <p> Center Nest</p> <p> ^ ^</p> <p>^ ^ ^ ^</p> <p>^ ^ ^ ^</p>
8 Mins.	<p>Station 3 (Competition Game): 1v1</p> <ul style="list-style-type: none"> - Players split into two groups single file on either side of the coach. 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up (so they don't run into anyone) 	<p>^ ^</p> <p>XXX</p>

	<ul style="list-style-type: none"> - 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). - Players must shoot before they get to the cones in front of the goals <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"> • Push the ball with your foot (don't just kick it away) • 	<p>Goal</p> <p>1/2 Field</p> <p>Goal</p> <p>OOO</p> <p>^ ^</p>
<p>8 Mins.</p> <p>8 Mins.</p>	<p>Station 4 & 5: 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 	<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>
<p>5 Mins.</p>	<p>Cool Down:</p> <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!" 	<p>Coaches: All</p>	

1,2,3 "I LOVE SOCCER!"