



BartlesvilleSoccer.Org



Training Session (Week 7)

Team: U7 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Shooting (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: Lightning (First Touch Shooting Game)</p> <ul style="list-style-type: none"> - 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. <p>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.</p>	<ul style="list-style-type: none"> • Proper timing on shooting the ball • Leaning over the ball and using laces to shoot with. <p>Coaches:</p>	<p>Rectangular Grid</p> <pre> ^ ^ Coach Goal xxxxxx ^ ^ </pre>
8 Mins.	<p>Station 2: 1v1 (shoulder to shoulder and checking)</p> <ul style="list-style-type: none"> - 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 their opponent. - On coach's command, players check to the center cone and coach plays a ball to 1 of the 2 players. - The player with the ball must turn and try to score on one of the two goal while the defensive player attempts to win the ball and do the same. 	<ul style="list-style-type: none"> • Body position when shoulder to shoulder (leaning into player with arm against the side) • First touch on the ball to cushion the pass • Use deception and pick a goal. <p>Coaches:</p>	<pre> ^ ^ Goal XXX Coach ^ OOO Goal ^ ^ </pre>

<p>8 Mins.</p>	<p>Station 3: Power & Finesse (2 Types of Shooting)</p> <ul style="list-style-type: none"> - Players line up single file with a soccer ball. - On coaches command the first player in line pushes the ball forward and then shoots it while the ball is rolling. - After the first shot the coach then plays a pass in front of the player who must shoot using only 1 touch. <p>Progress to: add a Keeper</p>	<ul style="list-style-type: none"> • Power shots with laces for power. • Finesse shots with the inside of foot for accuracy. • Hit the ball in the center (nose) • Lean over the ball, do not lean back <p>Coaches:</p>	<pre> ^ ^ Coach goal xxxxx ^ ^ </pre>
<p>8 Mins.</p>	<p>Station 4: Shoot & Defend</p> <ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> • 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! 	<pre> ^ ^ Goal OOO XXX Goal ^ ^ </pre>
<p>8 Mins. 8 Mins.</p>	<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 	<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. 	<p>Coaches: All</p>	

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| | <ul style="list-style-type: none">- 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!"