



BartlesvilleSoccer.Org



Training Session Plan

Team: U7 Boys

Practice time: 1:15

Topic: 1st Session

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	<p>Warm Up – Ball Mastery</p> <ul style="list-style-type: none"> - All players spread out and perform ball mastery skills on coach's command. - Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc... <p>*** 1 coach leads in ball mastery while the others split players into teams or groups of 8 (with training vest if available). After ball mastery send players to specific stations.</p>	<ul style="list-style-type: none"> • Start Slow and focus on Technique • Coaches walk around helping players perform skills <p>Coaches: All</p>	
8-10 Mins.	<p>Station 1: Dribbling – Get to base</p> <ul style="list-style-type: none"> - Teams of two in each 5x5 grid. 16 Balls touching the center cone. Players try to collect as many balls as possible in their base. Team with most after 1 min wins. - 1st round, no rules (players may choose to use hands, that's fine) - 2nd round, no hands. - 3rd round, only one ball at a time and only one player at a time can retrieve a ball. - 4th round, players can now steal balls for the opposition's base. 	<ul style="list-style-type: none"> • Encourage teamwork: "I like the way Johnny and Sam are working together" • Encourage creativity: Good thinking having one player stay to cover base while the other retrieves the balls" <p>Coaches:</p>	40x40 yard grid with 5x5 yard grid in each corner of the larger grid. One cone in center of large grid.
8-10 Mins.	<p>Station 2 : 1v1 – Meet in the Middle</p> <ul style="list-style-type: none"> - Players split into two teams on opposite ends of the field. Each team in a single file line. - On coach's command, players race to the center of the field, touch fists, then back pedal back to their line. - Coach passes the ball to the first player to make it back. - Players can score on either goal. <p>Progress to:</p>	<ul style="list-style-type: none"> • First touch away from pressure. • Using Terms (Drop, Square, Line, Through, Switch) • Being in a good spot to help your teammate (Try to be in a spot where he sees you) • Creating space by spreading out. <p>Coaches:</p>	<p style="text-align: center;">^ Goal ^</p> <p>Xxx -> <- Ooo</p> <p style="text-align: center;">^ Goal ^</p>

<p>8-10 Mins.</p>	<p>Station 3: Races</p> <ul style="list-style-type: none"> - Players form 2 single file lines next to each other. - On coaches command they race to the coach, whoever slaps the coaches outstretched hand first, wins the race. <p>Progress to:</p> <ul style="list-style-type: none"> - Players must start with feet shoulder width apart, but with both feet adjacent to each other (not staggered like in a runners block). When coach says go, the players 1st step must be forward, not backward (watch them, they'll all step back first). - Players start sitting on the ground (Chris Cross Apple Sauce) with hand in the air. Players cannot use hands to get up - Players lay on their stomachs with hands in the air and cannot use their hands to get up. <p>**** Players who use their hands to get up must complete a 360 Degree turn while racing.</p>	<ul style="list-style-type: none"> • First step is forward 	<p>Xxxxx</p> <p>Coach</p> <p>ooooo</p>
<p>8-10 Mins.</p>	<p>Station 4: Shooting (Lightning)</p> <ul style="list-style-type: none"> - Players line up single file 15 yards from goal. One player in goal to play as a keeper. All the soccer balls at the coach's feet. When the player calls for ball, the coach plays a ball out to him. If he misses he becomes Keeper for the next player in line. If he makes it he goes to the end of the line to shoot again. <p>Progress to:</p> <ul style="list-style-type: none"> - If a shot hits the cross bar all eliminated players return to game. If an eliminated player catches the ball, the player who shot the ball is then out and the player who caught the ball is then the keeper. - If the keeper saves it, the player is then eliminated from the game. 	<ul style="list-style-type: none"> • Proper shooting technique: plant foot towards target, hit the ball in the nose, follow your shot, use the laces or inside of foot. • NO TOE BALLS 	<p>One goal with 20x20 yard space</p>
<p>8-10 Mins.</p>	<p>Station 5: 4v4 – 6 Goal Game</p> <ul style="list-style-type: none"> - Players divide into two teams and play 4v4 on a wide field with six goals. - Points are scored by passing through the goals. <p>Progress to: Limited touches</p>	<ul style="list-style-type: none"> • Good passing technique • Focus on attacking the open goal. <p>Coaches:</p>	<p>Goal Goal Goal</p> <p>^ ^</p> <p> X</p> <p> X X</p> <p> O O</p> <p> O</p> <p>^ ^</p> <p>Goal Goal Goal</p>

<p>8-10 Mins.</p>	<p>Station 6: End Game 4v4</p> <ul style="list-style-type: none">- All rules apply.- Extra 1 point for three passes in a row.- Free kicks (indirect and direct), given when rules are broken. <p>Progress to: Limited touches, Must trap ball first, extra points for 3 passes in a row or goal scored off , direct kicks, headers, etc...</p>	<ul style="list-style-type: none">● Playing in Position (FWD,LM,RM,CB)● Calling for ball <p>Coaches:</p>	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>
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