

Week 1 Training for U7-10: Dribbling

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Gate dribbling:

Set up small gates around the field (more gates than kids) and see how many gates the kids can go through in a set amount of time (30 seconds is ideal). First couple times, go at 75% pace, then go full speed and have the kids keep count.

Focuses:

1. Control
2. Speed
3. Head up, finding space

Activity 2:

Slow to fast dribbling:

In a bigger space, have everyone with a ball. Coach will call slow, and the players will dribble at about 50% pace. When coach calls fast, players will dribble as fast as they can and change directions about every 5 yards. This will incorporate a lot of cuts and turns as well.

Focuses:

1. Change of pace
2. Positive first touch into space
3. Change of direction

Games:

Dribbling tag w/tails

All kids make tails out of scrimmage vests. Must dribble in an area and try to avoid getting their tail pulled by other players

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

Week 2 Training for U7-10: Passing/Receiving

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Gate passing:

Set up small gates around the field (more gates than kids). Players will be in groups of two with one soccer ball per group. Each group will start at a set of cones and pass back and forth between one set of gates. The first time through, the kids will stay at the same gate

Focuses:

1. Inside of the foot
2. Opposite foot pointed toward target they are passing to
3. Receive the ball with the inside of the foot to start (heel down, toe up). Cushion the ball forward so player can step into the ball.

Activity 2:

Gate passing with movement:

Same activity as above, now players must move to different gates and see how many sets they can pass through in a set time.

Focus:

1. Communication
2. Receiving and finding space
3. Pass and move

Games:

Knockout from dribbling to passing

Like a normal knockout game with one tagger, defender will try to knock balls out of the area. If a player has their ball knocked out, they do not sit out. They now become a passing option for any player who does have a ball that gets in trouble. Game ends when last ball is knocked out. Basically turns into a big game of keep away as the number of balls is reduced.

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

Week 3 Training for U7-10: Striking/Shooting

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Volleying the ball while seated, with build up to standing.

All players will have a ball and will be seated to start. Players will toss the ball to themselves and strike the ball back up to their hands. Players should alternate feet in order to work on striking with both feet off of the laces. As players get used to technique, have all players stand and try the same thing while standing. Now they will work on keeping knee over the ball as well.

Next step is to add a partner and have players volley the ball back and forth to each other.

Focuses:

1. Strike the ball with the laces.
2. Keep knee above the ball.
3. Toe pointed down, lock the ankle to get extra power.

Activity 2:

Partner striking:

Players are now in groups of two, working on striking the ball with the laces to a partner. Players will get about 5-10 yards of space to start, and as they get better they can move back some.

Focus:

1. Aiming and picking a target (opposite foot pointing toward target)
2. Strike the ball with the laces. Strike through the ball and land on the same foot you strike with in order to get more power.
3. Chest down
4. Strike through middle of the ball.

Games:

Ball knockout.

All players will have a ball divided into two teams. Area will be about a 20 by 20 grid. All players will be on the outside of the grid (both teams on opposite sides). A ball will be placed in the middle of the grid (easiest to pick a ball that is different from all others) that will be a target ball. First team to knock the ball past the other team's side is the winner.

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

Week 4 Training for U7-10: Simple turns/change of direction

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

7. Inside of the foot
8. Outside of the foot
9. Laces
10. Sole of the foot
11. Right foot only (all surfaces)
12. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Dribbling to cones and changing directions:

All players have a ball and cones are laid out around the field. Players will start by dribbling as close to the cone as they can then change directions to the side. As this becomes easier start to work on simple turns such as pullbacks, drag moves, simple scissors, step overs.

Next step is to time kids and see how many cones they can do turns by in 30 seconds.

Focuses:

4. Knowing when to use a turn (how close to a defender)
5. Doing a turn then accelerating past the defender
6. Head up, find space after the turn.

Activity 2:

1v1

Now players get a partner and just one ball. Start very simple by having one player pass to their partner. Partner will receive the ball and dribble toward partner and try a turn to get by. Defenders start by going at a slow pace. As turns get better, make defenders try to take the ball and defend full out.

Focus:

1. Receiving the ball and taking on a defender.
2. When to do a turn when pressure is on
3. Get by defender and accelerate

Game:

Simple Knockout:

All kids have a ball in a small area. They try to protect the ball from a designated defender. When they lose their ball, they also become defenders. This will make it tougher for players with balls as there will be more defenders and they must avoid more pressure

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

Week 5 Training for U7-10: Dribbling

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Circle Dribbling:

Same way the warm up area is set up, have cones around the area in a circle, with some space in between each set of cones. Players will dribble in area, and when coach calls go, players must dribble to a cone and go around the cone. You can start by just going around quickly then try other ways to go around the cones.

Examples: Tic Tocs around cones
Toe Taps around cones
Inside/ outside of the foot only
Pull Backs around cones

Activity 2:

1v1 dribbling

A build up from last week as well, focusing on dribbling by an opponent and taking a positive touch forward to get away from pressure. Defender puts light pressure on attacker while attacker gets by defender with big dribble to accelerate.

Focus

1. Keep ball close, then big touch to get away from pressure
2. Head up, positive first touch to start the dribble

Game:

Dribbling races:

The same way you would run any type of relay race, just with a ball. You can vary the distance and number of times to go in order to trick it up. Team who completes relay first is the winner. Add restrictions as well as they get better (circle the cone, leave the ball at one end and run back without the ball)

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

Week 6 Training for U7-10: Trapping/Receiving

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

13. Inside of the foot
14. Outside of the foot
15. Laces
16. Sole of the foot
17. Right foot only (all surfaces)
18. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Individual receiving in the air

Players will simply toss the ball to themselves and try to bring the ball to ground as quickly as possible with different parts of the body (foot, thigh, chest, head).

Focuses:

1. Stay on your toes until you are about to take the touch
2. Meet the ball with that part of the body, then cushion the ball down and relax that part of the body
3. Ball should land right in front of your feet
4. Be ready for any touch, ball might not always go where you expect it to go.

Activity 2:

Partner receiving:

Players will pass the ball back and forth on the ground to work on initial ground receiving. As they progress, partners will dribble around the area and when GO is called, a player will pick it up and serve it to their partner to work on receiving out of the air

Focuses:

1. Getting your body behind the ball
2. Squaring up your body to receive the ball
3. Play the way you are facing

Game:

Receiving in a small square:

Have players in a small square. Coach will serve ball in the air to the player and they must receive the ball and control it without letting it go outside of the square.

Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.