

## **U7 PRACTICE PLANS, 2009-2010 COORDINATOR'S DOCUMENT**

### **OVERVIEW**

The 22 practice plans set out below deliver the U7 Long Term Player Development based curriculum found in the Richmond Development Centre's U7 Program Guide. By adding shooting, defending, one vs. one and designated speed, agility and coordination elements, the curriculum builds on the U5/U6 program. Also, variety of activities continues; however, there is a slight movement to core activities with variety provided *via* progression.

The 22 practice plan set is divided into two subsets. The organisation within the subsets is progressive (most basic elements introduced first) and, as the second subset introduces progressions, the second subset is a progression from the first. As the season is more than 22 sessions in duration, based on input from the observations of our professional coaches, the practice plans for the balance of the sessions will be developed on a "remedial" basis – that is, the plans will be tailored to foster development in areas where a particular need is identified.

### **U7 PROGRAM FORMAT**

The program is twice weekly having one week night session and one Saturday session. The week night session is the designated practice days and Saturday is game day.

At the start of the season, players will be divided into groups of 12. For each session, the field will be divided into practice/game areas of 25 m x 30 m. Each practice plan below will be delivered by volunteer coaches supported by our professional coaches.

### **PRACTICE PLANS**

Practice plans are attached. Practice Plans should be provided weekly.

### **ACKNOWLEDGMENTS**

The content of the practice plans comes from a number of sources. Amongst the sources, are Dougie Gordon's practice plans (copies of which can be found on the Richmond Development Centre web-site).



**PRACTICE PLAN FOR U7 – SESSION 1**  
**THEME: DRIBBLING**

<b>Activity</b>	<b>Coaching Points</b>
<p><b>1<sup>st</sup> Activity Around the World One – 5 minutes</b></p> <p>Set out four cones near the perimeter of the grid. Ask the players to give each of the cones the name of a town. As the players jog around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players run around the town (cone) and then back towards the coach in the middle.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• watch for decision-making and running style (looking for quick steps)</li> <li>• continue introduce Progression 1 elements</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call.</li> <li>2. introduce change of pace</li> </ol>
<p><b>2<sup>nd</sup> Activity Mirror Man – 10 minutes</b></p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• players must be light on feet and not planted</li> <li>• for most elements, players torso always facing forward towards coach</li> <li>• continue Progression 1 &amp; 2; introduce Progression 3 &amp; 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. roll ball from side-ways with sole of dominant foot</li> <li>2. roll ball side-ways with sole of non-dominant foot</li> <li>3. roll ball side-ways using outside of dominant foot</li> <li>4. roll ball side-ways using outside of non-dominant foot</li> <li>5. combine 4 bullets above</li> <li>6. roll ball forward with ball of dominant foot (with leg opened-up)</li> <li>7. roll ball forward with ball of non-dominant foot (with leg opened-up)</li> <li>8. combine above</li> </ol>
<p><b>3<sup>rd</sup> Activity Around the World 2 - 10 minutes</b></p> <p>Set out four cones near the perimeter of the grid. Ask the players to give each of the cones the name of a town. As the players dribble around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players dribble around the town (cone) and then back towards the coach in the middle.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• watch for decision-making and application of technique from previous activity</li> <li>• introduction of elements of Progression as required</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ask players to “zigzag” dribble using both feet, tap dance on ball etc. while waiting for the coach’s call.</li> <li>2. add change of pace</li> <li>3. add 2 or more additional cones and rather than dribbling around cone, players “sole turn” once they “meet” cone</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line - Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 2**  
**THEME: PASSING AND RECEIVING**

<b>Activity</b>	<b>Coaching Points</b>
<p><b>1<sup>st</sup> Activity Greeting Game - 5 minutes</b></p> <p>All of the players run around randomly in the area. The coach calls out various types of greetings. When the coach calls out a greeting, each player must find another and greet the player in the manner called out by the coach (introduce name, hand shake, high five, low five, back-to-back etc.)</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>this introduces the basics of communication; this is important!</li> <li>assist players in being as loud as possible and those who are shy</li> <li>continue introducing elements of Progression 1</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call.</li> </ol>
<p><b>2<sup>nd</sup> Activity Technical Passing and Receiving – 10 minutes</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre>       x     xP   Px       x   </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>push passing and trapping (inside of foot) with dominant foot</li> <li>push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>make sure that feet are always moving</li> <li>head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>calling for ball / communication</li> <li>observation and correction paramount</li> <li>continue introduction of Progressions 1 &amp; 2</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>have first touch take the player somewhere / get ball out of feet</li> <li>add shooting with instep</li> <li>increase distance of pass</li> <li>reduce size of goal</li> </ol>
<p><b>3<sup>rd</sup> Activity Tunnel Soccer – 10 minutes</b></p> <p>Each player has a ball. The coaches have no soccer balls but move about the area. Periodically the coaches stop and spread legs to form a tunnel. The players dribble after coach and try to push pass through the tunnel whenever coach stops. After 2 – 3 successful “goals”, coach moves again. See who scores the most goals in 90 second intervals.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>better if a couple of coaches are involved</li> <li>introduce Progression 2.</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>coach calls-out which foot players must use to pass through the tunnel</li> <li>add shooting with instep</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>goals do not count if other than “push pass”</li> <li>goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 3**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling – 10 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1 &amp; 2 (but only if players using both dominant and non-dominant feet equally). Introduce Progression 3</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>5. the above, but adding keep-ups with thighs, chests and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Mirror Man – 10 min.</b></p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• players must be light on feet and not planted</li> <li>• for most elements, players torso always facing forward towards coach</li> <li>• continue introduction of Progressions 1 - 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. roll ball from side-ways with sole of dominant foot</li> <li>2. roll ball side-ways with sole of non-dominant foot</li> <li>3. roll ball side-ways using outside of dominant foot</li> <li>4. roll ball side-ways using outside of non-dominant foot</li> <li>5. combine 4 bullets above</li> <li>6. roll ball forward with ball of dominant foot (with leg opened-up)</li> <li>7. roll ball forward with ball of non-dominant foot (with leg opened-up)</li> <li>8. combine above</li> </ol>
<p><b>3<sup>rd</sup> Activity Destroyers – 10 min.</b></p> <p>In a group of 12 players, 2 to 3 players wear pinnies as ‘destroyers’ and chase dribbling players. Players try to win the ball and knock it outside the playing area; players retrieve balls and come back into grid and resume dribbling; have one minute time limit for each set. “Destroyer” who knocks out the most balls wins.</p>	
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line - Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 4**  
**THEME: PASSING AND RECEIVING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) Chain Tag – 10 min.</b></p> <p>In a group of 12 players, 2 players are “it” and run around tagging others. Once a player is tagged he joins hands with the “tagger” and forms a chain. Make it a competition between the 2 chains to see who ends up with the most players</p>	
<p><b>2<sup>nd</sup> Activity Technical (Push Pass) Passing and Receiving – 10 minutes</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">       x        xP                      Px        x     </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>• trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>• push passing and trapping (inside of foot) with dominant foot</li> <li>• push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>• make sure that feet are always moving</li> <li>• head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>• calling for ball / communication</li> <li>• observation and correction paramount</li> <li>• continue with Progression 1 &amp; 2.</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. have first touch take the player somewhere / get ball out of feet</li> <li>2. add shooting with instep</li> <li>3. increase distance of pass</li> <li>4. reduce size of goal</li> </ol>
<p><b>3<sup>rd</sup> Activity “Ouch” – 10 min.</b></p> <p>Each player has a ball. The coaches jog around the area and players kick the ball so as to try to hit the coaches. The coach yells “ouch” each time he or she is hit. The player who hits the coaches most often in 90 seconds, wins the round.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• coaches speed-up or slow-down based on player success</li> <li>• include Progressions into basic game</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. restrict players to non-dominant foot</li> <li>2. no restriction but if hit coach with non-dominant then player scores 2</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>• as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>• goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 5**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) One / Two Tag – 5 min.</b></p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• look for reaction time and look for ability of players to keep with it</li> <li>• this is physically difficult / so have breaks between sets</li> <li>• continue introduction of Progression 1 elements and introduce progression 2</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ask players to “zigzag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call.</li> <li>2. introduce change of pace</li> </ol>
<p><b>2<sup>nd</sup> Activity Regular Pace Scatter Dribble – 10 minutes</b></p> <ul style="list-style-type: none"> <li>• dribble with inside of dominant foot</li> <li>• dribble with inside of non-dominant foot</li> <li>• dribble with “laces” of dominant foot</li> <li>• dribble with “laces” of non-dominant foot</li> <li>• combine above</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• touch top of ball with sole of foot, alternate feet (“tap dances”)</li> <li>• touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”)</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• everything done at a very slow pace (players will want to go faster) so as to permit observation and emphasis of correct technique</li> <li>• observation and correction paramount</li> <li>• continue introduction of Progression 1 &amp; 2 – proper technique for turns is paramount</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. go to quicker, “regular” pace</li> <li>2. introduce three basic (“sole”, “cut”, “chop”) turns</li> <li>3. add stops and re-starts with change of pace</li> <li>4. introduce “scissors” and “double “scissors”</li> <li>5. introduce “single lunge” and “double lunge</li> <li>6. introduce “Puskas”</li> </ol>
<p><b>3<sup>rd</sup> Activity Cat and Mouse – 10 minutes</b></p> <p>In a group of 12 players, a “cat” stands in middle of grid and calls “mice” to come out and play. Mice all have a ball and try to dribble to far side of grid. Any mice who lose their ball to the cat now join the middle to become another cat</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• encourage “mice” to attack with speed</li> </ul>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 6**  
**THEME: PASSING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) Juggling – 10 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1 &amp; 2 (but only if players using both dominant and non-dominant feet equally) and introduction of Progression 3</li> </ul> <p><b>Progressions:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>5. the above, but adding keep-ups with thighs, chests and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Pylon Pinball – 10 min.</b></p> <p>In partners, players try to knock over pylon (if you do not have pylon cones place “wos” markers/cones upside down on extra soccer balls) cones as they pass ball back and forth. Place 10-15 pylon cones inside a large circle marked by flat cones; pairs face one another across the circle (make sure players alternate feet)</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• push pass only at this time</li> <li>• make sure players use both dominant and non-dominant feet</li> <li>• continue introduction of Progression 1</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. introduce shooting</li> </ol>
<p><b>3<sup>rd</sup> Activity Torpedo – 10 min.</b></p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>• players divided into two teams facing one another about 10 m apart</li> <li>• every player one on team has a ball</li> <li>• two coaches / one with ball</li> </ul> <p>Two coaches pass the ball between one another along a line in the middle of the two teams. Players with the balls try to push pass their ball (torpedo) to hit the ball that the coaches are passing. If the player misses the player across collects the ball and then tries to hit the coaches’ ball.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• coaches speed-up or slow down their passes based on player success</li> <li>• ok to add progression</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. specify how players must strike ball (push pass, laces, dominant/non-dominant foot)</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>• as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>• goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 7**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) “Cooperation” – 5 min.</b></p> <p>Players pair-up back-to-back:</p> <ul style="list-style-type: none"> <li>standing, whereby the ball is handed backwards to the one side by turning the trunk and alternating from side-to-side – change directions</li> <li>“over and under” whereby one partner passes ball between legs and the ball is returned over head – change directions</li> <li>players take a crouching position face to face with their hands in front of the body, palms forward, they attempt to dislodge each other from the crouch position by pushing each others palms</li> </ul>	<p><b>General Note:</b> make sure that players have a water break between each activity</p>
<p><b>2<sup>nd</sup> Activity Dribble Tag – 10 min.</b></p> <p>In a group of 12 players, 2 players are designated to be “it”; all other players are dribbling; when dribbler is tagged player freezes, holds ball above heads, opens legs and shouts for help. Other other dribblers try to free up tagged players by dribbling ball through their legs</p>	
<p><b>3<sup>rd</sup> Activity Disney Game - 10 min.</b></p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>group divided into two equal teams</li> <li>teams 20 m apart in a row</li> <li>each player on one team is given a Disney character name and each player on the other team is giving a corresponding Disney character name (so, for example, there are two “Grumpy’s”</li> </ul> <p>Coach sends a ball in between the two teams (who are behind designated lines and calls out the Disney character and the “Disney character” from each team goes onto the field and plays one v. one.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>continue introduction of Progression 1 &amp; 2. Introduce Progression 3</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>call out different characters to have different match-ups</li> <li>introduce multiple balls and call out multiple names from one side so that there are multiple one v one games going on</li> <li>introduce only one ball but call out multiple names so that 2 vs. 2 are created</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession</p>





**PRACTICE PLAN FOR U7 – SESSION 8**  
**THEME: PASSING AND TRAPPING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Running Maze – 7.5 min.</b></p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>coach sets-up several small goals or gates – each about 2 m wide</li> <li>should be 2 or 3 more gates than players</li> </ul> <p>Players run around in a grid at a slow pace. When the coach indicates, the player try to run through as many gates as possible. Players will need to keep track of how many gates they went through. Play for about 30 seconds – establish “winners” and then go again.</p>	<p><b>General Note:</b> make sure that players have a water break between each activity</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>introduce Progression 1</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>add a ball so that it is a dribbling game</li> </ol>
<p><b>2<sup>nd</sup> Activity Technical (Push) Passing and Receiving - 10 min.</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">       x        xP                      Px        x     </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>push passing and trapping (inside of foot) with dominant foot</li> <li>push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>make sure that feet are always moving</li> <li>head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>calling for ball / communication</li> <li>observation and correction paramount</li> <li>continue with Progression 1 &amp; 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 &amp; 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>have first touch take the player somewhere / get ball out of feet</li> <li>add shooting with instep</li> <li>increase distance of pass</li> <li>reduce size of goal</li> </ol>
<p><b>3<sup>rd</sup> Activity Keep Your Yard Clean – 10 min.</b></p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>divide the field in half (or two “yards”)</li> <li>two equal teams with one team in each half</li> <li>at start of game, each player has a ball</li> </ul> <p>On the coach’s whistle, the players try to pass the ball from their “yard” to the other team’s “yard”. Play for a couple of minutes and when the coach blows her/his whistle again, play stops. Team with the “cleanest yard” (least balls in half) is the winner. Repeat.</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>push passes only</li> <li>use both dominant and non-dominant foot</li> <li>introduce Progression 1</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>shooting with instep</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 9**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) Musical Balls – 7.5 min.</b></p> <p>Every player has a ball. Players dribble around the area while the coach sings (or for the inhibited, until the coach shouts “stop”). When the coach stops singing (or when the coach shouts “stop”) players leave their ball and find another. After a while the coach takes away a ball – players who at the end of the sequence do not have a ball, drop-out for the balance of the game. The game continues until there are only two players.</p>	<p><b>General Note:</b> make sure that players have a water break between each activity</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• watch for the quick decision-makers; they will win most games</li> </ul>
<p><b>2<sup>nd</sup> Activity Regular Pace Scatter Dribbling – 10 min.</b></p> <ul style="list-style-type: none"> <li>• dribble with inside of dominant foot</li> <li>• dribble with inside of non-dominant foot</li> <li>• dribble with “laces” of dominant foot</li> <li>• dribble with “laces” of non-dominant foot</li> <li>• combine above</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• touch top of ball with sole of foot, alternate feet (“tap dances”)</li> <li>• touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”)</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount</li> <li>• continue introduction of Progression 1 &amp; 2 – proper technique for turns is paramount</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. go to quicker, “regular” pace</li> <li>2. introduce three basic (“sole”, “cut”, “chop”) turns</li> <li>3. add stops and re-starts with change of pace</li> <li>4. introduce “scissors” and “double “scissors”</li> <li>5. introduce “single lunge” and “double lunge</li> <li>6. introduce “Puskas”</li> </ol>
<p><b>3<sup>rd</sup> Activity Pirates – 10 min.</b></p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p><b>4<sup>th</sup> Activity 3 v 3 / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 10**  
**THEME: PASSING AND TRAPPING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling 10 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> </ul> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1 &amp; 2 (but only if players using both dominant and non-dominant feet equally) and continue introduction of Progression 3</li> </ul> <p><b>Progressions:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>5. the above, but adding keep-ups with thighs, chest and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Moving Targets – 10 min.</b></p> <p>Set-up:</p> <ul style="list-style-type: none"> <li>• every player has a ball</li> <li>• two coaches hold a practice vest / pinnie between them to form a goal</li> </ul> <p>Players try to score on the goal created by the coaches. Coach move around and then stop for a brief period. Players keep score</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• start with push pass</li> <li>• make sure players use dominant and non-dominant feet</li> <li>• add Progression 1</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. shooting with instep</li> </ol>
<p><b>3<sup>rd</sup> Activity Four Corners – 15 min.</b></p> <p>Four cones in a 10 metre square / one ball and three players  Each of the three players on one cone leaving one cone free  Players push pass along line and other players must move to open cone so that player with ball always has two options</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• emphasize weight of pass (not too hard not too soft) and, as always, communication</li> <li>• players pass along lines (and not diagonally)</li> <li>• players use both feet</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. once players can use both feet, then opening-up (or letting ball come across body is next progression)</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>• as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>• goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 11**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling 10 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1 &amp; 2 (but only if players using both dominant and non-dominant feet equally) and continue introduction of Progression 3</li> </ul> <p><b>Progressions:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>5. the above, but adding keep-ups with thighs, chest and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Mirror Man – 10 min.</b></p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• players must be light on feet and not planted</li> <li>• for most elements, players torso always facing forward towards coach</li> <li>• continue introduction of Progressions 1 – 4; introduce Progression 5</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. roll ball from side-ways with sole of dominant foot</li> <li>2. roll ball side-ways with sole of non-dominant foot</li> <li>3. roll ball side-ways using outside of dominant foot</li> <li>4. roll ball side-ways using outside of non-dominant foot</li> <li>5. combine 4 bullets above</li> <li>6. roll ball forward with ball of dominant foot (with leg opened-up)</li> <li>7. roll ball forward with ball of non-dominant foot (with leg opened-up)</li> <li>8. combine above</li> </ol>
<p><b>3<sup>rd</sup> Activity 1 v 5 Keep-Away - 10 minutes</b></p> <p>Divide the area into two and players into two groups. Five players attempt to keep the ball from the one play that is “it” who is attempting to win the ball and is applying pressure. Player who gives the ball away to the player that is “it” becomes “it”</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• size of area is important; to promote success, make it big enough</li> <li>• movement off the ball introduced</li> <li>• communication emphasized</li> <li>• importance of first touch emphasized</li> </ul> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• reduce space to play</li> <li>• reduce touches</li> <li>• add another player that is “it”</li> </ul>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 12**  
**THEME: PASSING, SHOOTING AND RECEIVING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity BALANCE AGILITY AND COORDINATION – 10 min.</b></p> <p>Activity Progression:</p> <ol style="list-style-type: none"> <li>single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones</li> <li>single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad</li> <li>double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad</li> <li>double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence</li> <li>single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p>Cone (x) set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p align="center"> x x x x x x    x x x x x x </p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p><b>2<sup>nd</sup> Activity Technical Passing, Shooting and Receiving - 10 min.</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p align="center"> x  xP                      Px  x </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>push passing and trapping (inside of foot) with dominant foot</li> <li>push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>make sure that feet are always moving</li> <li>head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>calling for ball / communication</li> <li>observation and correction paramount</li> <li>continue with Progression 1 &amp; 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 &amp; 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>have first touch take the player somewhere / get ball out of feet</li> <li>add shooting with instep</li> <li>increase distance of pass</li> <li>reduce size of goal</li> </ol>
<p><b>3<sup>rd</sup> Activity 3 Sided Keep Away</b></p> <p>Divide the players into three teams. Using the whole area two teams play against the third team attempting to keep the ball away from the third team. When the third team wins possession, the team that gave the ball away becomes defenders and the third team that won possession teams up with the other team. Coach calls out who is playing whom.</p>	<p><b>Coaching Tips:</b></p> <ul style="list-style-type: none"> <li>movement off the ball</li> <li>communication</li> <li>do not add Progression at this time</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>players (rather than coach) figure out who is playing whom</li> </ul>
<p><b>4<sup>th</sup> Activity Game – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 13**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) Juggling 7.5 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>player drops ball from hands and with dominant foot flicks back into hands</li> <li>player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>player bounces ball and with dominant foot flicks back into hands</li> <li>player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>player progressions will be varied</li> <li>continue with Progression 1, 2 &amp; 3. Introduce Progression 4 by making a competition of the activity but make sure that players using both feet</li> </ul> <p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>ball is kept-up (without hitting ground) with dominant foot</li> <li>ball is kept-up (without hitting ground) with non-dominant</li> <li>ball is kept-up (without hitting ground) alternating feet</li> <li>same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>the above, but adding keep-ups with thighs, chest and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Regular Pace Scatter Dribble – 10 min.</b></p> <ul style="list-style-type: none"> <li>dribble with inside of dominant foot</li> <li>dribble with inside of non-dominant foot</li> <li>dribble with “laces” of dominant foot</li> <li>dribble with “laces” of non-dominant foot</li> <li>combine above</li> <li>drag ball backwards with sole of dominant foot</li> <li>drag ball backwards with sole of non-dominant foot</li> <li>touch top of ball with sole of foot, alternate feet (“tap dances”)</li> <li>touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”)</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount</li> <li>continue with Progression 1 &amp; 2 – proper technique for turns is paramount . Introduce Progression 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>go to quicker, “regular” pace</li> <li>introduce three basic (“sole”, “cut”, “chop”) turns</li> <li>add stops and re-starts with change of pace</li> <li>introduce “scissors” and “double “scissors”</li> <li>introduce “single lunge” and “double lunge</li> <li>introduce “Puskas”</li> </ol>
<p><b>3<sup>rd</sup> Activity Destroyers – 10 min.</b></p> <p>In a group of 12 players, 2 to 3 players wear pinnies as ‘destroyers’ and chase dribbling players. Players try to win the ball and knock it outside the playing area; players retrieve balls and come back into grid and resume dribbling; have one minute time limit for each set. “Destroyer” who knocks out the most balls wins.</p>	
<p><b>4<sup>th</sup> Activity 3 v 3 / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 14**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling – 7.5 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>player drops ball from hands and with dominant foot flicks back into hands</li> <li>player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>player bounces ball and with dominant foot flicks back into hands</li> <li>player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>player progressions will be varied</li> <li>continue with Progression 1, 2 , 3 &amp; 4 (by making a competition of the activity but make sure that players using both feet)</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>ball is kept-up (without hitting ground) with dominant foot</li> <li>ball is kept-up (without hitting ground) with non-dominant</li> <li>ball is kept-up (without hitting ground) alternating feet</li> <li>same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>the above, but adding keep-ups with thighs, chest and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Mirror Man – 7.5 minutes</b></p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> <li>small passes between feet</li> <li>“tap dances” on ball</li> <li>“tap dances” - “around the world”</li> <li>drag ball backwards with sole of dominant foot</li> <li>drag ball backwards with sole of non-dominant foot</li> <li>drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>roll ball side-ways using inside of dominant foot</li> <li>roll ball side-ways using inside of non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>players must be light on feet and not planted</li> <li>for most elements, players torso always facing forward towards coach</li> <li>continue introduction of Progressions 1 – 5</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>roll ball from side-ways with sole of dominant foot</li> <li>roll ball side-ways with sole of non-dominant foot</li> <li>roll ball side-ways using outside of dominant foot</li> <li>roll ball side-ways using outside of non-dominant foot</li> <li>combine 4 bullets above</li> <li>roll ball forward with ball of dominant foot (with leg opened-up)</li> <li>roll ball forward with ball of non-dominant foot (with leg opened-up)</li> </ol> <p>combine above</p>
<p><b>3<sup>rd</sup> Activity 1 v 5 Keep-Away - 10 minutes</b></p> <p>Divide the area into two and players into two groups. Five players attempt to keep the ball from the one player that is “it” who is attempting to win the ball and is applying pressure. Player who gives the ball away to the player that is “it” becomes “it”</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>movement</li> <li>communication</li> <li>first touch</li> </ul> <p><b>Progressions:</b></p> <ol style="list-style-type: none"> <li>reduce space to play</li> <li>reduce touches</li> <li>add another player that is “it”</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line - Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 15**  
**THEME: ATTACKING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity BALANCE AGILITY AND COORDINATION – 10 min.</b></p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> <li>single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones</li> <li>single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad</li> <li>double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad</li> <li>double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence</li> <li>single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> </ol>	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p style="text-align: center;">x x x x x x</p> <p style="text-align: center;">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p><b>2<sup>nd</sup> Activity One vs. One - 10 min.</b></p> <p>Divide into 10m square grids / place players in pairs. Activities:</p> <ul style="list-style-type: none"> <li>technical review scissors and double scissors</li> <li>keep ball away from partner for 30 seconds then switch roles</li> <li>head-on. Attacking player takes defender head-on. If attacking player gets by defender, he score 1 and then and then attacks again. If not successful, then no score and defender becomes attacker. Play first to 5.</li> </ul>	<p><b>Coaching Points:</b></p> <ol style="list-style-type: none"> <li>take time to make sure that “scissors” are performed correctly</li> <li>have attackers attack defender directly and with pace</li> </ol> <p><b>Progression:</b></p>
<p><b>3<sup>rd</sup> Activity Shooting – 10 min.</b></p> <p>Cone (x) 5 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">x</p> <p style="text-align: center;">xP                      Px</p> <p style="text-align: center;">x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players shoot ball through cone goal in the following progression:</p> <ol style="list-style-type: none"> <li>static ball – side of foot</li> <li>static ball – laces (instep)</li> <li>moving ball (from partner) – side of foot</li> <li>moving ball (from partner) - laces (instep)</li> </ol>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>make sure player’s heads are up except at the moment that they are trapping or shooting</li> <li>use both dominant and non-dominant foot</li> </ul> <p><b>Progression:</b></p>
<p><b>4<sup>th</sup> Activity Game – Remainder of Session</b></p> <p>2 + GK vs. 2 + GK with 4m wide goals</p> <p>Place 4 m wide goals at each end of field. Divide field into a defending and attacking half. After a goal is scored, the opposition must return to their defending half and can not check attacking players until the attacking players have crossed the half-way line. One player is designated as a GK - switch frequently</p>	<p><b>Coaching Points:</b></p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or double scissor) and shooting. The goals are purposely wide so as to encourage shooting by success. Make sure GKs are alternated frequently</p>





**PRACTICE PLAN FOR U7 – SESSION 16**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling – 7.5 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>5. player drops ball from hands and with dominant foot flicks back into hands</li> <li>6. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>7. player bounces ball and with dominant foot flicks back into hands</li> <li>8. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1, 2 , 3 &amp; 4 (by making a competition of the activity but make sure that players using both feet)</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>6. ball is kept-up (without hitting ground) with dominant foot</li> <li>7. ball is kept-up (without hitting ground) with non-dominant</li> <li>8. ball is kept-up (without hitting ground) alternating feet</li> <li>9. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>10. the above, but adding keep-ups with thighs, chest and head</li> </ol>
<p><b>2<sup>nd</sup> Activity Mirror Man – 7.5 minutes</b></p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> <li>• small passes between feet</li> <li>• “tap dances” on ball</li> <li>• “tap dances” - “around the world”</li> <li>• drag ball backwards with sole of dominant foot</li> <li>• drag ball backwards with sole of non-dominant foot</li> <li>• drag ball backwards alternating between sole of dominant and non-dominant foot</li> <li>• roll ball side-ways using inside of dominant foot</li> <li>• roll ball side-ways using inside of non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• players must be light on feet and not planted</li> <li>• for most elements, players torso always facing forward towards coach</li> <li>• continue introduction of Progressions 1 – 5</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>8. roll ball from side-ways with sole of dominant foot</li> <li>9. roll ball side-ways with sole of non-dominant foot</li> <li>10. roll ball side-ways using outside of dominant foot</li> <li>11. roll ball side-ways using outside of non-dominant foot</li> <li>12. combine 4 bullets above</li> <li>13. roll ball forward with ball of dominant foot (with leg opened-up)</li> <li>14. roll ball forward with ball of non-dominant foot (with leg opened-up)</li> </ol> <p>combine above</p>
<p><b>3<sup>rd</sup> Activity 1 v 5 Keep-Away - 10 minutes</b></p> <p>Divide the area into two and players into two groups. Five players attempt to keep the ball from the one player that is “it” who is attempting to win the ball and is applying pressure. Player who gives the ball away to the player that is “it” becomes “it”</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• movement</li> <li>• communication</li> <li>• first touch</li> </ul> <p><b>Progressions:</b></p> <ol style="list-style-type: none"> <li>4. reduce space to play</li> <li>5. reduce touches</li> <li>6. add another player that is “it”</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line - Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 17**  
**THEME: ATTACKING AND DEFENDING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity BALANCE AGILITY AND COORDINATION – 10 min.</b></p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> <li>single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones</li> <li>single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (right) lateral – same as 2 above but players are sideways to cones</li> <li>single foot hop (left) lateral – same as 3 above but players are sideways to cones</li> <li>double foot hop lateral – same as above but players are sideways to cones</li> </ol>	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p style="text-align: center;">x x x x x x</p> <p style="text-align: center;">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p><b>2<sup>nd</sup> Activity Defending – 10 min.</b></p> <p>Activities:</p> <ol style="list-style-type: none"> <li>introduce elements of jockeying and block tackle</li> <li>players divided into pairs – one player has ball and is dribbling in a line between cones 20 m apart – whole group does in concert</li> <li>defending player initially jockeys and does not try to win ball</li> <li>defending player attempts to win ball by way of a block tackle on the coach’s instruction to do so</li> </ol>	<p><b>Coaching Points – Jockeying</b></p> <ul style="list-style-type: none"> <li>stance much like a boxer; body held almost side-ways, feet are apart and weight on toes</li> <li>eyes on ball and midline of attacker’s body</li> <li>have attackers zig-zag a bit along line so that “jockyers” must jockey on one side and then the other</li> <li>footwork and patience are key</li> </ul> <p><b>Coaching Points – Block Tackle</b></p> <ul style="list-style-type: none"> <li>use inside of foot to block ball</li> <li>keep ankle locked</li> <li>eye on the ball</li> </ul>
<p><b>3<sup>rd</sup> Activity Pirates – 10 min.</b></p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p><b>4<sup>th</sup> Activity Game – Remainder of Session</b></p> <p>2 + GK vs. 2 + GK with 4m wide goals</p> <p>Divide field into a defending and attacking half</p> <p>After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p><b>Coaching Points:</b></p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or a lunge) and shooting. Also, encourage players to tackle and help them understand that getting “stuck in” to a tackle is ok</p> <p>The goals are purposely wide so as to encourage shooting by success</p> <p>Make sure GKs are alternated frequently</p>



**PRACTICE PLAN FOR U7 – SESSION 18**  
**THEME: PASSING AND TRAPPING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) Juggling 7.5 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1, 2, 3 &amp; 4 (by making a competition of the activity but make sure that players using both feet)</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> <li>5. the above, but adding keep-ups with thighs, chest and</li> </ol>
<p><b>2<sup>nd</sup> Activity Points - 10 min.</b></p> <p>Place a small goal 1 m in length between 2 players who are each 3 m away from the goal. Push pass through the goal to score a point/goal. First player to 10 is the winner.</p>	<p><b>Coaching Points:</b></p> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. add shooting with instep</li> <li>2. players can not stop ball before shooting</li> <li>3. add max (2) touches player can take before shooting</li> <li>4. make goals smaller or increase distance to make more difficult</li> </ol>
<p><b>3<sup>rd</sup> Activity Technical Passing – 15 min.</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre>       x     xP      Px       x   </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>• trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>• push passing and trapping (inside of foot) with dominant foot</li> <li>• push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>• make sure that feet are always moving</li> <li>• head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>• calling for ball / communication</li> <li>• observation and correction paramount</li> <li>• continue with Progression 1 &amp; 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 &amp; 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. have first touch take the player somewhere / get ball out of feet</li> <li>2. add shooting with instep</li> <li>3. increase distance of pass</li> <li>4. reduce size of goal</li> </ol>
<p><b>4<sup>th</sup> Activity 3 v 3 Game with Goals – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone</li> <li>• as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep</li> <li>• goals with non-dominant foot = 2</li> </ul>



**PRACTICE PLAN FOR U7 – SESSION 19**  
**THEME: DRIBBLING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity BALANCE AGILITY AND COORDINATION – 10 min.</b></p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> <li>single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones</li> <li>single foot hop (right) – forward 2 back 1 players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (left) – forward 2 back 1 players hop through cones on right foot only jumping and landing in the middle of each quad</li> <li>single foot hop (right) lateral – same as 2 above but players are sideways to cones</li> <li>single foot hop (left) lateral – same as 3 above but players are sideways to cones</li> <li>double foot hop lateral – same as above but players are sideways to cones</li> </ol>	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p align="center"> x x x x x x    x x x x x x </p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p><b>2<sup>nd</sup> Activity Regular Pace Scatter Dribble – 10 min.</b></p> <ul style="list-style-type: none"> <li>dribble with inside of dominant foot</li> <li>dribble with inside of non-dominant foot</li> <li>dribble with “laces” of dominant foot</li> <li>dribble with “laces” of non-dominant foot</li> <li>combine above</li> <li>drag ball backwards with sole of dominant foot</li> <li>drag ball backwards with sole of non-dominant foot</li> <li>touch top of ball with sole of foot, alternate feet (“tap dances”)</li> <li>touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”)</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount</li> <li>continue with Progression 1 – 4. Introduce Progression 5</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>go to quicker, “regular” pace</li> <li>introduce three basic (“sole”, “cut”, “chop”) turns</li> <li>add stops and re-starts with change of pace</li> <li>introduce “scissors” and “double “scissors”</li> <li>introduce “single lunge” and “double lunge</li> <li>introduce “Puskas”</li> </ol>
<p><b>3<sup>rd</sup> Activity Dribble Tag – 10 min.</b></p> <p>In a group of 12 players, 2 players are designated to be “it”; all other players are dribbling; when dribbler is tagged player freezes, holds ball above heads, opens legs and shouts for help. Other other dribblers try to free up tagged players by dribbling ball through their legs</p>	
<p><b>4<sup>th</sup> Activity 3 v 3 Game / Goal Line – Remainder of Session</b></p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p><b>Coaching Points:</b> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



**PRACTICE PLAN FOR U7 – SESSION 20**  
**THEME: ATTACKING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity Juggling – 10 min.</b></p> <p>Progressions :</p> <ol style="list-style-type: none"> <li>1. player drops ball from hands and with dominant foot flicks back into hands</li> <li>2. player drops ball from hands and with non-dominant foot and flicks back into hands</li> <li>3. player bounces ball and with dominant foot flicks back into hands</li> <li>4. player bounces ball and with non-dominant foot flicks ball back into hands</li> </ol>	<p><b>General Note:</b> at this age, make sure that players have a water break between activities</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• player progressions will be varied</li> <li>• continue with Progression 1, 2 , 3 &amp; 4 (by making a competition of the activity but make sure that players using both feet)</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ball is kept-up (without hitting ground) with dominant foot</li> <li>2. ball is kept-up (without hitting ground) with non-dominant</li> <li>3. ball is kept-up (without hitting ground) alternating feet</li> <li>4. same as above but increasing number of “keep-ups” (without hitting ground)</li> </ol> <p>the above, but adding keep-ups with thighs, chest and head</p>
<p><b>2<sup>nd</sup> Activity One vs. One - 10 min.</b></p> <p>Divide into 10m square grids / place players in pairs. Activities:</p> <ul style="list-style-type: none"> <li>• technical review scissors, double scissors and lunges introduced earlier</li> <li>• keep ball away from partner for 30 seconds then switch roles</li> <li>• head-on. Attacking player takes defender head-on. If attacking player gets by defender, he score 1 and then then attacks again. If not successful, then no score and defender becomes attacker. Play first to 5.</li> </ul>	<p><b>Coaching Points:</b></p> <ol style="list-style-type: none"> <li>3. take time to make sure that “scissors” and “lunges” are performed correctly</li> <li>4. have have attackers attack defender directly and with pace</li> </ol> <p><b>Progression</b></p>
<p><b>3<sup>rd</sup> Activity Shooting – 10 min.</b></p> <p>Cone (x) 5 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre>       x     xP      Px       x   </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players shoot ball through cone goal in the following progression:</p> <ol style="list-style-type: none"> <li>1. static ball – side of foot</li> <li>2. static ball – laces (instep)</li> <li>3. moving ball (from partner) – side of foot</li> <li>4. moving ball (from partner) - laces (instep)</li> </ol>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• make sure player’s heads are up except at the moment that they are trapping or shooting</li> <li>• use both dominant and non-dominant foot</li> </ul> <p><b>Progression:</b></p>
<p><b>4<sup>th</sup> Activity 2 + GK v 2 + GK with Goals - Remainder of Session</b></p> <p>4m wide goals</p> <p>Divide field into a defending and attacking half</p> <p>After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p><b>Coaching Point:</b></p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or a lunge) and shooting. The goals are purposely wide so as to encourage shooting by success</p> <p>Make sure GKs are alternated frequently</p>



**PRACTICE PLAN FOR U7 – SESSION 21**  
**THEME: ATTACKING**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) BALANCE AGILITY AND COORDINATION Exercises – 10 min.</b></p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> <li>single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones</li> <li>single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence</li> <li>double foot with ¼ (90 degree) twist (right side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad. Players twist ¼ (90 degrees) back and forth for each quad</li> <li>double foot with ¼ (90 degree) twist (right side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad. Players twist ¼ (90 degrees) back and forth for each quad</li> <li>hop-scotch</li> </ol>	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <pre style="text-align: center;"> x x x x x x x x x x x x </pre> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p><b>2<sup>nd</sup> Activity Technical Passing, Shooting and Receiving - 10 min.</b></p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre style="text-align: center;">       x xP          Px       x </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> <li>trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet</li> <li>push passing and trapping (inside of foot) with dominant foot</li> <li>push passing and trapping (inside of foot) with non-dominant foot</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>everything done at a very slow pace so as to permit observation and emphasis of correct technique</li> <li>make sure that feet are always moving</li> <li>head/eyes down when receiving and passing but otherwise head/eyes up</li> <li>calling for ball / communication</li> <li>observation and correction paramount</li> <li>continue with Progression 1 &amp; 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 &amp; 4</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>have first touch take the player somewhere / get ball out of feet</li> <li>add shooting with instep</li> <li>increase distance of pass</li> <li>reduce size of goal</li> </ol>
<p><b>3<sup>rd</sup> Activity Four Corners – 10 min.</b></p> <p>Four cones in a 10 metre square / one ball and three players  Each of the three players on one cone leaving one cone free  Players push pass along line and other players must move to open cone so that player with ball always has two options</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>emphasize weight of pass (not too hard not too soft) and, as always, communication</li> <li>players pass along lines (and not diagonally)</li> <li>players use both feet</li> </ul> <p><b>Progression:</b>  once players can use both feet, then opening-up (or letting ball come across body is next progression)</p>
<p><b>4<sup>th</sup> Activity 2 + GK v. 2 + GK Game – Remainder of Session</b>  4m wide goals  Divide field into a defending and attacking half  After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p><b>Coaching Points:</b>  Since this session’s theme is passing emphasize passing by encouraging players to make several passes before they pass the half-way line.  Also, since shooting is also a theme, the goals are purposely wide so as to encourage shooting by success  Make sure GKs are alternated frequently</p>



**PRACTICE PLAN FOR U7 – SESSION 22**  
**THEME: GOALKEEPING (at U8 we start to play with Goalies)**

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) One / Two Tag - 5 min.</b></p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p><b>General Note:</b> make sure that players have a water break between activities.</p> <p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• watch for decision-making and running style (looking for quick steps)</li> <li>• introduce elements of Progression 1 &amp; Progression 2</li> </ul> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call.</li> <li>2. introduce change of pace</li> </ol>
<p><b>2<sup>nd</sup> Activity Catching Warm-up – 10 min.</b></p> <p>In pairs, players (about 6 metres apart) pass the ball back and forth (in following sequence):</p> <ul style="list-style-type: none"> <li>• at shoulder height / “W” hand formation</li> <li>• below waist (“Basket Catches” - fingers down)</li> <li>• rolling ball pick-ups</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• remind players to get behind ball (and therefore has proper foot work so as to get there)</li> <li>• check proper hand position</li> </ul>
<p><b>3<sup>rd</sup> Activity Shot on Goals – 10 min.</b></p> <p>Set-up cones goals (4 metres wide) for half of the players and another cone 5 metres in front of the goal (as a reference point for the shooter)</p> <p>In pairs, one player is the GK and the other the shooter</p> <p>GK passes the ball out to the shooter who traps and then push-pass shoots.</p> <p>Switch after 10 shots</p>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• watch for proper technique as above</li> <li>• make into a contest</li> </ul>
<p><b>4<sup>th</sup> Activity 2 + GK v 2 + GK – Remainder of Session</b></p> <p>4m wide goals</p> <p>Divide field into a defending and attacking half</p> <p>After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p><b>Coaching Points:</b></p> <p>Since this session’s theme is passing emphasize passing by encouraging players to make several passes before they pass the half-way line.</p> <p>Also, since shooting is also a theme, the goals are purposely wide so as to encourage shooting by success</p> <p>Make sure GKs are alternated frequently</p>