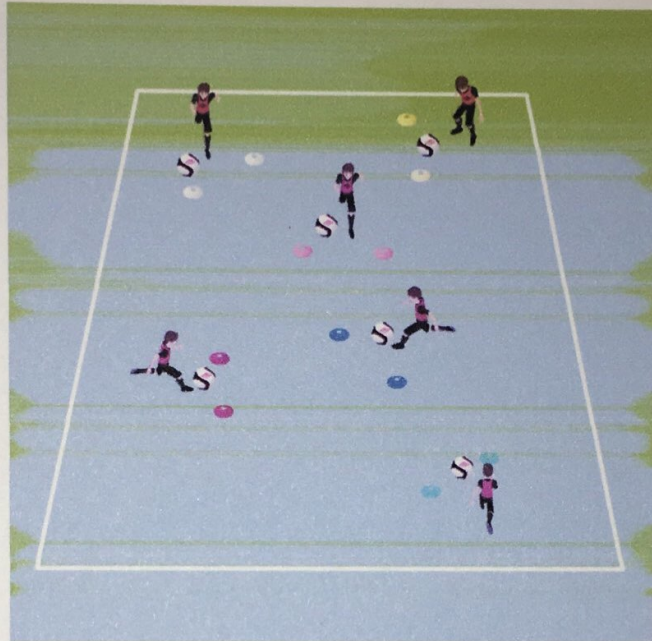



Week Seven – Warm Up

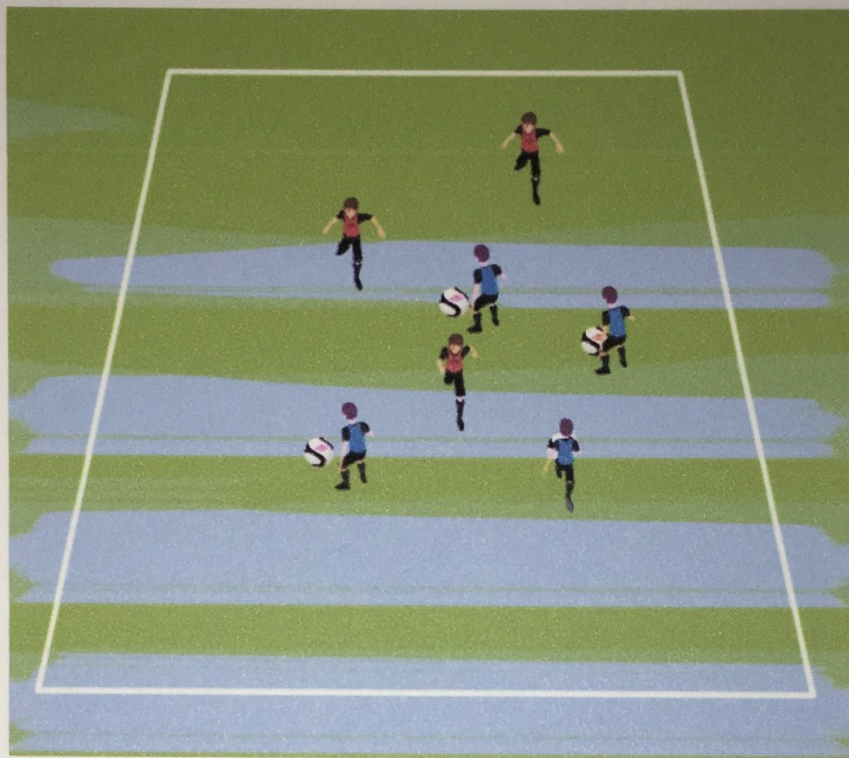
Dribbling Gates



OBJECTIVE:	Learning to dribble in tight spaces
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	Gates spread around field, min. distance between 8-10 yds.
EQUIPMENT:	10 cones, 2 cones per gate
ORGANIZATION:	Every player with a ball
RULES:	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy) How many gates can players dribble through in allotted time?
ACTIONS:	U5-U6 Dribbling Moves • Review 1 - 5 U7-U8 Dribbling Moves • Review 1 - 7 • # 8 Pull Back and Push
COACHING POINTS:	Teach  Dribbling Sequence
VARIATIONS	Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Seven – Tech Game

Crab Game



- OBJECTIVE:** Improving dribbling, cutting and turning
- TIME:** U5-U6, 10 minutes, U7-U8 12 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, supply of balls, 1/2 of team with pinnies
- ORGANIZATION:** Half the team with balls, other half crabs
- RULES:** Dribbling ball inside of grid, avoiding crabs (other players) positioned randomly throughout the field. Rotate after 45-60 seconds. Crabs can only touch balls with their feet.
- COACHING POINTS:** Using specific moves
Using right/left foot only
- VARIATIONS** When crab touches ball, he switches with the dribbler.
Who are the dribblers at the end of the allotted time.

Week Seven - Fitness

Follow the leader -- TAG



- OBJECTIVE:** Improving coordination, speed and agility
- TIME:** U5-U6 10 minutes, U7-U8 12 minutes
- GRID SIZE:** Open field space, cones/balls can be used for obstacles
- EQUIPMENT:** 4 large cones, 4 small cones, 4 balls
- ORGANIZATION:** Players form pairs, one leader with one follower
- RULES:** Leader does different movements and follower must duplicate. At coaches command, leader becomes a tagger and the follower attempts to avoid be tagged, if a tag occurs roles are immediately reversed. Rotate leaders every 60-90 seconds.
- COACHING POINTS:** Leaders be creative
Followers repeat movement accurately
- VARIATIONS**
- Running backwards
 - Skipping
 - Jumping (over obstacles)/ two footed jumps
 - Somersaults
 - Hop on one foot

Week Seven – Technical/Tactical Game

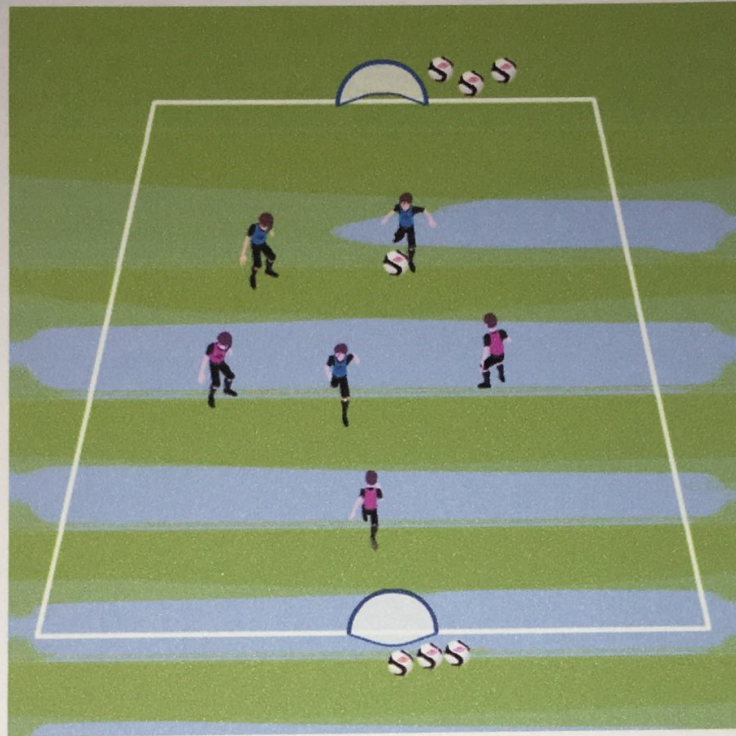
1 v 1 Dribbling Gates



OBJECTIVE:	Improving beating a defender, improving winning the ball
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	Gates spread around field, min. distance between 8-10 yds.
EQUIPMENT:	10 cones, 2 cones per gate; 1/2 team with pinnies; 1 ball per 2 players
ORGANIZATION:	Players paired up.
RULES:	Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Length of game 45-90 seconds. Rotate partners
COACHING POINTS:	Take on defender with speed Change direction and change speed When defeneder wins ball, make quick transtion from attack/ defense.
VARIATIONS	Player must use a move on defender before scoring goal

Week Seven – Final Game

Small Sided Game



OBJECTIVE:	Playing the game
TIME:	U5-U6, 10 minutes, U7-U8 12 minutes
GRID SIZE:	U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width) U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side
EQUIPMENT:	4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)
RULES:	Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.
COACHING POINTS:	Teach basic rules, otherwise let them play.
VARIATIONS	When ball goes out of play, coach can restart game by playing a new ball.