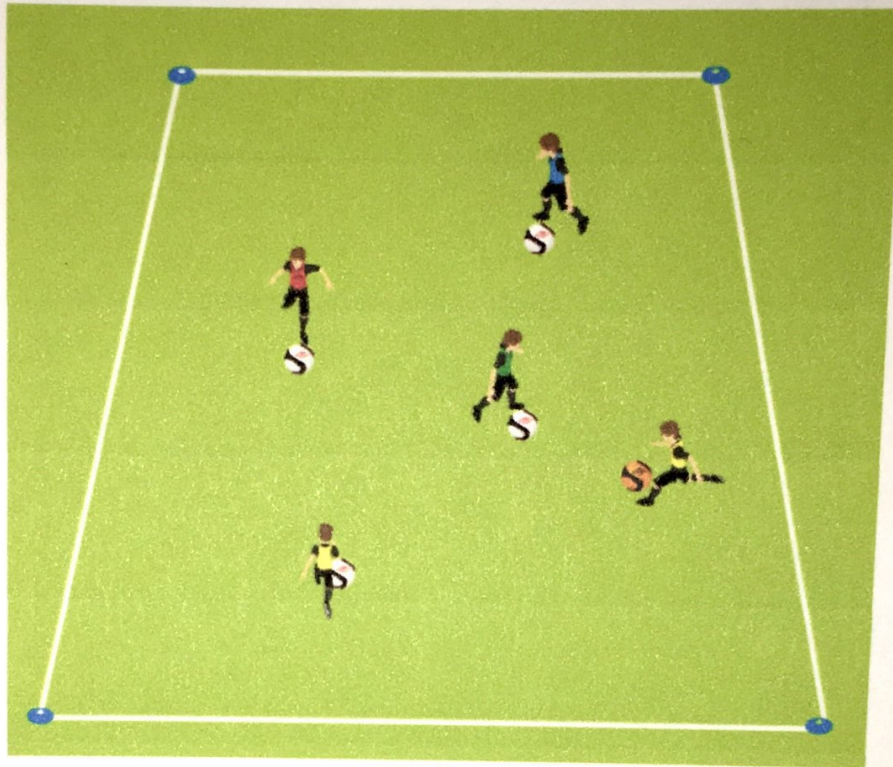



Week Seven – Warm Up

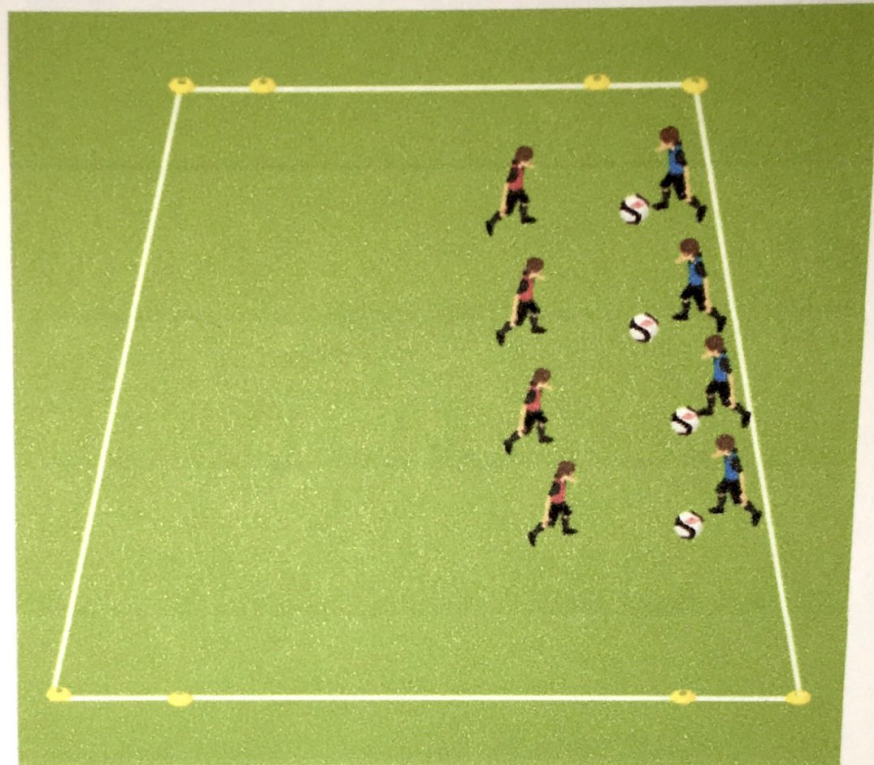
Dribbling Marbles



- OBJECTIVE:** Learning to dribble in tight spaces
- TIME:** 15 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, one ball for each player
- 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)
- ACTIONS**
Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-8, 11-13 and introduce #14 Scissors
U11 Ball Coordination
Review 1-8, 11-14
- COACHING POINTS:** Teach  BALL MASTERY
- VARIATIONS**
Players must use right foot only, left foot only, must perform specific moves or combination of moves.

Week Seven - Tech Game

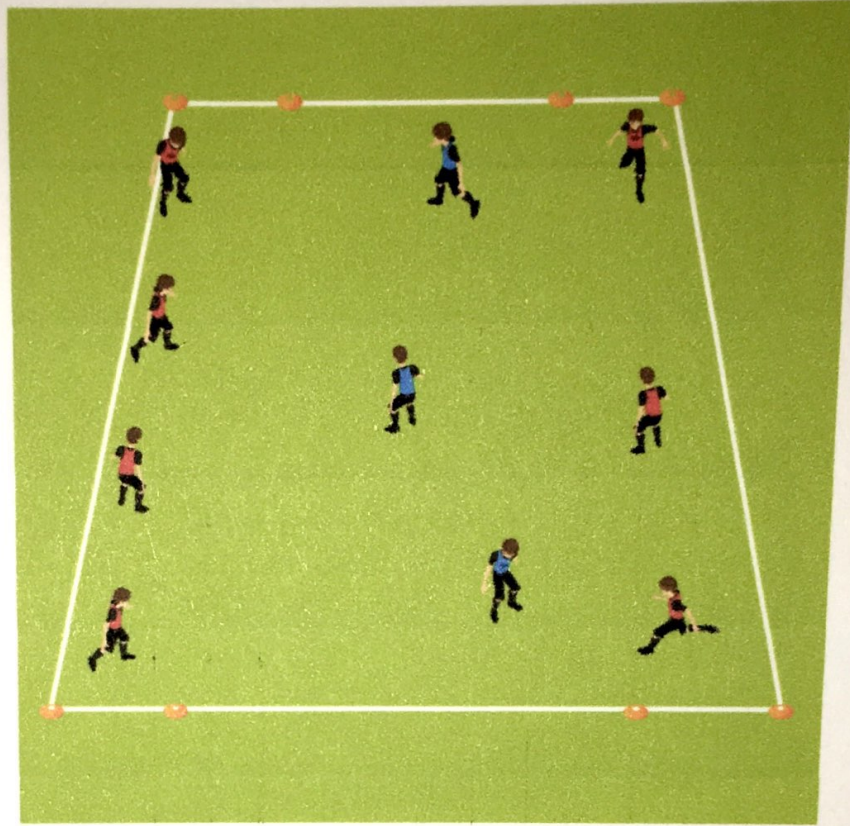
Street Dribble (Defending)



OBJECTIVE:	Learning proper defending technique
TIME:	15 minutes
GRID SIZE:	30 yards (length) x 30 yards (width); vary size by age and ability
EQUIPMENT:	8 Cones, 2 pinnies, supply of balls
ORGANIZATION:	1/2 the team with balls, the other half without
RULES:	Attackers start dribbling (changing direction) while heading towards the other sidewalk. Defender tries to keep attacker in front of himself. Attacker starts at a jogging pace, and increases speed after each round. Players switch roles after crossing the street twice = 1 round.
COACHING POINTS:	Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Keep Attacker in front of themselves Be patient (don't dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)
VARIATIONS	1 v 1 line soccer (dribbling)

Week Seven – Fitness

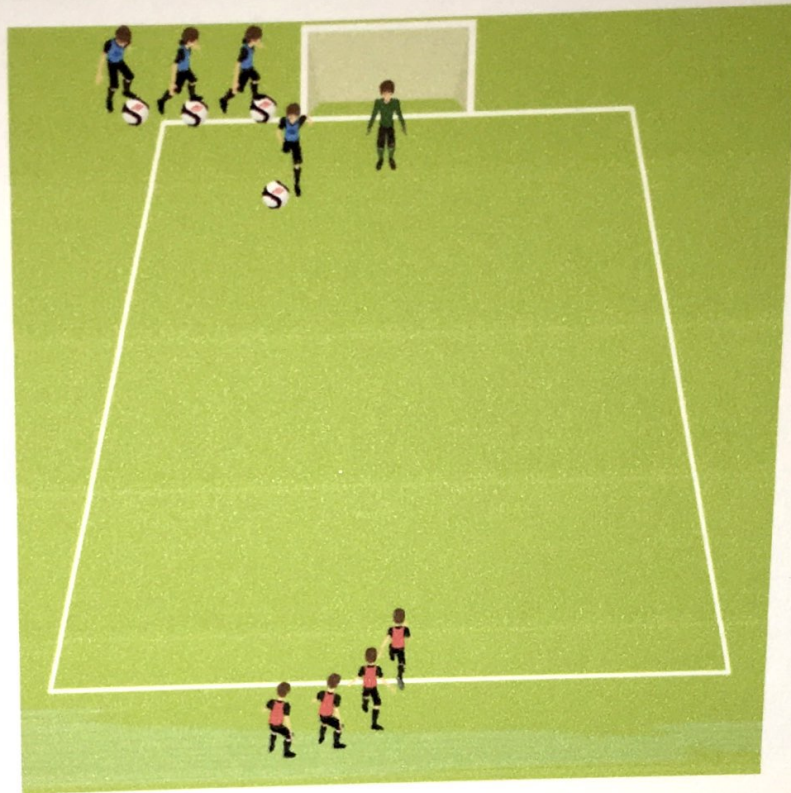
Street Tag



OBJECTIVE:	Improving coordination, speed and agility
TIME:	15 minutes
GRID SIZE:	30 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	8 Cones, 3 pinnies
ORGANIZATION:	Three players in the street (Street Sweepers) all other players in the sidewalk.
RULES:	Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?
COACHING POINTS:	Change direction and speed Vision, avoid sweepers and other players
VARIATIONS	All must skip All must start on stomach (get up and run) All must crab walk

Week Seven – Technical/Tactical Game

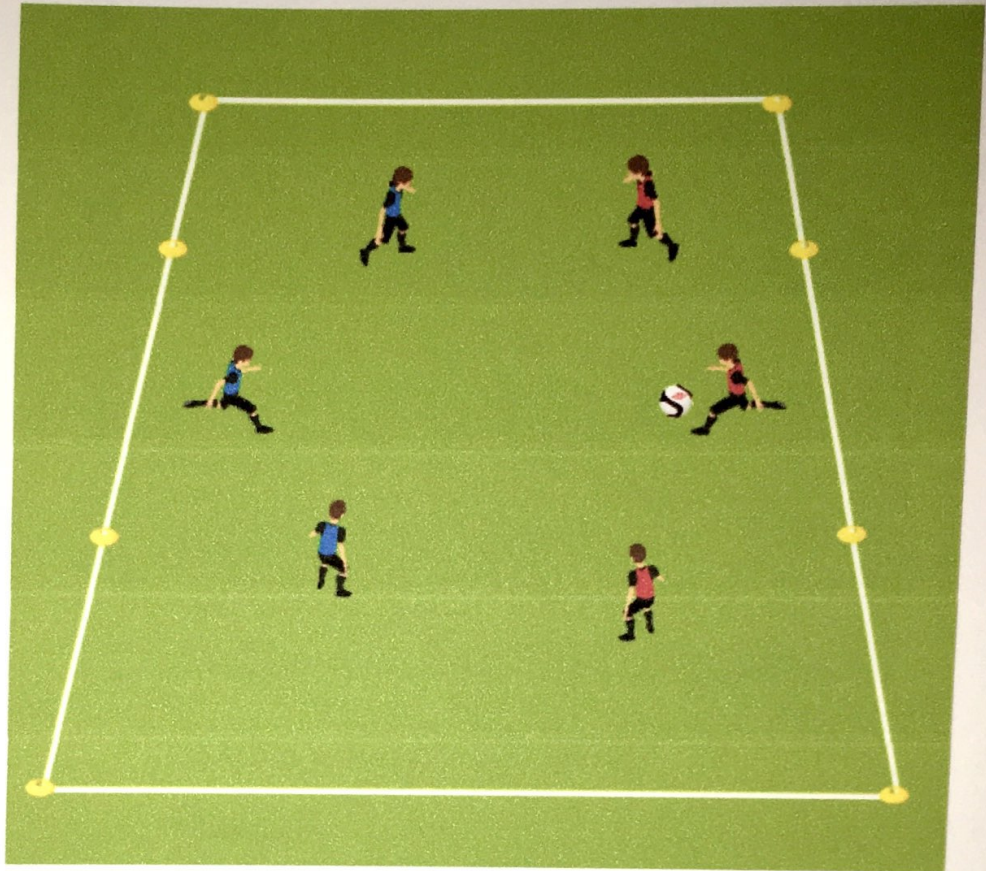
Chip and Defend



OBJECTIVE:	Attacking and Defending 1 v 1
TIME:	15 minutes
GRID SIZE:	25 yards (length) x 20 yards (width) goal 7 yards (wide)
EQUIPMENT:	6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls
ORGANIZATION	One team defends (Group A), One team attacks (Group B). Defending team provides a GK.
RULES:	A dribbles 3-4 touches and plays long pass to B. A follows pass with a sprint. A and B play 1 v 1. If the defending team wins the ball, passing back to the GK = a goal. The attacking team earns a goal by scoring. Rotate teams every 3-4 minutes.
COACHING POINTS:	Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Be patient (don't dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)
VARIATIONS	A must play chipped pass (in air) B sends two players (2 v 1) Both A and B send two players (2 v 2)

Week Seven – Final Game

3 v 3 Line Soccer



- OBJECTIVE:** Penetration by dribbling, creating 1 v 1 opportunities.
- TIME:** 15 minutes
- GRID SIZE:** 2 grids - 25 yards (length) x 40 yards (width)
- EQUIPMENT:** 16 cones, 6 pinnies, supply of balls
- ORGANIZATION:** Divide players in to groups of three (four teams)
- RULES:** Teams play 3 v 3 in grid. In order to score attacking team must dribble beyond end line.
- COACHING POINTS:** Create space by movement with and without the ball
Take opponent on quickly when 1 v 1 is present
Possession of ball, when penetration is not on
- VARIATIONS** Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
If team scores, they maintain possession and attack in the other direction.
Passing over the line
Attacking team must have minimal number of passes prior to scoring.