

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Two

Daily Topic: Running With The Ball

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

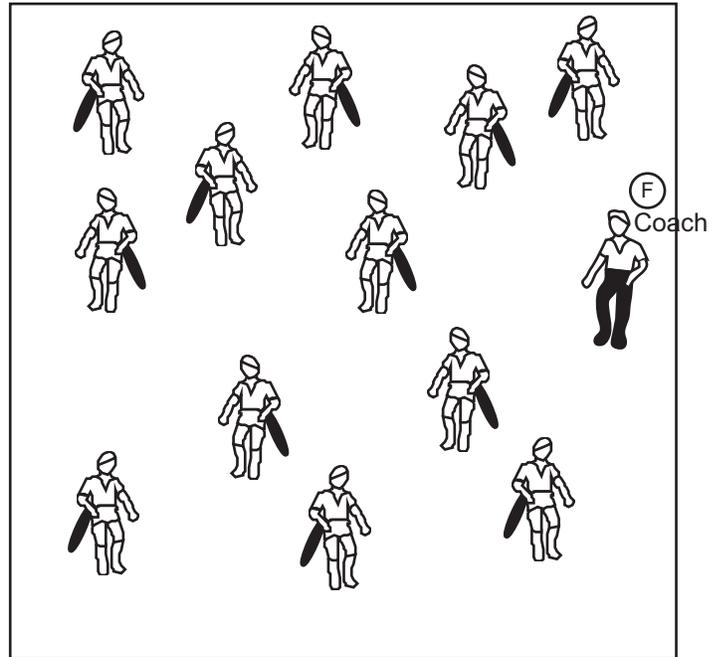
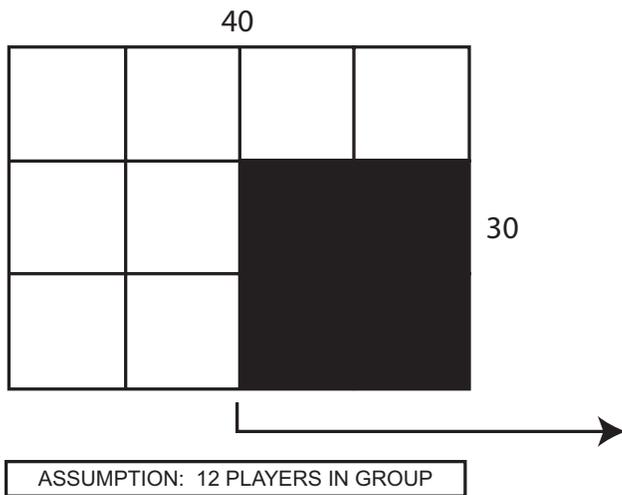
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

Farmers and Foxes



Purpose

To develop change of speed and change of direction.

Organization

Set out a 20 x 20 yard area. The foxes (players) put bibs into the back of their shorts.

Game Objective

The farmer (coach) runs around the area attempting to pull the bibs out. When a player's bib is pulled out, he becomes a farmer, too. Play until 1 fox is left. The players must remain within the confines of the area throughout the activity. Any player running outside the area, automatically becomes a farmer.

Progressions

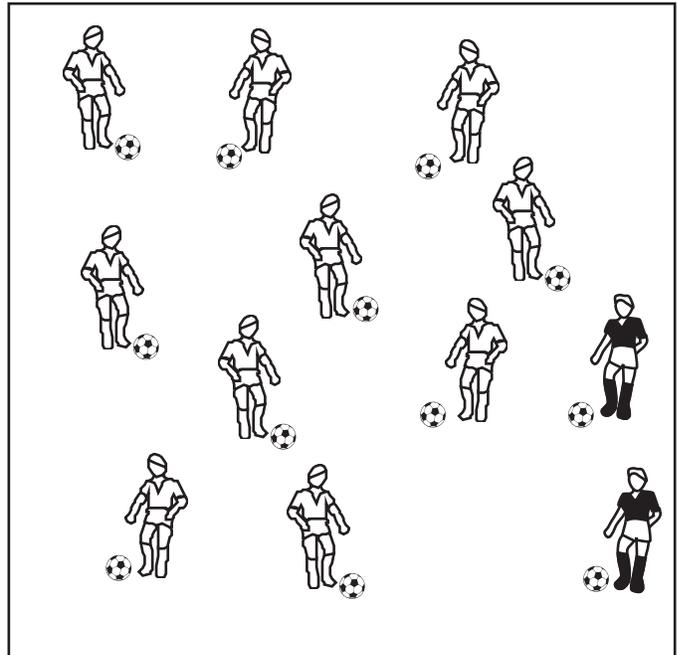
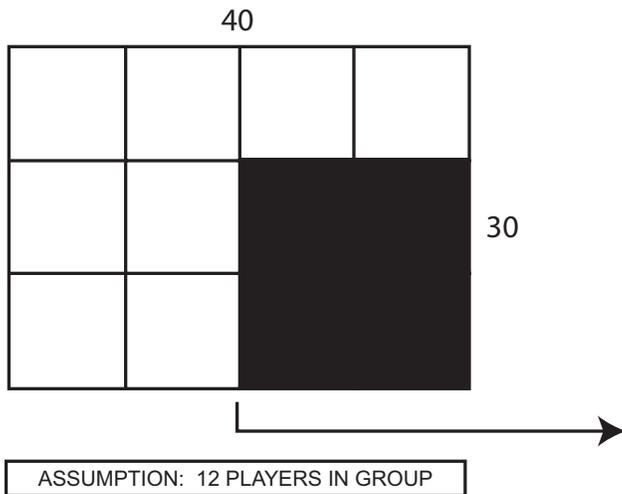
1. Make the farmer(s) dribble a soccer ball as he chases the foxes.
2. Make the foxes dribble a soccer ball as they are being chased.

Key Coaching Points

1. Change speed and direction to avoid the farmer.
2. Don't stand still. Keep moving. Get ready to run.
3. Watch out for other farmers.

URNS & BURNS - Running With The Ball

Dribble Tag



Purpose

To develop change of speed and direction.

Organization

Set out a 20 x 20 yard area. One ball per player. Players must stay within the confines of the area.

Game Objective

The dark players dribble their balls in pursuit of the light players. All players must be in control of their soccer ball at all times. The goal of the game is for the dark player to tag a light player who then becomes it. The catchers are identified by carrying pinnies. A player cannot tag the player who just tagged him. Once a catcher tags a player, he must give his pinnie to the player. Both players then dribble away with their soccer balls.

Progressions

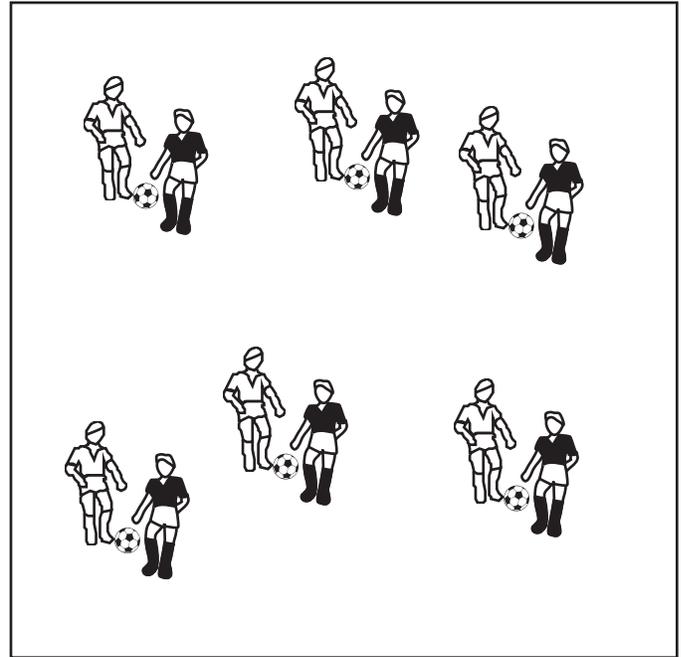
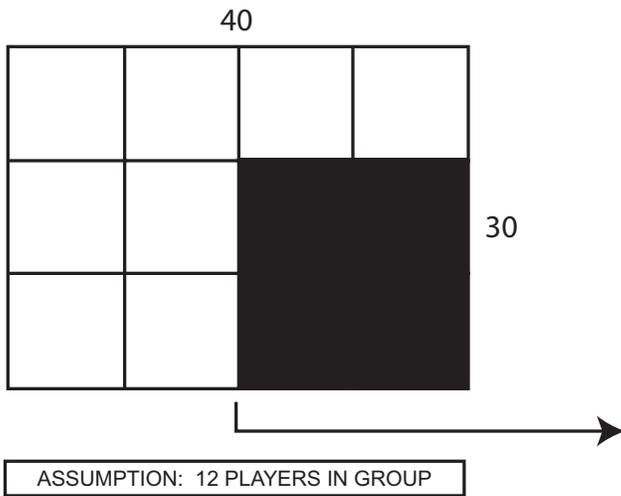
Introduce the “sole turn” and the “forward roll” commands to the practice.

Key Coaching Points

1. One player should be escaping the opponent by using change of speed and direction.
2. Pretend to go one way, then the other.
3. Use the drag back/sole turn to escape the catchers.

URNS & BURNS - Running With The Ball

Breakaway



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. Group in pairs. The light player stands behind their partner (dark player). The light player is in possession of the ball.

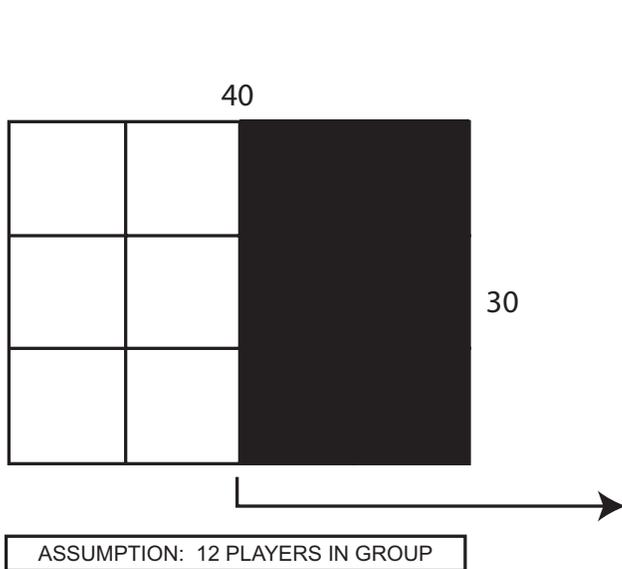
Game Objective

The objective of the game is for the dark player to lose his shadowing Light player. The light player must dribble at speed to track the dark player. When the coach shouts out "Catch me if you can", both players freeze. The light player now has to try to pass the ball through the legs of his partner (dark player) to score. Rotate positions.

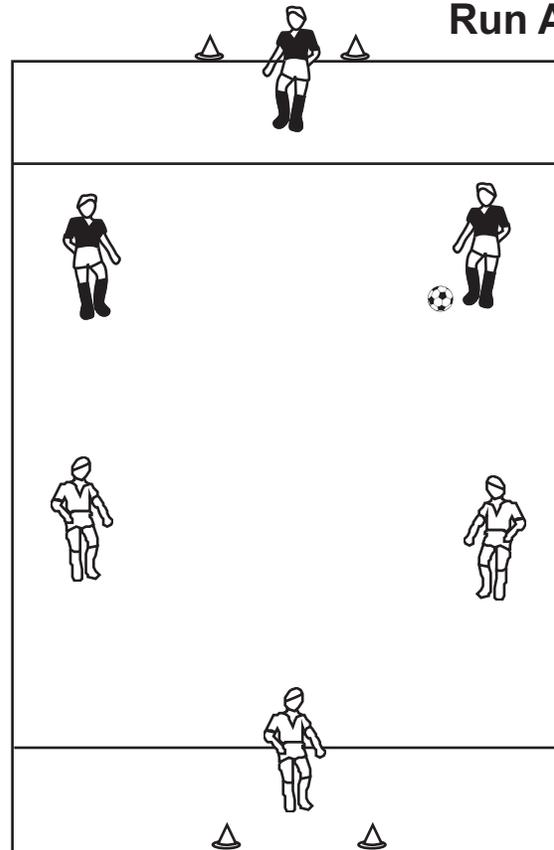
Key Coaching Points

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.
4. Runners should try to lose catchers by running towards other players, thus redirecting them.

WORLD CUP 21 - Running With The Ball



Run And Turn



Purpose

To develop running and turning with the ball.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player receives the ball, he should try to move forward with it. Award 3 points for every successful turn; 5 points for every goal; 1st team to 21 wins.

Progressions

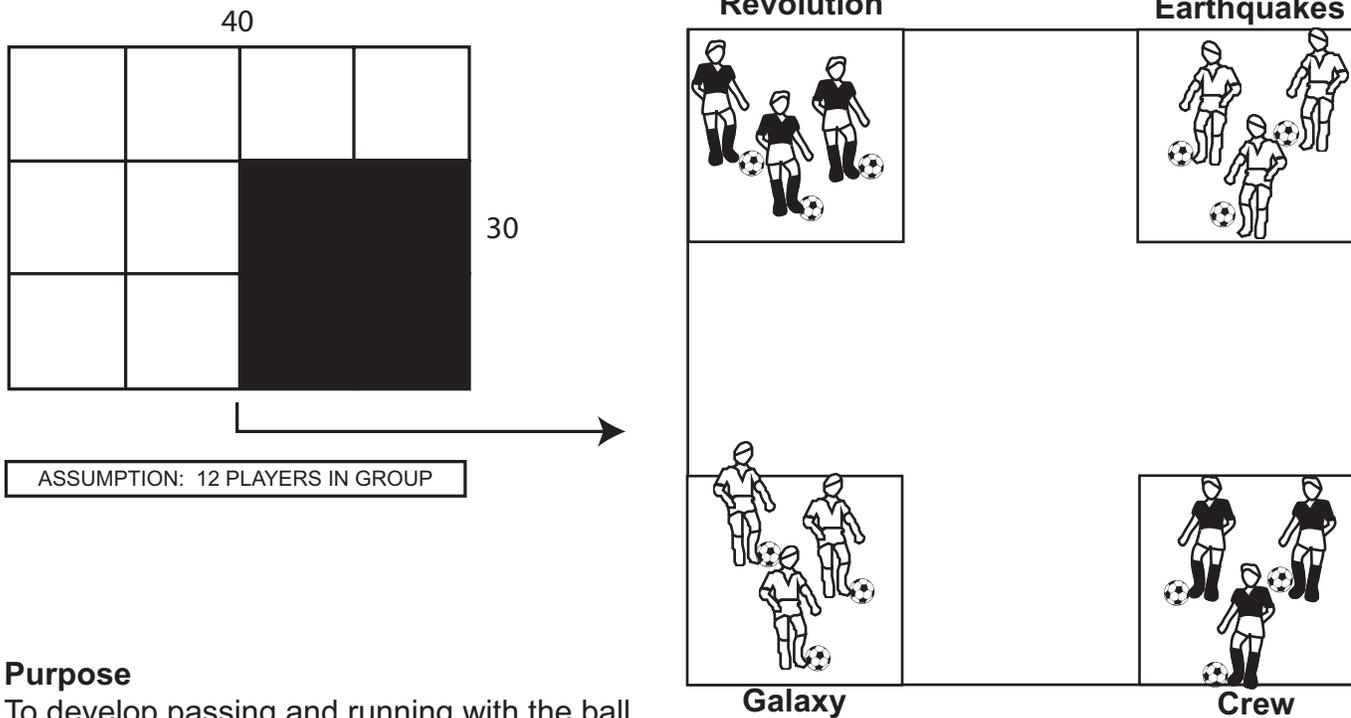
Allow the players to pick scores for different skills.

Key Coaching Points

1. Try to run the ball forward.
2. Support the ball in forward positions.
3. Use turns to get away from defenders.

SKILLZBUILDER - Running With The Ball

4 Corners



Purpose

To develop passing and running with the ball.
Also to develop the idea of transition.

Organization

Set out a 20 x 20 yard area with 5 x 5 yard grids in each corner representing 4 MLS teams. Station 3 players in each of these corner areas. 1 ball per player.

Game Objective

The object of the game is to encourage movement with the ball. On the command of, "Change!" players run with their balls from their area into another area. The 1st team to arrive in a new area, wins.

Progressions

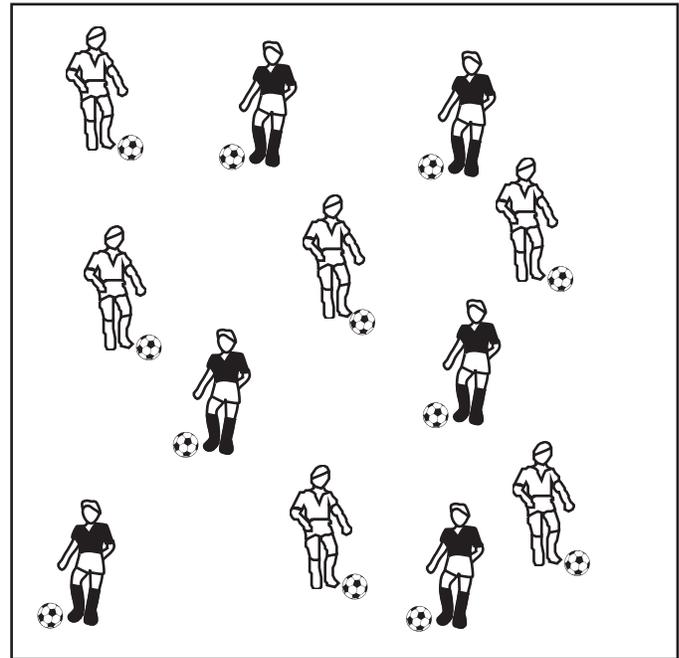
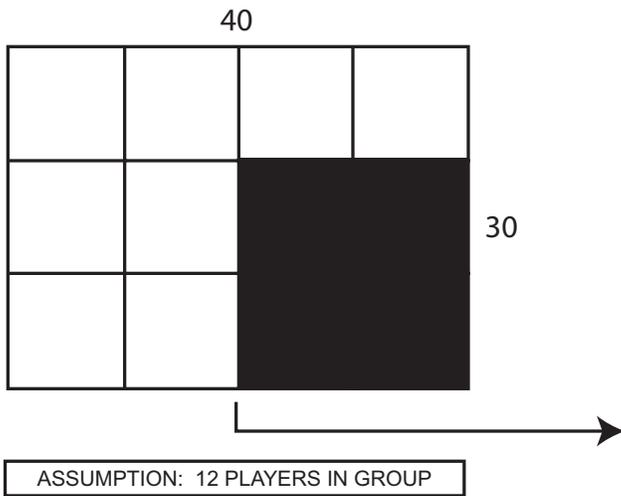
1. After arrival at each new area, players must do a move or turn.
2. Players run with their the ball around all the areas then back to their original team area.

Key Coaching Points

1. Running with the ball.
2. React to shout of, "Change!"
3. Ball out of feet.
4. Cover ground at speed.

SKILLZBUILDER - Running With The Ball

Body Ball



Purpose

To develop start and stop techniques.

Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game Objective

All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball. If the coach shouts out a part of the body, the player must put that part of the body on the ball. The last player down carries out 2 fakes, then is back in the game.

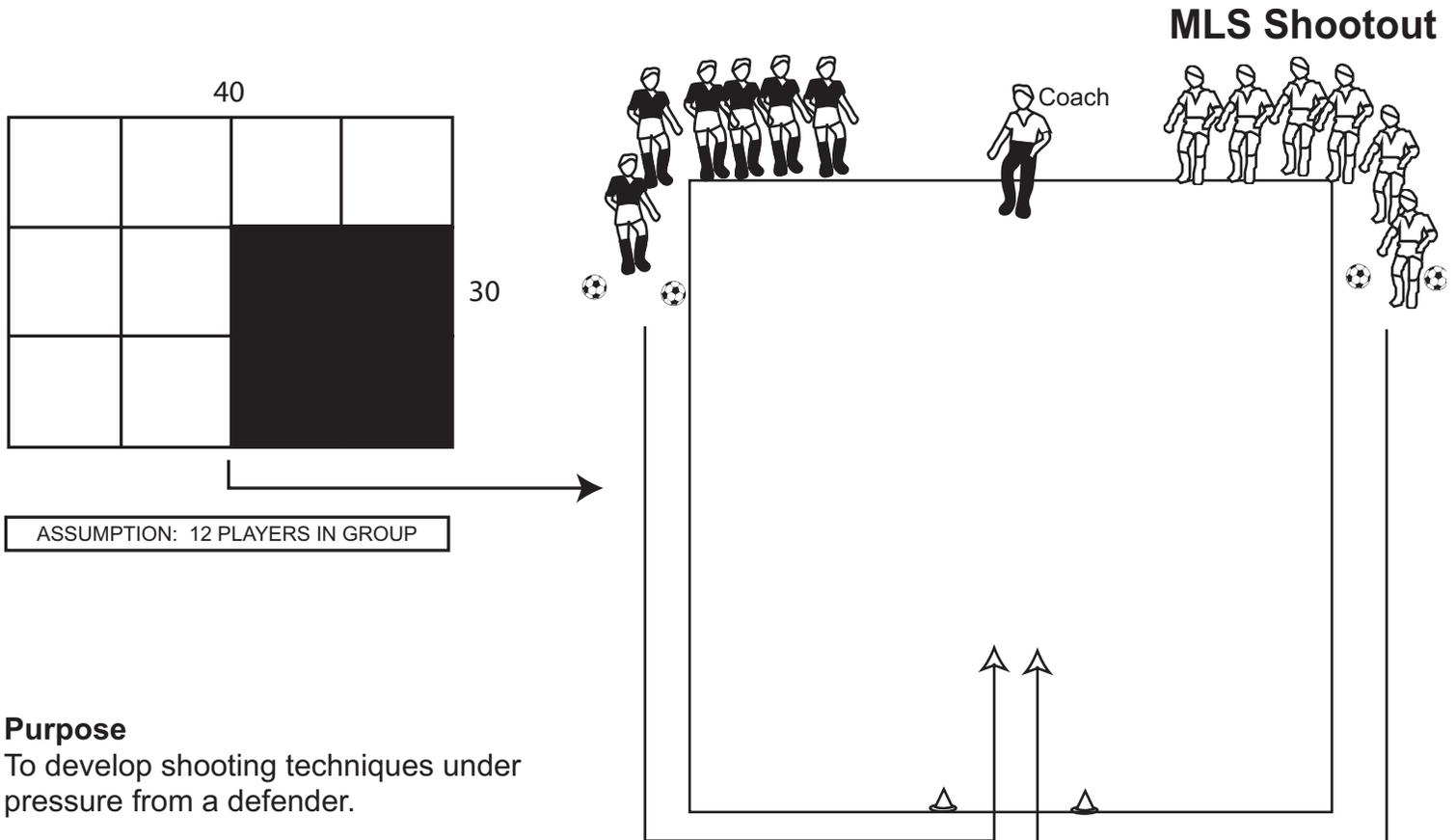
Progressions

One less ball in the area. Coach shouts, "Find another ball!"

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.
4. Stop your ball, then get to another ball quickly.

BACKYARD SOCCER - Running With The Ball



Purpose

To develop shooting techniques under pressure from a defender.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is the goalkeeper.

Game Objective

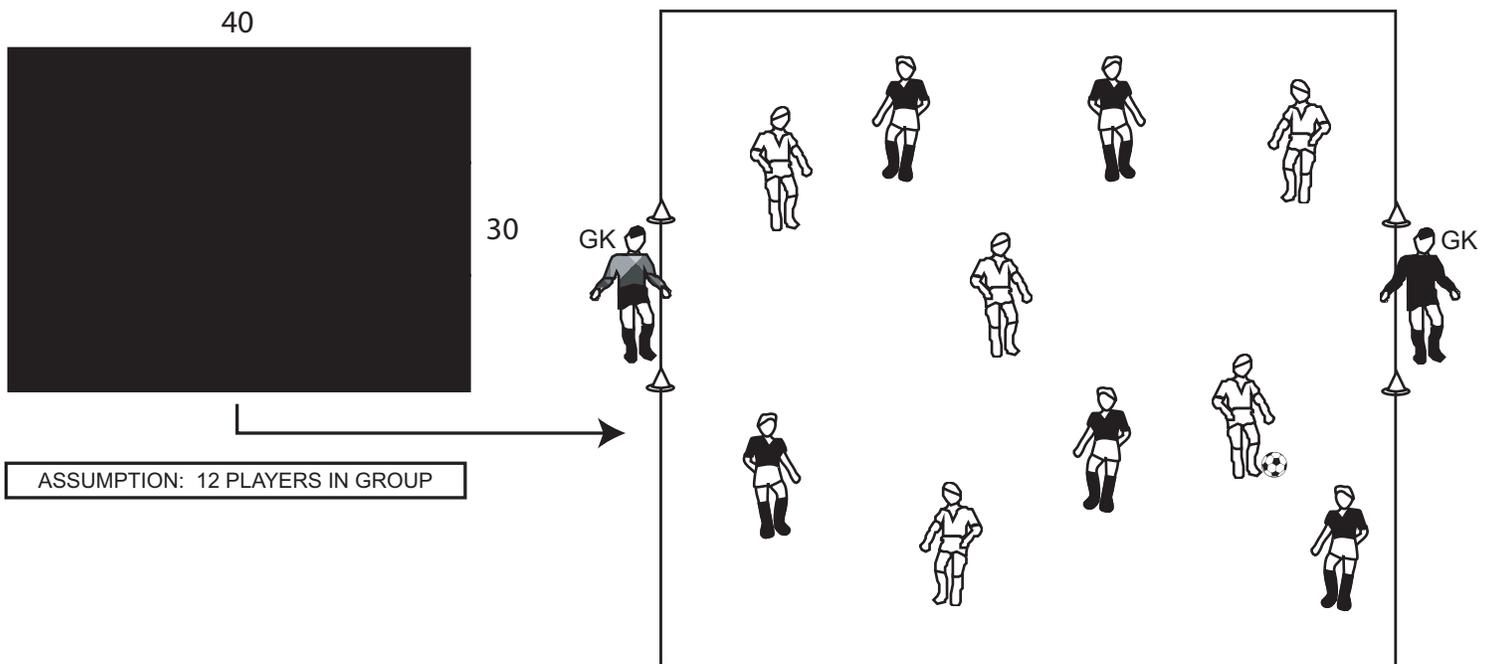
The coach calls out a number from 1 to 6. The respective players from each team run with the ball as if in an MLS shootout. Players follow the directional arrow as shown in the diagram, to the gate at the end of the grid. The first ball to cross through the gate is the ball that is used (the other is discarded). The players compete to get a shot on goal.

Key Coaching Points

1. Keep the head down, eyes on the ball.
2. Strike the ball with the laces.
3. Follow through in the direction of the target.
4. Cover the ground at speed and attack the goal from a central position.

THE BIG GAME - Running With The Ball

MLS 5-A-SIDE



Purpose

To develop all around soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers. Each team should take on the identity of an MLS team.

Game Objective

The object is to score by shooting past the goalkeeper. Goalkeepers may only throw the ball in, not kick it. When your goalkeeper receives the ball, the attacking team should spread out like the number 5 on dice. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.