

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Four

Daily Topic: Dribbling

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)

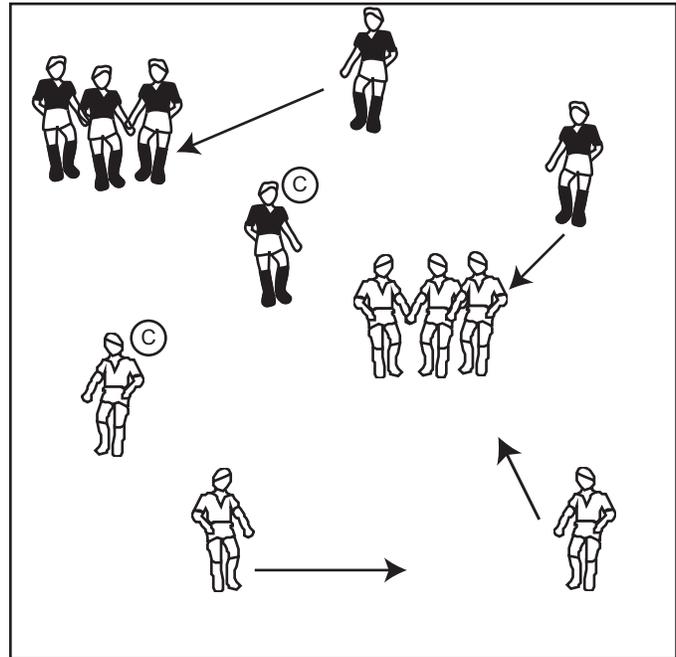
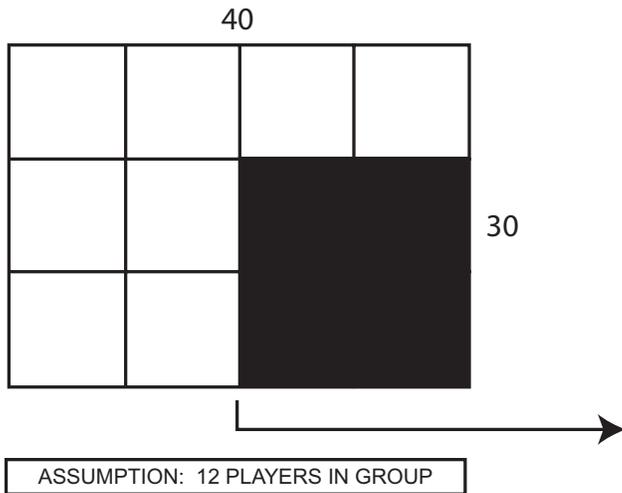
0:55-1:05 Break (competitions/quizzes)

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

3 Amigos



Purpose

To develop movement, agility, and awareness of space and other people.

Organization

Set out a 20 x 20 yard area. Group players as shown in the diagram in 2 groups of 3, 4 runners and 2 catchers.

Game Objective

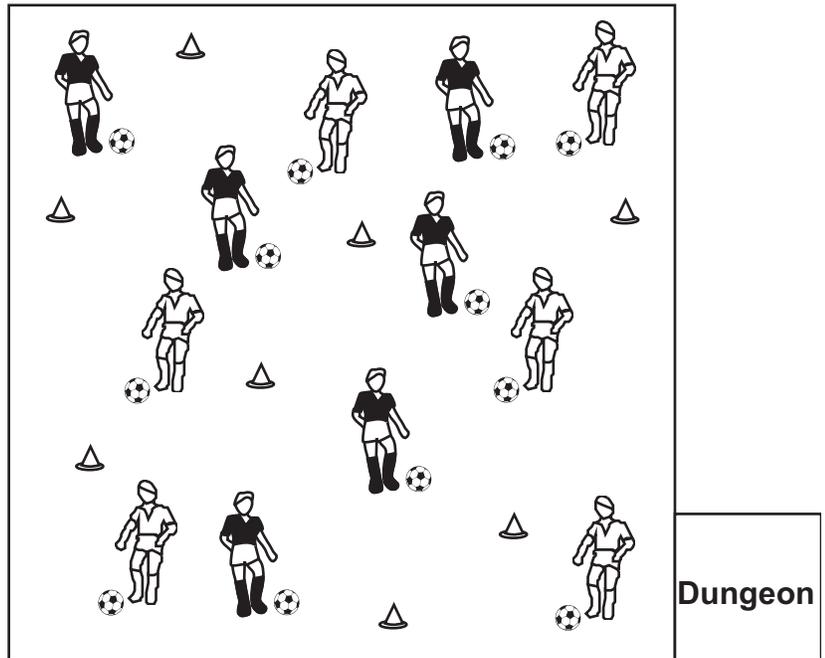
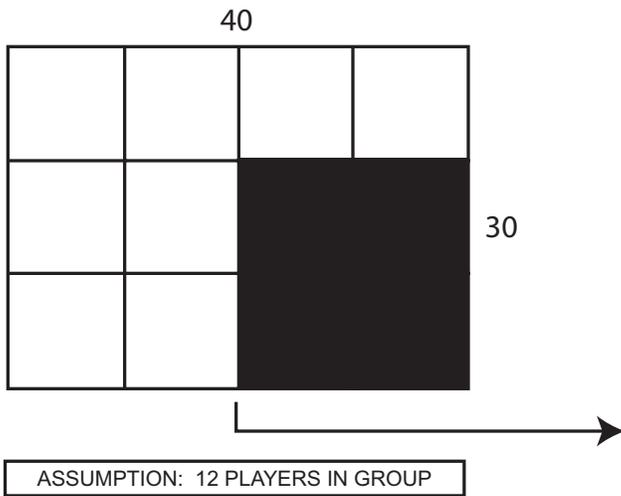
The players grouped in 3's form a human chain by holding hands or linking arms. The object of the game is for a catcher to tag one of the 4 runners in the area. Runners must attempt to escape catchers. Players in the chain are safe from catchers. When a runner attempts to join the chain, the player on the far side of the chain becomes a runner. There can only be 3 players on a chain at one time. When a player is tagged, he joins the catchers.

Key Coaching Points

1. Run with your head up so you can see the catchers.
2. Change speed and direction to avoid catchers.

URNS & BURNS - Dribbling

Runaround!



Purpose

To develop close control and fast footwork.

Organization

Set out a 20 x 20 yard area. Set out 8 random cones inside the area and a 5 yard square on the outside. All 12 players have a ball and must stay within the confines of the area.

Game Objective

The players must dribble around the area. For every cone they dribble past, they pick up 1 power point. They must get to as many cones as possible. When the coach shouts out, "Runaround starts now!" each player must get to a cone by themselves. Any player not at a cone must go to the "dungeon" and do 2 turns. They also lose 1 power point.

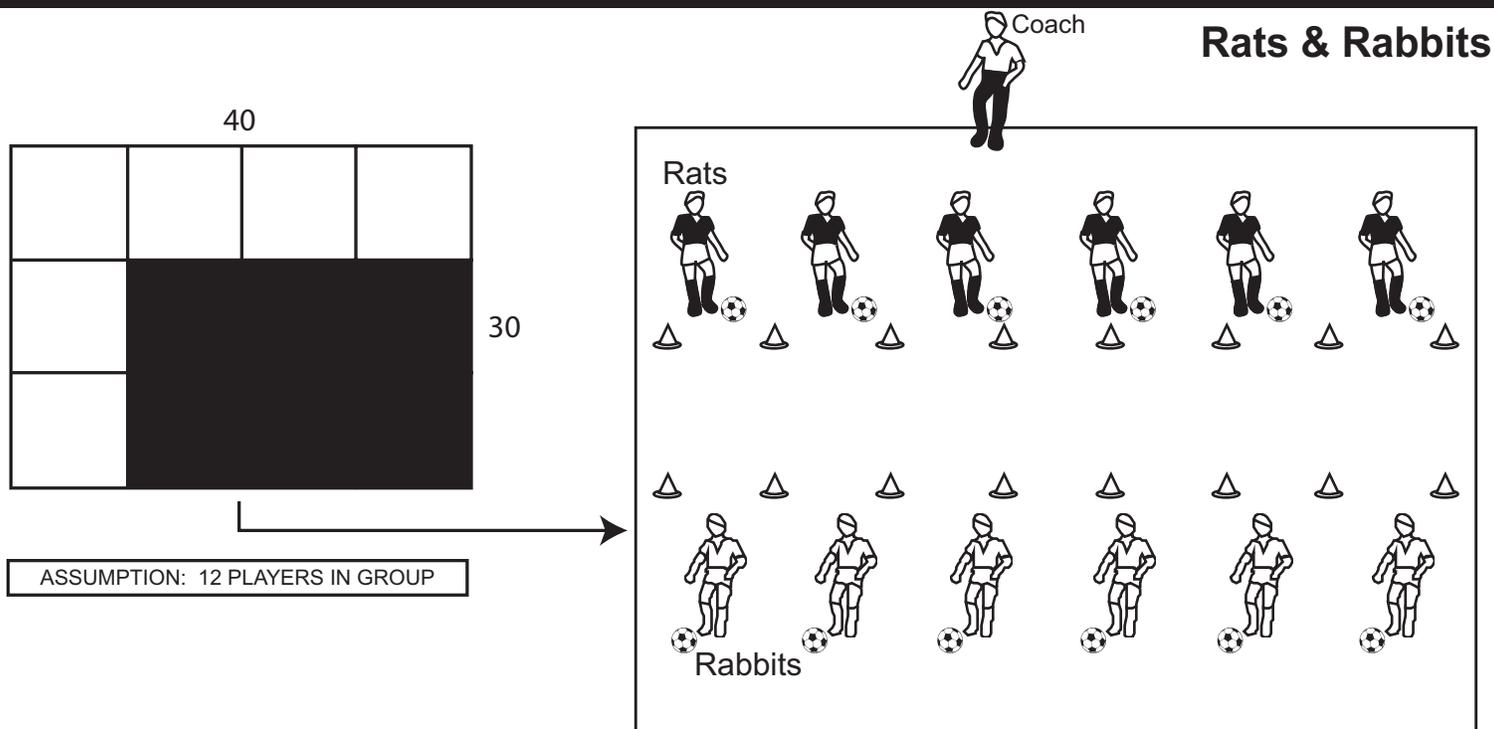
Progressions

1. Do a turn at each cone—inside, outside or sole of foot.
2. Pass the ball on one side of the cone while you run around the other side of the cone to collect the ball.

Key Coaching Points

1. When you turn, get the ball out of your feet.
2. Keep your head up between touches.
3. Turn quickly and accelerate away.

URNS & BURNS - Dribbling



Purpose

Change of speed and covering the area at speed.

Organization

Set out a 30 x 20 yard area with a 10 yard channel in the middle. 1 ball per player. Players should perform fast footwork drills—either the inside of foot to inside of foot or toe tapping on top of the ball.

Game Objective

When the coach shouts out, “Rats!,” the dark players at the top of the diagram must attempt to chase the light players. The object of the game is for the player in pursuit to tag his opposing partner on the back of the shoulders before he reaches the end line. Players return to the middle discs after each attempt. Repeat and rotate directions.

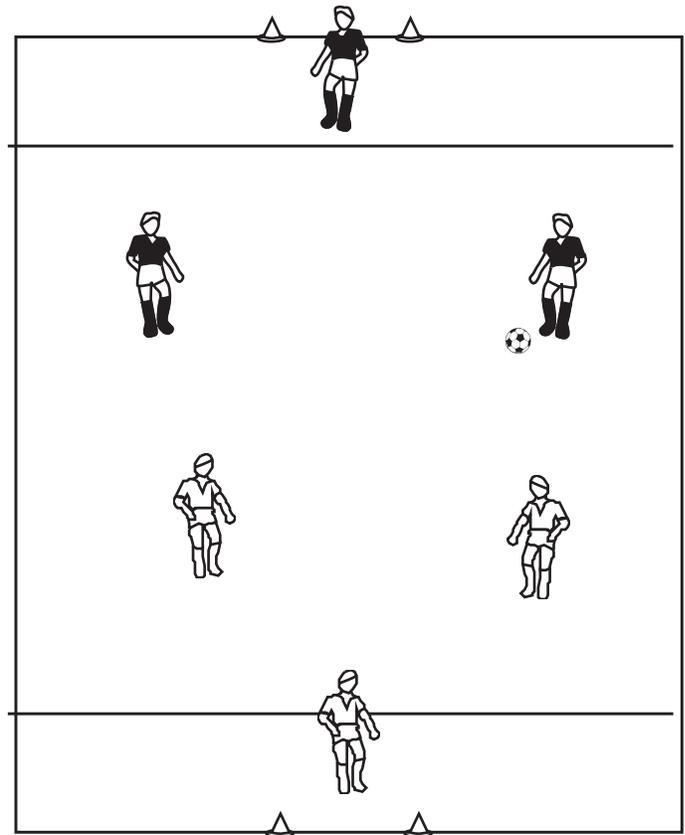
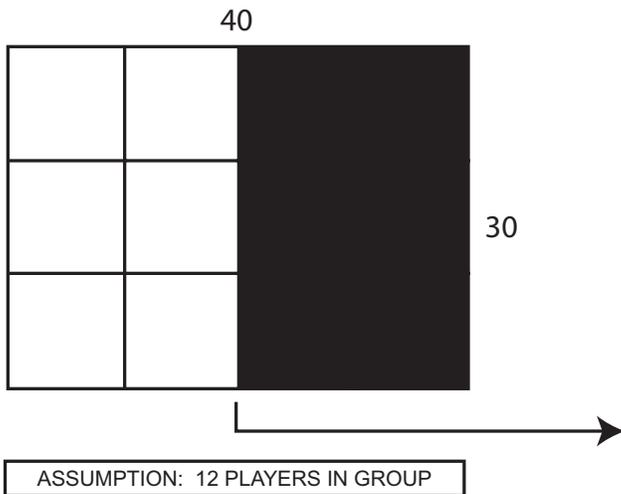
Progressions

The team in pursuit attempts to strike their ball to hit the opposing player on or below the knee.

Key Coaching Points

1. Get the ball out of your feet quickly.
2. Cover the area quickly.
3. Use your laces to run with the ball—point your toes down.

Shake And Bake



Purpose

To develop dribbling 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

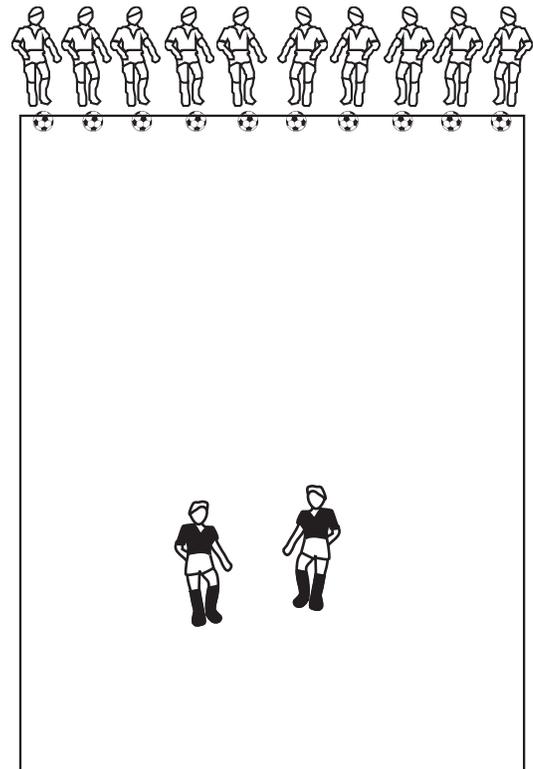
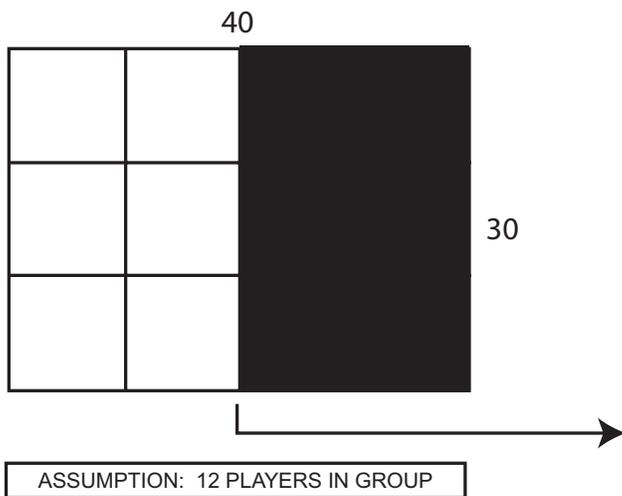
Each team elects a goalkeeper. This player is allowed to use his hands in the defensive endzone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player gets the ball in the opposition's half, he should try to dribble past them. Award 3 points for fakes past the defender; 5 points for every goal; first team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. Attack the space behind and to the side of the defender.
2. Use fakes and moves to go past defenders.
3. Change direction, change speed.



Purpose

To develop beating an opponent under pressure.

Organization

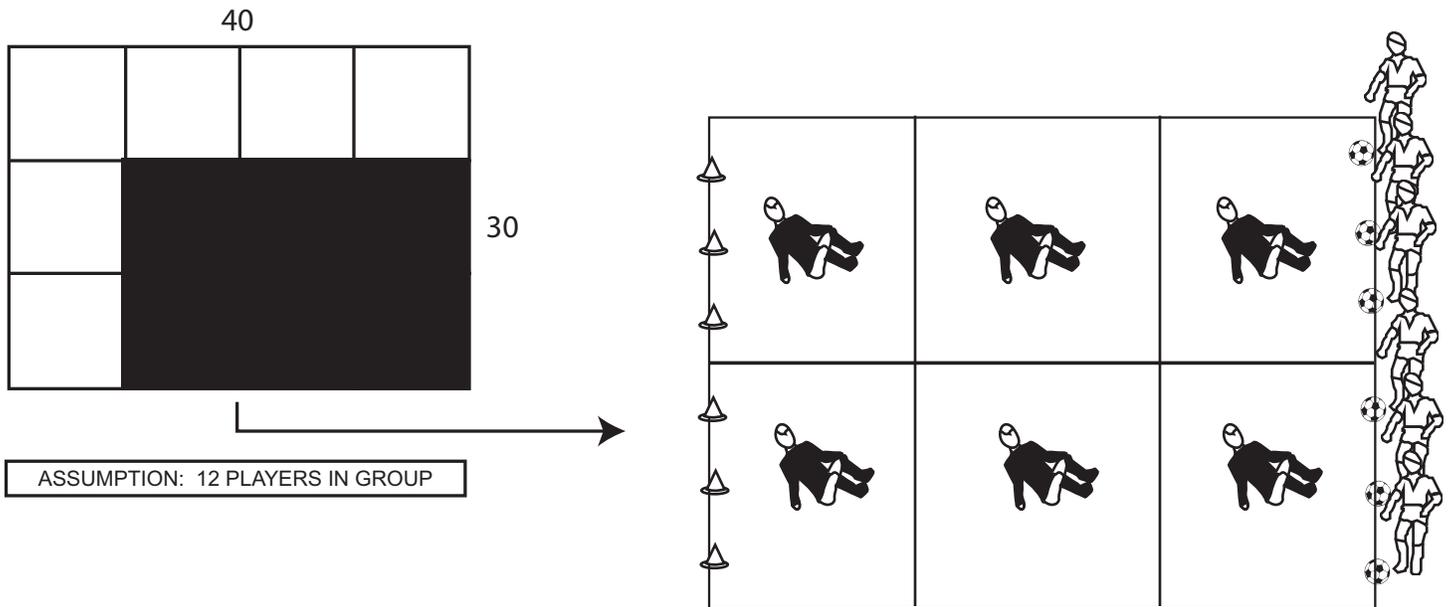
Set out a 20 x 30 yard area. Ten players start on one endline, each with a ball. Two defenders are stationed in the middle without soccer balls.

Game Objective

The two dark players start as defenders. All light players must dribble past the defenders to the safety of the endline. If the dark player manages to kick the light player's ball out of the area, then that player also becomes a defender. Continue until one light attacker remains.

Key Coaching Points

1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Fake to go one way, then speed past the defender on the other side.
4. Make zig-zag moves across the area.



Purpose

Beating the opponent under passive pressure. Also to develop combination play in attack.

Organization

Set out a 30 x 20 yard area in 10 yard grids. Station one player in each grid in the crab position. (belly up - on hands and feet). Six players start on one end line. Station discs at the opposite endline.

Game Objective

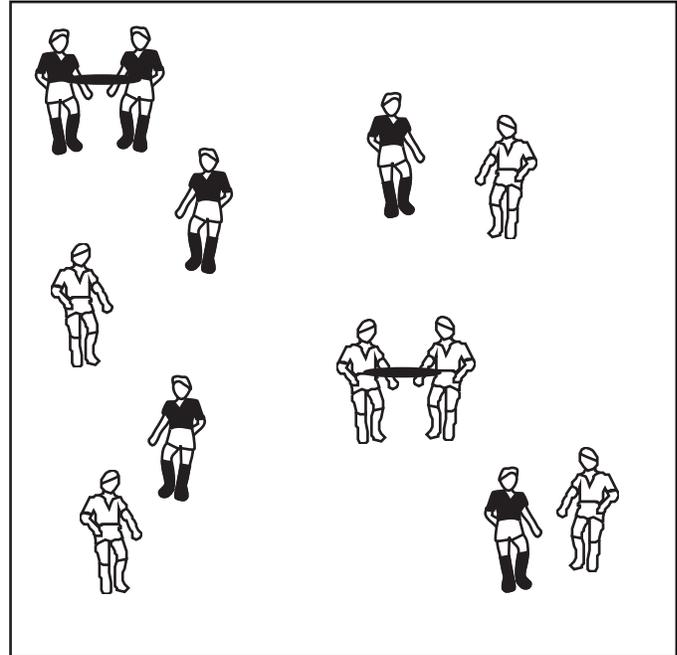
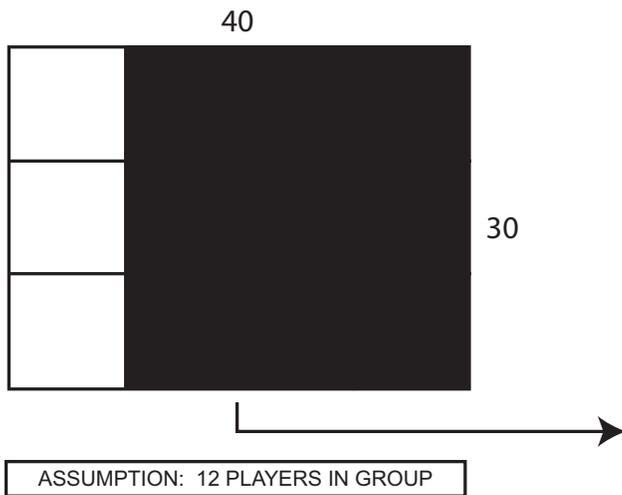
The Light players must dribble across the area without being tackled by the crab players who are trying to kick the balls out of the area. If a ball is kicked out, the player stays in the game and tries to help his teammates get the other balls across. The object of the game is to see how many times the players can dribble across the area until no soccer balls are left. Count how many successful trips players make. Repeat and rotate.

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. When approaching a defender, push the ball into an open space to his side and accelerate into the space.
3. If you have lost your ball, get in a space where a teammate might pass to you.
4. Two ways to beat a defender: pass or dribble.

BACKYARD SOCCER - Dribbling

Always Moving Goal



Purpose

To develop heads up play and movement on and off the ball.

Organization

Set out a 30 x 30 yard area. Divide players into 2 teams of 6. Take 2 players from each team and have them hold a shirt between them to form a floating goal. The remaining 8 players play 4 v 4. 2 balls in play at once.

Game Objective

The object of the game is to score in your team's goal as the floaters move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. Players can score on both sides of the goal.

Progressions

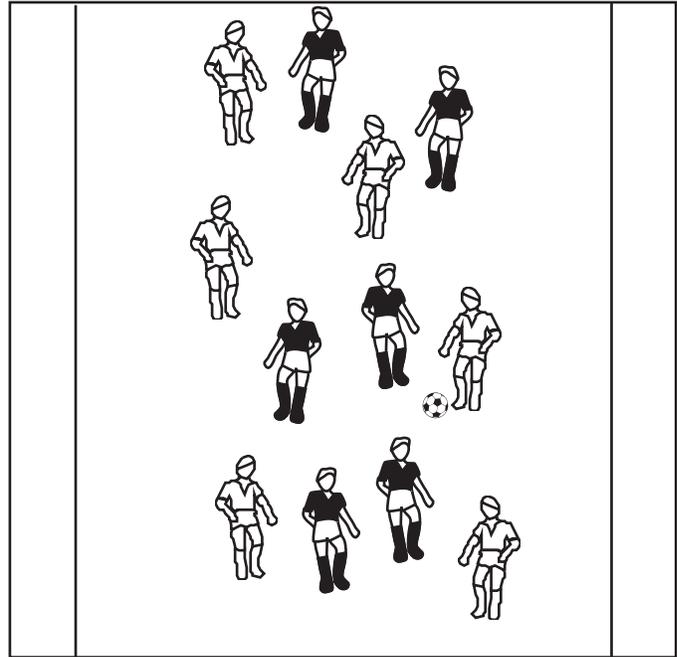
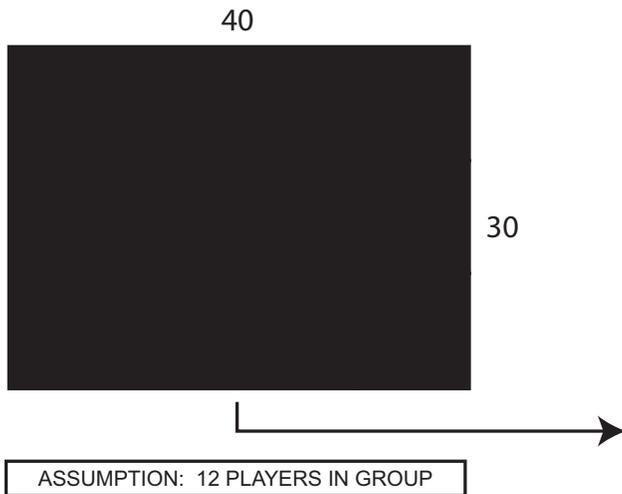
1. Develop to using only one ball.
2. Develop to 2 touch only.

Key Coaching Points

1. As players receive the ball, look up to see an open player and the goal.
2. Players should pass the ball to an open player near the goal.
3. Try to receive the ball standing sideways so the whole field can be seen.

THE BIG GAME - Dribbling

Super Bowl



Purpose

To develop control in a small sided game.

Organization

Set out a 40 x 30 yard area. Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

Game Objective

The dark team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

1. Make end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.