

U7 Week 1 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #2 (5 min)	Dribble "Switch" -- Players dribble their own ball in and around the other players. At the coaches command they "switch" and start dribbling a new ball. Progress to "Touch & Switch" --- At the coaches command to switch players must touch another ball with their foot and then proceed to a new ball. Eventually have players "switch" back to own ball.	<ul style="list-style-type: none"> * looking up while dribbling * paying attention to surroundings * change of pace - sprinting to new ball
Activity #3 (5 min)	Dribble "Knock-Out" -- Set up a grid using cones for borders (size depends on # of players) Players dribble their own ball randomly throughout the grid. Coach has one player outside the grid as "knockout player" at coaches command that player runs into grid and attempts to knock away as many balls as they can in 30 seconds. Coach then picks a new player to be the "knockout player". If a players ball is knocked out of the grid they retrieve it as fast as they can and dribble around perimeter of grid before they can re-enter.	<ul style="list-style-type: none"> * paying attention to where the knockout player is * Coach can demonstrate "shielding" the ball to players
Activity #4 (5 min)	Shadow Dribbling -- Divide the players into pairs (could also work in three's) The first player dribbles randomly in unrestricted space while the 2nd player shadows them doing everything they do and going where they go. Switch positions after a minute or so.	<ul style="list-style-type: none"> * encourage the lead dribbler to change feet; change direction; speed up; etc.
Activity #5 (5 min)	Review Throw-ins and when they happen in a game (ball is kicked by the other team across the "touchline" (sideline) Have all players practice throws with both hands over their head while keeping both feet on the ground, on or behind the touchline. Coach moves back & forth to see which players can hit the coach with their throw!	<ul style="list-style-type: none"> * try to get the players to use both arms equally as they'll tend to revert to a baseball throw!
Activity #6 (5 min)	Review Corner Kicks and when they happen in a game (other team kicks ball across their own endline) Every player should have ball and can take turns kicking the ball from the corner. Have them retrieve their ball and take a couple of turns.	<ul style="list-style-type: none"> * the point isn't to come up with a set play but rather educate the players a little so they'll know what to do when a corner kick arises in a game.
Activity #7 (10 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play * Add a 2nd ball if not everyone is touching the ball

U7 Week 2 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (5 min)	Give players a quick demonstration on the proper shooting technique -- they can use either the inside of their foot or their instep (laces). For instep kick they should approach from a slight angle and foot should be the same.	<ul style="list-style-type: none"> * Don't expect perfect form. Give them an idea and then let them shoot the way their body allows them.
Activity #3 (5 min)	Score a goal on Coach -- have players in a straight line facing the coach, each with a ball. As the coach shuffles sideways the players one at a time try to score by shooting the ball between the coaches legs. Have them chase down their ball and return to their original place for their next turn.	<ul style="list-style-type: none"> * Watch their technique as they strike the ball
Activity #4 (8 min)	Designate a small (10') circle with cones and have 2-3 players inside of the circle. All other players are outside with as many balls as you have. On your command the players shoot the balls into the center circle while those players try to keep the circle clear of any balls Rotate players frequently	
Activity #5 (10 min)	Shooter v Keeper -- divide players into two groups and have each group stand at one of the goal posts. Place a cone about 10 yards in front of the goal. On your command ("go") 1st player from one line will run out around the cone while you roll a ball into play and will try to shoot and score. At that same "go" command the 1st player from the other line moves from the post into the goal as the keeper and tries to make a save on the shooter. Keep score. Once every player has had a turn to shoot you can switch sides. Repeat several times.	<ul style="list-style-type: none"> * Keep the play moving quickly so no one is standing in line too long
Activity #6 (10 min)	Small Sided Scrimmages -- Set up two separate fields w/ two cone goals on each and split your players into four small teams of fairly equal ability. Have them play 2v2; 3v3; 2v3; etc depending on numbers. Rotate the teams every few minutes. Goals can be scored from either side of the goal to encourage constant attacking & defending.	<ul style="list-style-type: none"> * With two games going at the same time the coach should be positioned in between at one end so they can see both games. * Encourage all of the players to get into the action.

U7 Week 3 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off of their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (3 min)	Set up a long rectangle w/ cones ; long sides should be about 5 yards apart. Players line up w/ their balls on one of the long sides facing the other side. On coaches command the players will dribble across the the grid and when they reach the other side they will "step on" the ball w/ one foot allowing their momentum to carry them past the ball. They turn and dribble ball back to the other side repeating	<ul style="list-style-type: none"> * Have them start slow to understand what they're doing then encourage them to try with greater speed. * Have players use their left foot on your command
Activity #3 (3 min)	Same set-up as Activity #2. This time when the players dribble across and step on the ball they will actually "pull it back" behind them. They will then turn quickly and repeat in the other direction.	<ul style="list-style-type: none"> * Have them start slow to understand what they're doing then encourage them to try with greater speed.
Activity #4 (3 min)	Same set-up as Activity #3. This time the players will dribble back and forth using the inside and outside of the same foot. Have them switch feet after a few turns.	<ul style="list-style-type: none"> * Be sure to have them alternate inside / outside back and forth across the grid. * Have them start slow to get the technique down; watch for racing
Activity #5 (3 min)	Dribble across the square -- Using cones set up a square grid. Spread the players out fairly evenly on each side of the grid. Each player will have a ball. At coaches command the players dribble directly across the grid, turning when they get to the opposite line. They continue dribbling back and forth.	<ul style="list-style-type: none"> * Players will need to look up while dribbling to avoid bumping into others * Players will need to keep their ball close to themselves to keep it under control. * Encourage them to change their pace as they see free space ahead of them.
Activity #6 (10 min)	Expand the grid used in the prior activity. Have all players dribbling inside of the grid for a minute then pull two players outside the grid. Their objective is to "shoot" their ball and try to hit the players inside the grid (below the waist!) The players inside are trying to avoid being hit. If a player is hit they join the players on the outside. Continue until all players have been hit.	<ul style="list-style-type: none"> * Once a player "shoots" they must retrieve their ball and return to outside of the grid. They can only shoot from outside the grid. * Inside dribblers need to keep their heads up to keep track of where the outside shooter are. * Encourage the dribblers to change pace
Activity #7 (10 min)	Modified Scrimmage -- Set up 4-6 cone goals around an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must DRIBBLE through the goal.	<ul style="list-style-type: none"> * Watch for "ball hogging" by your best dribblers. Suggest that the same player can't score two goals in a row. * Place the goals at different angles on the field.

U7 Week 4 - Passing

Description		Coaching Points
Activity #1 (5 min)	<p>Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place.</p> <p>Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.</p>	<ul style="list-style-type: none"> * The kids may tire quickly performing these so don't go for more than 30 sec. * Can do 2-3 sets w/ brief rest in between sets * If they seem to be getting the hang of it you can have them count how many taps they can do in 15 seconds
Activity #2 (5 min)	<p>Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"</p>	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #3 (5 min)	<p>Divide players into pairs (can use 3 if odd #'s) Give them one ball per group and have them pass the ball back and forth in unrestricted space.</p>	<ul style="list-style-type: none"> * They may not be very accurate so they'll have to move around, but encourage movement regardless! * Watch for good technique with the big part of the inside of their foot * Have them try with both feet and outside of feet as well
Activity #4 (5 min)	<p>Divide players into 2 groups and set up 2 different random distributions of cones with 1 more cone than player in each group. Separate the two groupings of cones so the groups are not running into each other. On your command each player starts on one of the cones and they begin passing one ball within their group. After a player passes the ball they must move to the open cone. The players continually pass and move.</p>	<ul style="list-style-type: none"> * It may take them a few minutes to get the hang of this so be patient * Watch for proper technique and the weight of the passes (too hard / too soft) * Be sure all players are involved
Activity #5 (12-15 min)	<p>Keep the players divided into two groups but set up a 15x15 grid and have both groups in the same grid - have each group wear a different color pinnie (or one w/ pinnies & one without). Each group will have one ball and must move around the grid passing to their own team</p> <p>Progression-- Add a 2nd ball for each team</p> <p>Next Progression -- Allow each team to kick away the ball from the other team</p>	<ul style="list-style-type: none"> * All players will need to keep their heads up to keep track of where the ball, their teammates and the other team are
Activity #6 (10 min)	<p>Modified Scrimmage--</p> <p>Set up 4-6 cone goals around in an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must make a connecting pass to a teammate through the goal for the goal to count</p>	<ul style="list-style-type: none"> * Encourage all players to be in the action * If you see "ball hogging" set a rule that the same two players can't score back to back goals to get more participation

U7 Week 5 - Dribbling

Description	Coaching Points	
<p>Activity #1 (5 min)</p>	<p>Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"</p>	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
<p>Activity #2 (5 min)</p>	<p>Shadow Dribbling -- Divide the players into pairs (could also work in three's) The first player dribbles randomly in unrestricted space while the 2nd player shadows them doing everything they do and going where they go. Switch positions after a minute or so.</p>	<ul style="list-style-type: none"> * encourage the lead dribbler to change feet; change direction; speed up; etc.
<p>Activity #3 (5 min)</p>	<p>Dribble "Switch" -- Players dribble their own ball in and around the other players. At the coaches command they "switch" and start dribbling a new ball. Progress to "Touch & Switch" --- At the coaches command to switch players must touch another ball with their foot and then proceed to a new ball. Eventually have players "switch" back to own ball.</p>	<ul style="list-style-type: none"> * looking up while dribbling * paying attention to surroundings * change of pace - sprinting to new ball
<p>Activity #4 (5 min)</p>	<p>Dribble "Knock-Out" -- Set up a grid using cones for borders (size depends on # of players) Players dribble their own ball randomly throughout the grid. Coach has one player outside the grid as "knockout player" at coaches command that player runs into grid and attempts to knock away as many balls as they can in 30 seconds. Coach then picks a new player to be the "knockout player". If a players ball is knocked out of the grid they retrieve it as fast as they can and dribble around perimeter of grid before they can re-enter.</p>	<ul style="list-style-type: none"> * paying attention to where the knockout player is * Coach can demonstrate "shielding" the ball to players
<p>Activity #5 (5 min)</p>	<p>Slalom Dribbling -- Set up two lines of cones in a staggered fashion and divide the team into two groups, one behind each line of cones. On your command they dribble around the cones and return to the start. Have 2nd players start once the 1st player rounds the 1st cone. Keep repeating. Progression -- set up a relay race between the two teams, dribbling through the course</p>	<ul style="list-style-type: none"> * Encourage the players to use the inside and the outside of their feet to get around the cones. * If you see them only using one foot, encourage them to use their other foot on their next pass through.
<p>Activity #6 (15 min)</p>	<p>Modified Scrimmage -- Using a large net This will be much like a "half court" basketball game. Set two cones about 15 yds apart out near midfield and divide players into two teams w/ no goalkeepers. Pick one team to start play. Prior to any team trying to attack and shoot on goal they must dribble around one of the cones. If the other team wins the ball they must dribble around one of the cones before attacking as well.</p>	<ul style="list-style-type: none"> * Players will have to decide which cone is easier to get around. * Can the players play a ball wide to a teammate for an easier trip around one of the cones?

U7 Week 6 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Punting the ball -- As a warm-up have the players punt ball in the air and chase it down. They can keep repeating. Have them try to toss ball in the air, let it bounce and then volley kick the ball while it's in the air	* Have them try kicking with both feet
Activity #2 (3 min)	Set up a long recatangle w/ cones ; long sides should be about 5 yards apart. Players line up w/ their balls on one of the long sides facing the other side. On coaches command the players will dribble across the the grid and when the reach the other side they will "step on" the ball w/ one foot allowing their momentum to carry them past the ball. They turn and dribble ball back to the other side repeating	* Have them start slow to understand what they're doing then encourage them to try with greater speed. * Have players use their left foot on your command
Activity #3 (3 min)	Same set-up as Activity #3. This time the players will dribble back and forth using the inside and outside of the same foot. Have them switch feet after a few turns.	* Be sure to have them alternate inside / outside back and forth across the grid. * Have them start slow to get the technique down; watch for racing
Activity #4 (5 min)	Kick the Coach -- Coach moves around in a space while the players dribble their balls following them. When close enough they can try to score by hitting the coach with their "shot". Have them keep score.	* Try to let all players "score"
Activity #5 (8 min)	Divide the players into pairs; use 4 cones to create a channel 5 yds long and 2 yds wide) create a channel for each pair); the players will pass the ball back and forth trying to get the ball by the other player while keeping it in the channel; keep track of points scored	* Trying to encourage accuracy so players should be using the inside of their foot
Activity #6 (8 min)	Hit the target -- Divide the team into two and give them different color pinnies. Then divide them into pairs with one player from each color. Have each pair stand along a line-touchline or penalty area and place a tall cone 5 yards in front of each pair. On your command the pairs will compete against each other by shooting at the cone trying to knock it over for a point; after shooting the players retrieve their ball and return to the line to shoot again; they can shoot continuously and should keep track of their score; add the team scores to get winner	* Accuracy is obviously more important than the strength of the kick * Encourage the players to retrieve their ball as fast as possible and return to the line. * Have the player who knocks the cone down reset the cone.
Activity #7 (10 min)	Small Sided Scrimmages -- Set up two separate fields w/ two cone goals on each and split your players into four small teams of fairly equal ability. Have them play 2v2; 3v3; 2v3; etc depending on numbers. Rotate the teams every few minutes. Goals can be scored from either side of the goal to encourage constant attacking & defending.	* With two games going at the same time the coach should be positioned in between at one end so they can see both games. * Encourage all of the players to get into the action.

U7 Week 7 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"; "Speed Up"; etc.	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #2 (5 min)	Ask players to throw or kick the ball out of their hands, as high as they can. Retrieve any ball and repeat.	<ul style="list-style-type: none"> * can they get their foot under the ball before it hits the ground?
Activity #3 (5 min)	Copy the Coach - Can you do what Coach does? In unrestricted space show the kids the following and see if they can replicate- Step-Over Scissor	<ul style="list-style-type: none"> * They'll generally struggle with these but will have fun trying! * Step-Over: dribbling foot swings around ball and plants between other foot and ball then take away w/ outside of that foot. * Scissor: dribbling foot swings between other foot and ball around the front of the ball and plants on the other side of ball. Take away w/ outside of the other foot
Activity #4 (8 min)	Ball Fetch -- Have each player hand you their ball and stand beside you with their eyes closed. Randomly distribute the balls Have them open their eyes; find their ball and dribble it back to you as fast as they can Progression-- pair players of equal ability and have one ball between them. When coach tosses ball they play 1v1 to see who can return the ball to the coach (toss all the balls at the same time as in previous)	<ul style="list-style-type: none"> * try to match up players of comparable abilities
Activity #5 (10 min)	Crab Soccer -- Set up a 15 x 15 grid; Coach and 1 player in the middle while all other players are lined up with balls on one side. On your command the players will attempt to dribble across the grid while coach and 1 player move around on all fours (facing up) trying to take balls with their feet/legs. If they take a players ball that player joins them as a crab. Repeat until you have a winner.	<ul style="list-style-type: none"> * very smiliar to "sharks & minnows" * will encourage dribblers to dribble w/ heads up and turn with the ball * will also encourage changing speeds while dribbling
Activity #6 (10 min)	Modified Scrimmage -- Divide team into 2 equals; use large goal as one goal and set up two cone goals near midfield, near the touchlines. One team will play to the big goal (no goalkeeper but player closest to the goal can act as GK); the other team will be trying to dribble through either of the cone goals; switch sides halfway through	

U7 Week 8 - Passing

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (5 min)	Set up a 20x20 grid using cones; Split team into two with half of the team spread out on the outside of the grid, each with a ball. The other players will move around the inside of the grid. They will come up to ("check to") one of the outside players who will pass them the ball and the inside player will pass it immediately back to them and move on to another outside player. Keep repeating then switch inside and outside player. Outside players can do "toe taps" or "step ups" while waiting to pass.	<ul style="list-style-type: none"> * encourage the inside players to not just circle the grid * encourage the inside players to make eye contact or verbal contact with the outside passer before they check to them
Activity #3 (10 min)	Set up 2 10x10 grids; Split team into two and have each group in one of the grids and pick one player on each team to be "it" (give them a pinnie) The teams will pass the ball around trying to keep the ball away from the player who is "it". Keep rotating the "it" player so that everyone gets a turn as "it" If the "it" player wins the ball they give it back to the closest player and keep track of their "wins"	<ul style="list-style-type: none"> * encourage the players who do not have the ball to move to positions where the player with the ball can see them and get a pass to them
Activity #4 (7 min)	Defend the Castle -- divide your team into 3's (could use four if you need #'s); Using short and randomly place one for each group so there is a fair amount of distance between each of them; place a ball on top of each cone. In the teams of 3 two of the players will be attackers with a ball; they try to dribble and pass their ball so that they can knock the ball off of the cone. The 3rd player is the "defender of the castle" trying to keep the attackers ball away from the castle; rotate players each minute or so.	<ul style="list-style-type: none"> * encourage spacing between the attackers - tell them it makes it harder for one player to defend them if they are spaced farther apart. * attackers must be in good position to receive a pass, they can't keep the defender between themselves
Activity #5 (10 min)	Modified Scrimmage-- Set up 4-6 cone goals around in an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must make a connecting pass to a teammate through the goal for the goal to count	<ul style="list-style-type: none"> * Encourage all players to be in the action * If you see "ball hogging" set a rule that the same two players can't score back to back goals to get more participation