

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: One

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)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

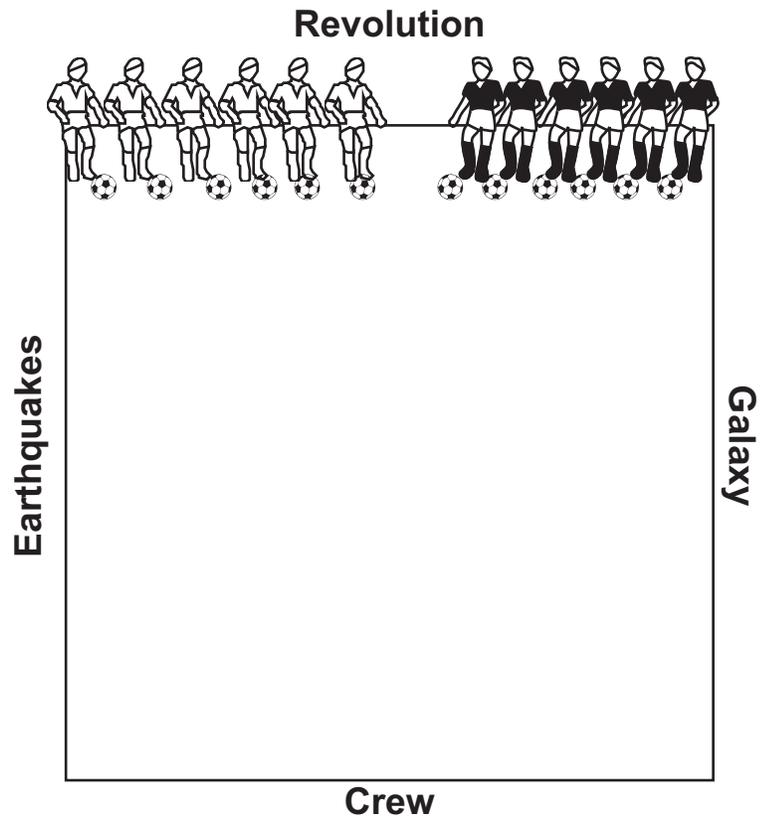
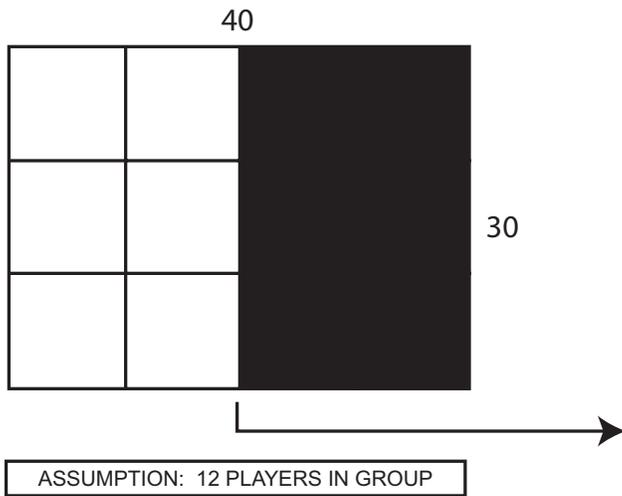
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

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 - Running With The Ball

MLS Team Dribble



Purpose

To develop close control and change of direction.

Organization

Set out a 20 x 30 yard area. All players start on one endline. One ball per player.

Game Objective

Players must listen and respond to the commands given by the coach. 1). "Revolution" = players run to the Revolution line. 2). "Crew" = players run to the Crew line. 3). "Earthquakes" = players run to the Earthquakes line. 4). "Galaxy" = players run to the Galaxy line. Every time the players change direction, they should use the soles, inside or outside of their feet.

Progressions

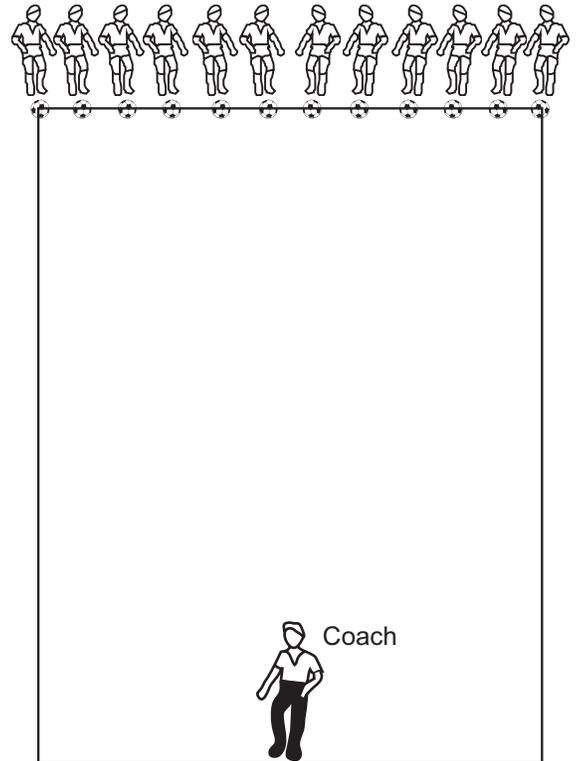
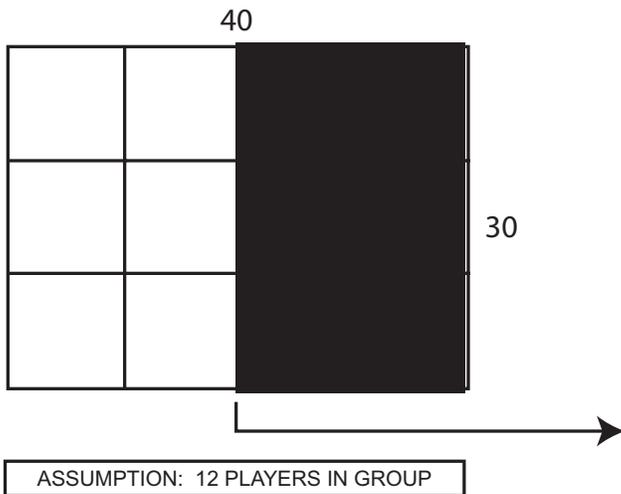
Make it a race between the players to see who gets there first.

Key Coaching Points

1. Good close control.
2. Cover the ground as quickly as possible.
3. Encourage players to turn by hooking the ball with the inside of their feet or the soles of their feet.

URNS & BURNS - Running With The Ball

How Long Left Ref?



Purpose

To develop fast footwork and close control.

Organization

Set out a 20 x 30 yard area. The coach stands on one endline with his/her back to the players who are spread along the opposite endline. One ball per player.

Game Objective

The players shout out “How long left ref?” The coach gives them a time e.g. 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The coach turns his back again. Repeat. The winner is the player who tags the coach first.

Story

The coach can introduce fun commands 1.) Injury Time—kids fall to the ground grab their knee and make lots of noise. 2.) Red Card—kids fall onto their knee and beg “Sorry ref, sorry ref”. 3.) Full Time—coach chases the kids back to the start line.

Progression

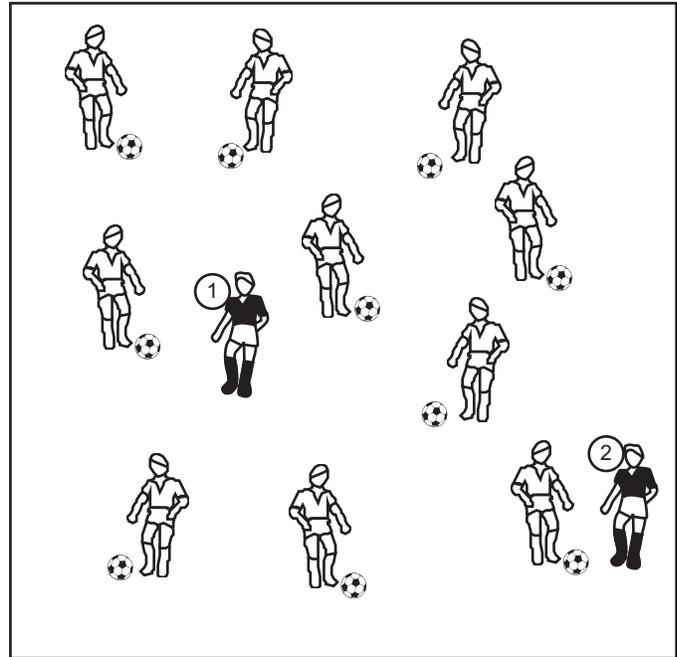
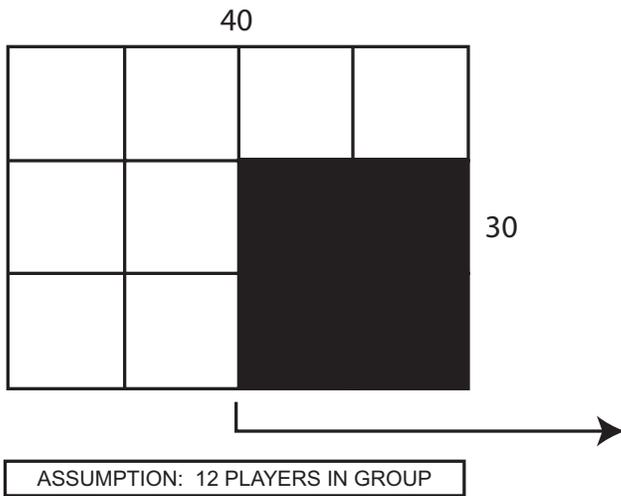
Players can use only their laces to push the ball forward.

Key Coaching Points

1. Keep the ball within 2–3 feet between touches.
2. Look up and around between touches.
3. To get across quicker, push the ball in front and chase after it.

URNS & BURNS - Running With The Ball

Freeze



Purpose

To develop dribbling and pursuit. Also to develop defender adopting a good defensive stance by challenging for the ball, not the player.

Organization

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

Game Objective

Players #1 and #2 must chase in pursuit of the other light players. Once a light player has either dribbled outside of the area or a dark player has touched the ball with his foot, he must stand inside the area with the ball above his head and legs apart. He can be released only when another light player dribbles through his legs.

Progressions

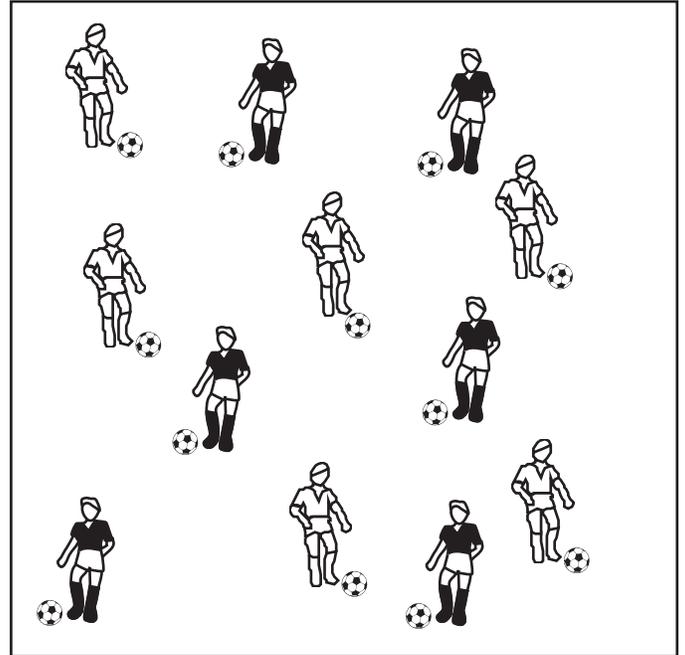
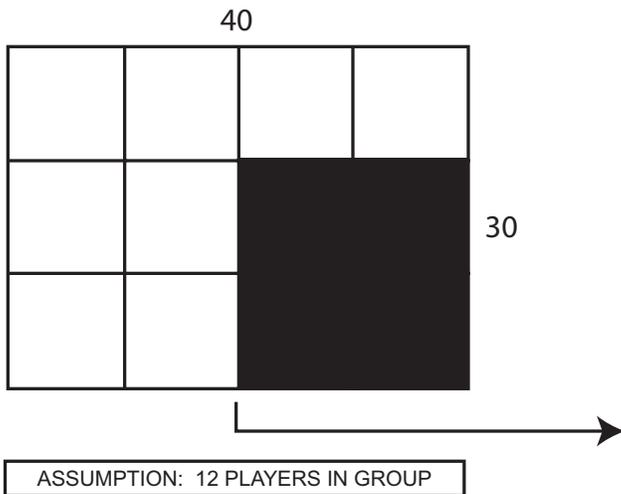
Introduce the “sole turn” and the “forward roll” commands to the practice.

Key Coaching Points

1. Look up and around you between touches.
2. When turning, accelerate into open space.
3. Try to get your body between the ball and the defender to shield it.
4. Defenders need to be sideways so they can see and reach the ball.

SKILLZBUILDER - Running With The Ball

Red Light, Green Light



Purpose

To develop using the inside and outside of both feet.

Organization

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

Game Objective

When the coach calls out “green light,” each player must work the ball around the area using the inside then the outside of the stronger foot. When the coach says “red light,” each player must stop the ball with the sole of the foot. When the coach says “yellow light,” the players leave their ball, run off and dribble away with a different ball.

Progressions

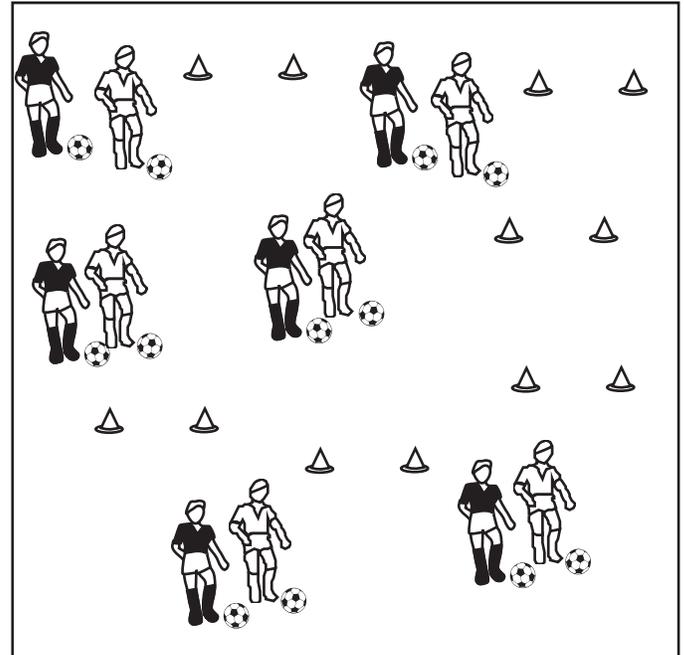
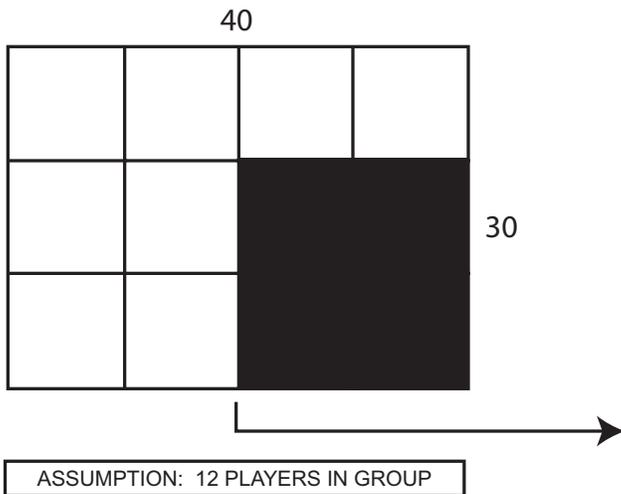
1. Inside and outside of the weaker foot only.
2. Use both feet.

Key Coaching Points

1. Keep the ball moving.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up between touches and keep away from other players.
4. When the coach says, “yellow light,” get to another ball quickly.

SKILLZBUILDER - Running With The Ball

Gatekeeper



Purpose

To develop change of direction under pressure.

Organization

Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

Game Objective

The light player must dribble through as many gates as possible in a specified time limit. The dark player must try to shadow his partner and each time he is able to kick his ball to hit the ball of his partner, the light player loses a point. One point per gate.

Progressions

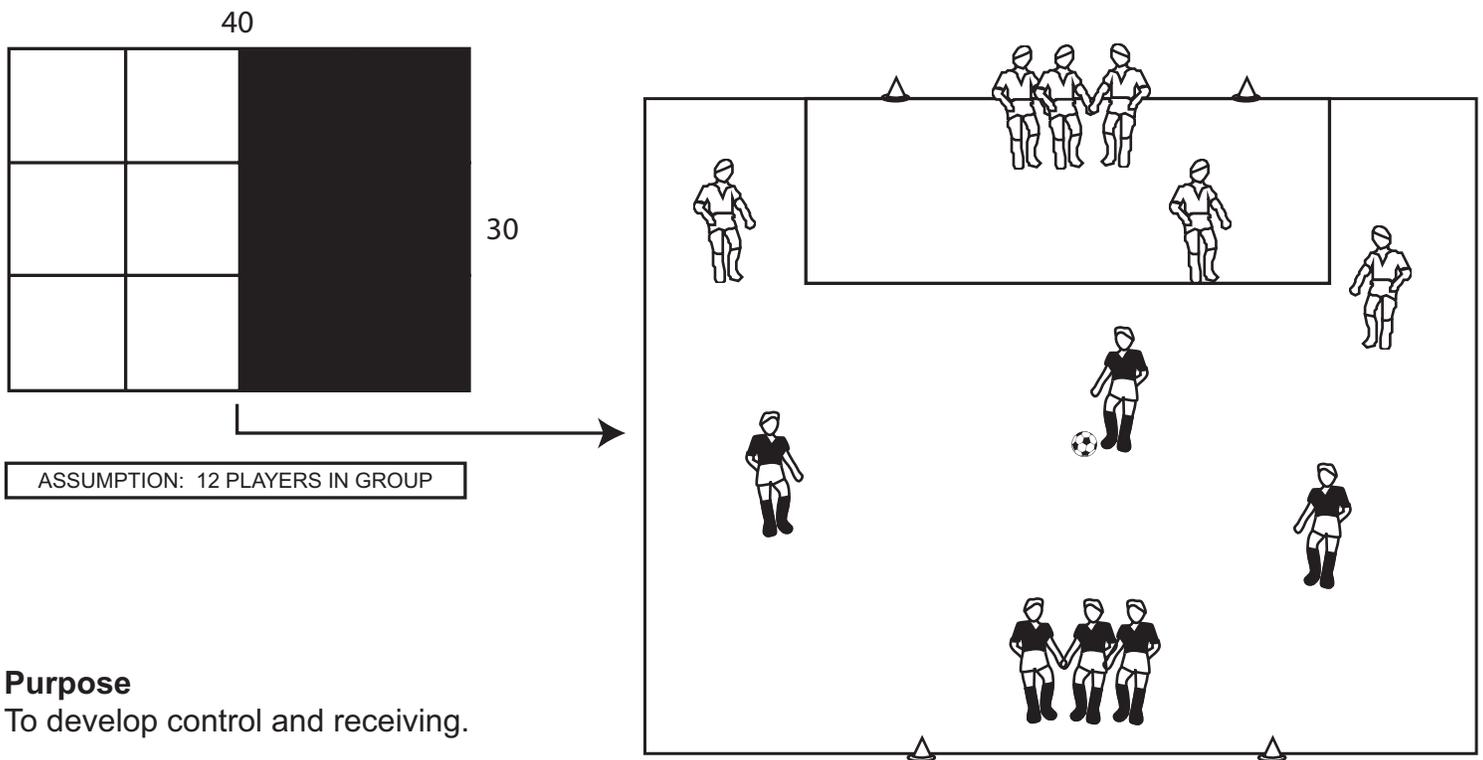
Play 4 defenders and 8 attackers. Attackers dribble through gates while defenders try to pass their balls to hit the balls of the attackers.

Key Coaching Points

1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.
3. Use the sole turn/drag back to avoid the defenders.

Running With The Ball

Change Soccer



Purpose

To develop control and receiving.

Organization

Set out a 20 x 30 yard area. Position 3 players who link arms or hold hands on the goal line. Make the goal 4 yards wider than the linked players. Play 3 v 3 until coach shouts, "Change!" then the chain breaks and the team previously out on the field becomes the chain in goal. The original chain players now become field players.

Game Objective

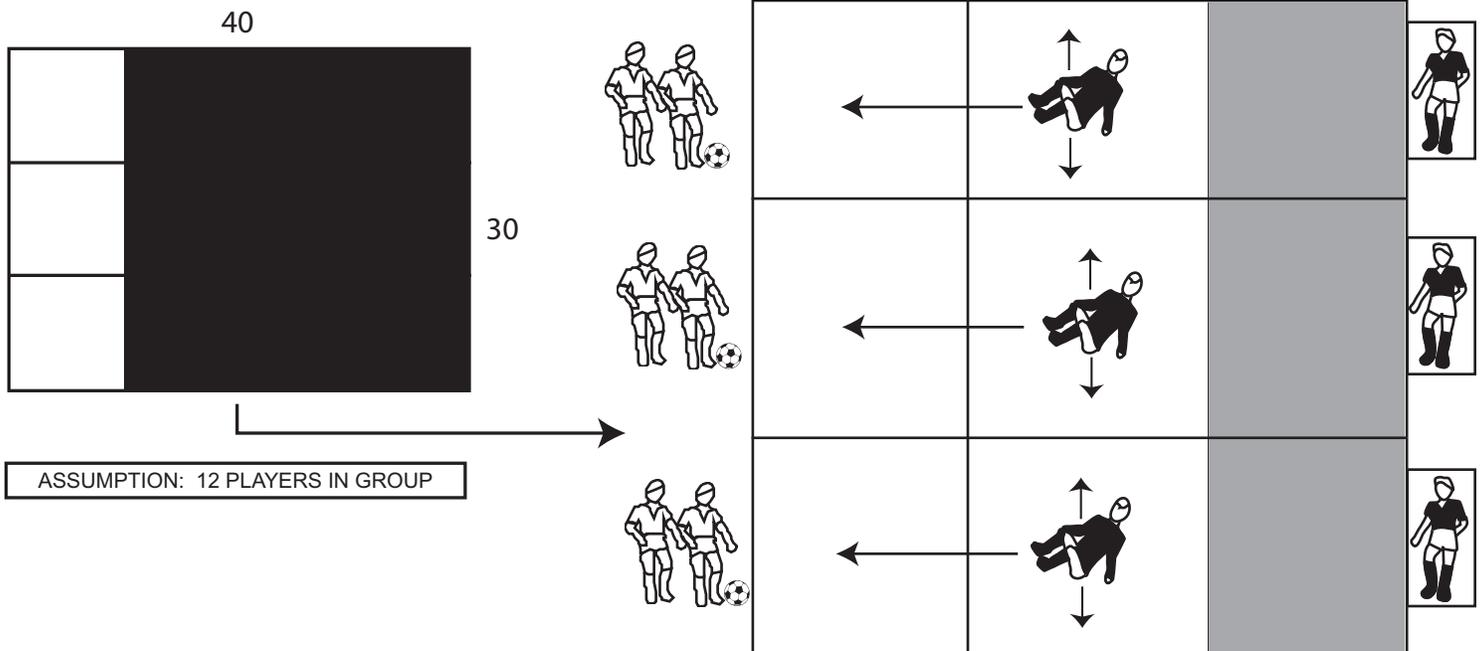
3 players from each team form a human chain by linking arms or holding hands. These players are stationed on the goal line in front of goal approximately 8 yards wide. The team in possession must attempt to score past the human chain defending the opposing goal. Goals and saves are each worth 1 point (players in the chain are not allowed to use their hands to defend the goal and must control the ball within 5 yards to score).

Key Coaching Points

1. Cut off the path to goal.
2. Try to keep possession of the ball.
3. Shoot at every opportunity.
4. Go to the ball, don't back away from it.
5. Help the player with the ball by getting into a supporting position.
6. Get ready to change.

BACKYARD SOCCER - Running With The Ball

Super Teams



Purpose

To develop running with the ball and beating an opponent.

Organization

Set out a 30 x 30 yard area in 10 x 10 yard grids. Group in 3's. 1 ball per group. Station players as shown in the diagram. Position crab players in the three middle grids.

Game Objective

Light players combine by dribbling and passing to beat the crab and get a shot on goal. They must shoot before they reach the shaded area. Rotate positions.

Progressions

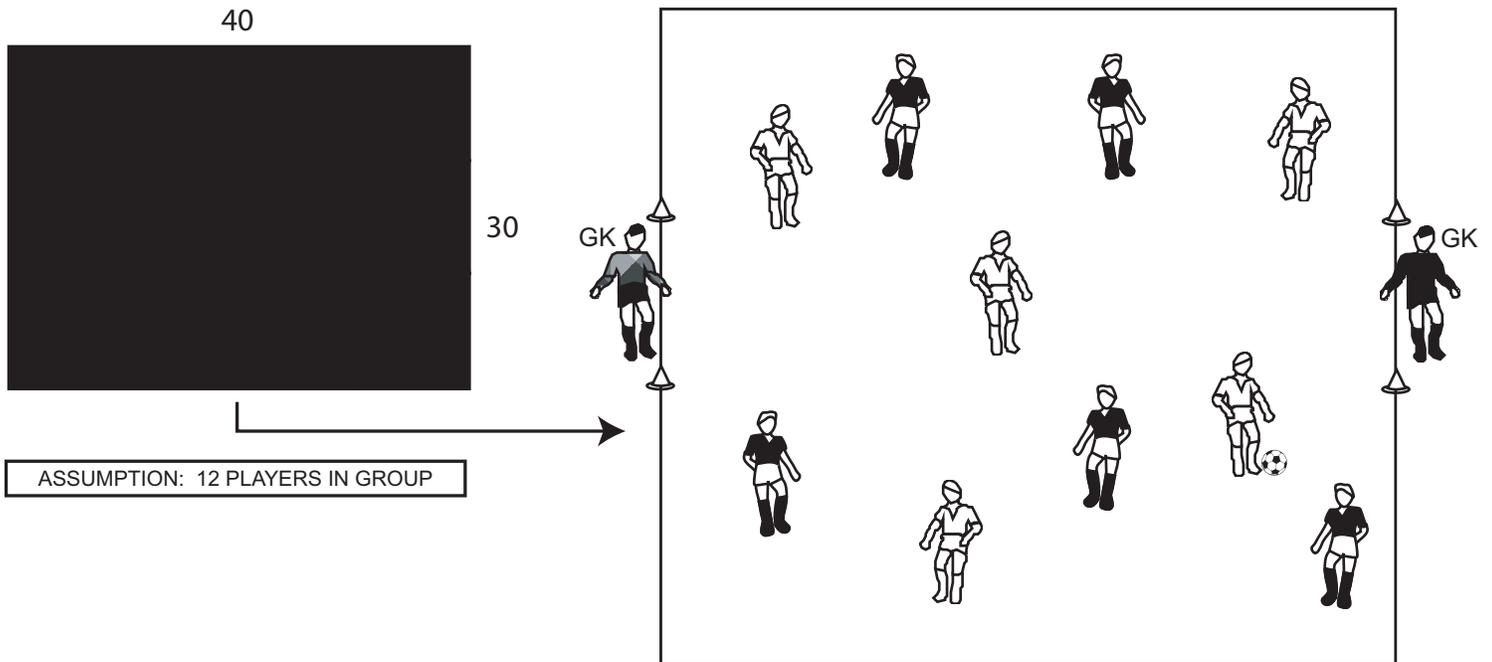
Have the crab player stand up. How many goals can the light players score in 4 attacks?

Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of you.
2. When receiving the ball attack the space over the first 10 yards.
3. Use fakes and turns.
4. Change direction.

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.