



u7 -u8 Skills week 1

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Candy Store (10 mins)

Candy Store

Organization:

Set up a 20m x 20m grid. Each player has a Soccer Ball.

Procedure:

All players dribble within the candy store. The players explore the candy store by shouting out their favourite candies. After 1 minute the coach will ask players their favourite candies and name each side of the candy store as shown above. (Names of the sides can change) As the players dribble around the candy store the coach will call out a candy and the players have to run to that side of the candy store and perform a specific challenge I.E Toe Taps, Bells, 3 juggles etc. Coaches can be creative here.

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



Mud Monsters (10 mins)

Mud Monsters!

Organization:

Set up a 20m x 20m grid, 12 players, 10 with the a ball at their feet, 2 players outside the grid as catchers. (Mud Monsters)

Procedure:

On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mu Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



Body Breaks (10 mins)

Organization:

Each player with a ball inside the 20 x 20 area.

Procedure:

Coach allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The coaches call out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the coach shouts go. For example the coach may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination:

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



1v1 to a ball (10 mins)

Organization:

Players placed inside a 40 x 40 area. Players are placed into pairs as shown above. The black player stands with their legs apart with a ball placed next to them as the target ball. The Yellow player stands behind the black player with a game ball.

Procedure:

Yellow player plays a pass through the black player's legs. We now have a 1v1 game. The player in possession has to get the game ball to hit the target ball to score a point. If the defender wins possession the game continues. Start a new game each time a goal is scored.

As you see the players playing can you stop them to show them the following moves.

Single Scissor - <https://vimeo.com/62170823>

Double Scissor - <https://vimeo.com/62170823>

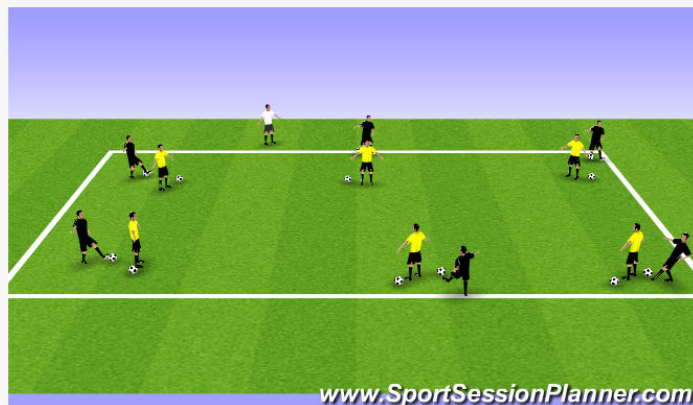
Emphasis/Coaching points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you show a move to beat the player?



3v3/4v4 (10 mins)

Small Sided Game: 3v3 or 4v4 depending on number of players

Organisation:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

Emphasis:

Having fun

