



U7-U8 Skills Session 6

Category: Physical: Agility
Difficulty: Beginner

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

Description

4v4 (10 mins)

Organization:

As the players arrive organize them into the small sided games. Start with 1v1 and then go from there. Once you get to 4v4 start the next game.



Hungry Hippo

Physical Literacy

Organization:

Players find a partner and spread out inside the 20 x 16 yard area.

Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now. Have a few players show you a different way to bring the ball back.

Final Progression: Have the players dribble the ball back to the coach using their feet.

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: Listening, following instruction, physical literacy, having FUN, and being positive!

Additional Notes: If you think of more movements, please feel free to do them. Try to be creative!



King/Queen of the Ring (10 mins)

King of the Ring

Organization:

All players have a ball each and are placed in an area approximately 24 x 30

Procedure:

Prior to playing the game have the players moving around inside the area to gain touches on the ball, asking them to show you any thing that they can remember from the previous session. (moves etc)

Players dribble their ball ensuring that the ball is always moving. On coaches command all players keep their own under control while attempting to kick other players balls out of the circle. If a players ball is kicked from the circle, they can return after 10 toe taps.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet



Passing Gates (10 mins)

Organization:

Set up a 25x25 yrd area

Place pairs of cones around the area.

Have players pair up with one ball between each pair.

The environment is very chaotic due to the amount of players inside the area so all players have to play with their heads up to ensure they make good decisions based on what other players are doing.

Procedure:

Players pass and move inside the area and avoid hitting the red cones (gates). When the coaches call "shopping" players have to move to a gate and make 5 passes back and forth through the gate, after 5 passes they move to a different gate. Players have 90 seconds to get through as many gates as possible. After completing each gate the players score 1 point.

Players play the game several times and it becomes a competition to see how many points each pair can score.

Coaching points:

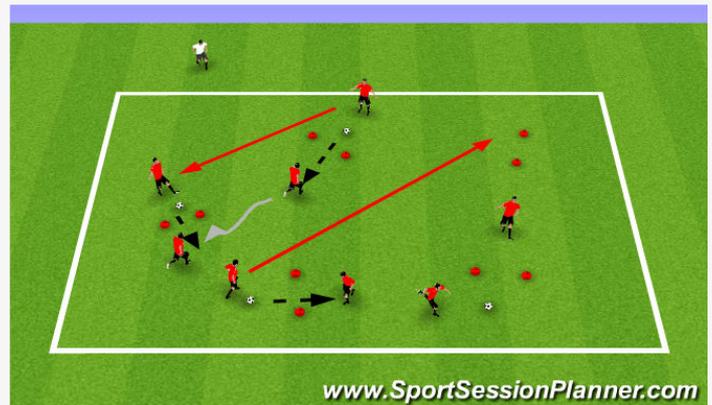
Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball

FUN.



4v4 or 5v5 separate Games (10 mins)

Organization:

2 games are set up in either a 2v2, 3v3 or 4v4. No Goalkeepers and goals should be made larger than usual to encourage players to take the opportunity to shoot.

Coaching Points:

Encourage players to shoot when it is the correct decision? Do they have space without pressure OR are they under pressure with no space?

Head down at the point of contact

Non-kicking foot placed to side, slightly behind the ball

Ankle locked, toe down

Contact foot – laces (instep)

Body weight forward, chest and knee over the ball at contact

Follow through landing on striking foot

