



## U7-U8 Skills Session 4

**Category:** Warm-ups  
**Difficulty:** Moderate

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

### Description

#### 3v3/4v4 (10 mins)

**Small Sided Game: 3v3 or 4v4 as the players arrive. Place the players into the game. start 1v1 and then add as they arrive to ens up with 2 games happening.**

**Organisation:**

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

**Emphasis:**

Having fun



#### Simon Says (10 mins)

**Listening/ Physical Literacy**

**Organization:**

Players placed in front of the coach facing the coach.

**Procedure:**

Players follow the coach with his/her movements when they say "Coach says" so for example the coach may say, "Coach says throw your ball up and catch it" Players have to follow the coaches' command. If the coach says, "Throw your ball up and catch it" and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

You can choose to start with or without the ball, depending on their engagement level of the children on your field.

*Variations: Balance, sit, stand, touch head/tummy/nose/ear, throw ball up, put ball down, spin around, hop up and down, etc.*

Emphasis: FUN and listening

**Additional Notes:** Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be "Simon"



#### Golden Egg (10 mins)

**Physical Literacy**

**Organization:**

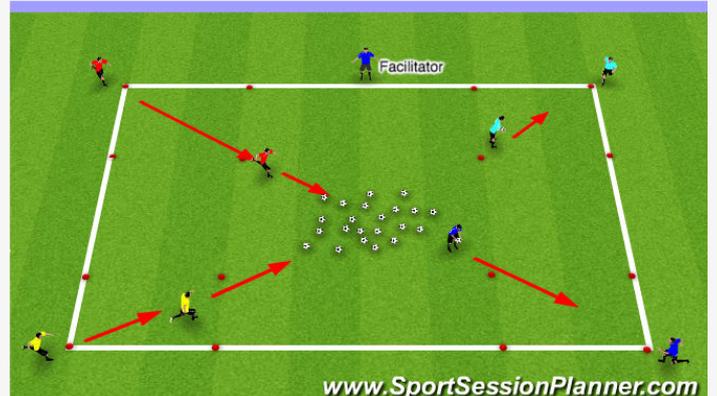
Players are placed in pairs and are placed in a corner of the rectangle as above. 2 Games happening at once.

**Procedure:**

When the facilitator calls go one player (bird) from each team runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest. They then give their team mate a high 5 and then they go to collect an egg. Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

*Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.*

*Progression 2: Players now use their feet and dribble the eggs back to their nests.*



## 1v1 Tag (10 mins)

### Focus: Dribbling/Changing Direction

#### Instruction:

Players are set up in a 1v1 play tag. Both Players start without a ball. The Player one attempts to tap player 2. Once player one tags player 2 player 2 then becomes the tagger. Play for 60 seconds and then introduce a soccer ball for the tagger. The same game happens as we played without a ball. Final progression will be to play the game with both players in possession of the ball.

#### Coaching points:

Heads up, pick up feet, learning about grid boundaries.



## 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

