



## u7-u8 Skills Session # 2

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

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"



#### Catch the Tail (10 mins)

Catch the tail. Physical Literacy.

**Organization:**

Players are placed into a 25 x 30 area as 2 teams. Team Black gets the tails (bibs). Team Yellow has no tails. Begin this game without balls.

**Procedure:**

Team Yellow tries to catch the tail from team Black. Halfway through you switch. When a tail is pulled, the tail is put back on after the player has done 5 jumping jacks. Please remember, there are NO ELIMINATIONS!

**Progression 1:** All players now have a soccer ball and the game.

**Progression 2:** Only 2 people are without tails, as well as without a ball. Every other child has a ball and a tail. Two people without a tail chase the other players and try to catch their tails.

**Emphasis:**

Have control of the ball

Head up

Have FUN

Allow for creativity

Ensure that the players get put back in the game quickly if their tail is caught, encourage, and be positive!



## Golden Egg (10 mins)

### Physical Literacy

#### Organization:

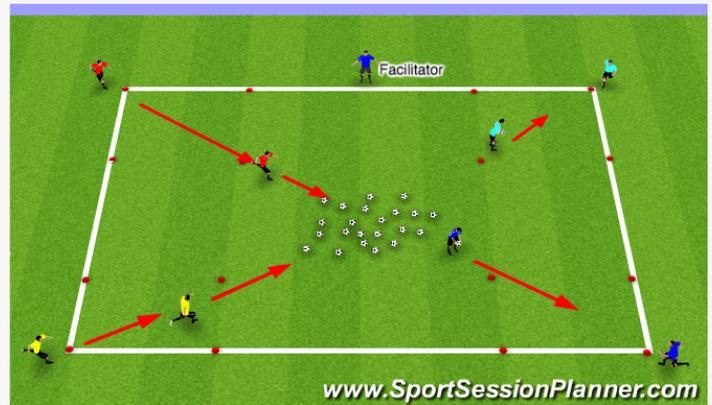
Players are placed in pairs and are placed in a corner of the rectangle as above. 2 Games happening at once.

#### 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.



## King/Queen of the Ring (15 mins)

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#### Organization:

All players have a ball each and are placed in an area as shown above. Size of the area will change based on the amount of players.

#### 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
- Have FUN



## 4v4 (20 mins)

#### Organization:

Set up two fields 35 x 25 yds. Depending on numbers have 2v2 or 3v3 with retreat line.

#### Procedure:

Players play 2 games of 2v2 or 3v3 with the objective of the game focusing on players making good decisions when passing and receiving the ball. Encourage players not to panic when in possession and be positive by trying to look for a supporting player to pass to.

#### Coaching Points:

- See the ball/See the player
- Change of speed/direction
- Keep head up
- Can you do a move to beat the player?
- Use all parts of both feet
- Have FUN
- Emphasis:
  - 1v1 attacking, dribbling, competition

