



Week 1

U7/U8

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Hospital Tag



COACH WILL USE A POOL NOODLE

Grid 12 x 15 yards

- All players without a ball to begin.
- Coach can will be "IT" to begin.
- Have players run, skip, jump to avoid being tagged (body awareness).
- If tagged, cover it with a Band-Aid (Hand)
- When tagged twice, go to Hospital. 3 jumps and come back to activity.
- Add a ball. When tagged twice go to hospital and do 3 toe touches, 2 juggles etc...

Possible Coaching Points

This is a Maze Game

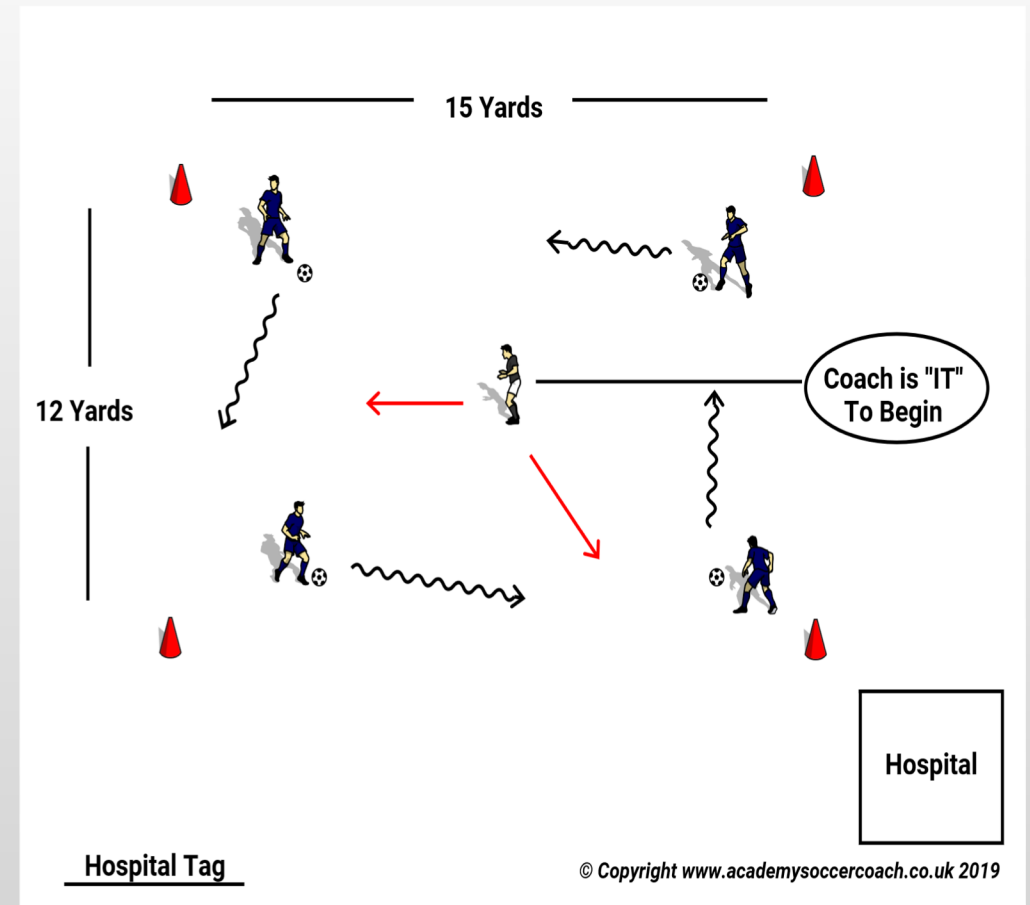
Look for open space (field vision)

Change of speed/direction (surface of foot)

Demonstrate toe touch, juggle, hop over ball.

Dribble close with small steps

Guided Question- How do we avoid being tagged?



Dribbling – Chase The Coach



No Grid Needed

- Begin without Soccer Balls
- Coach Without A Ball, Moves To Get Players To Follow Her/Him
- Add Soccer Balls, Have Players Try To Keep Up

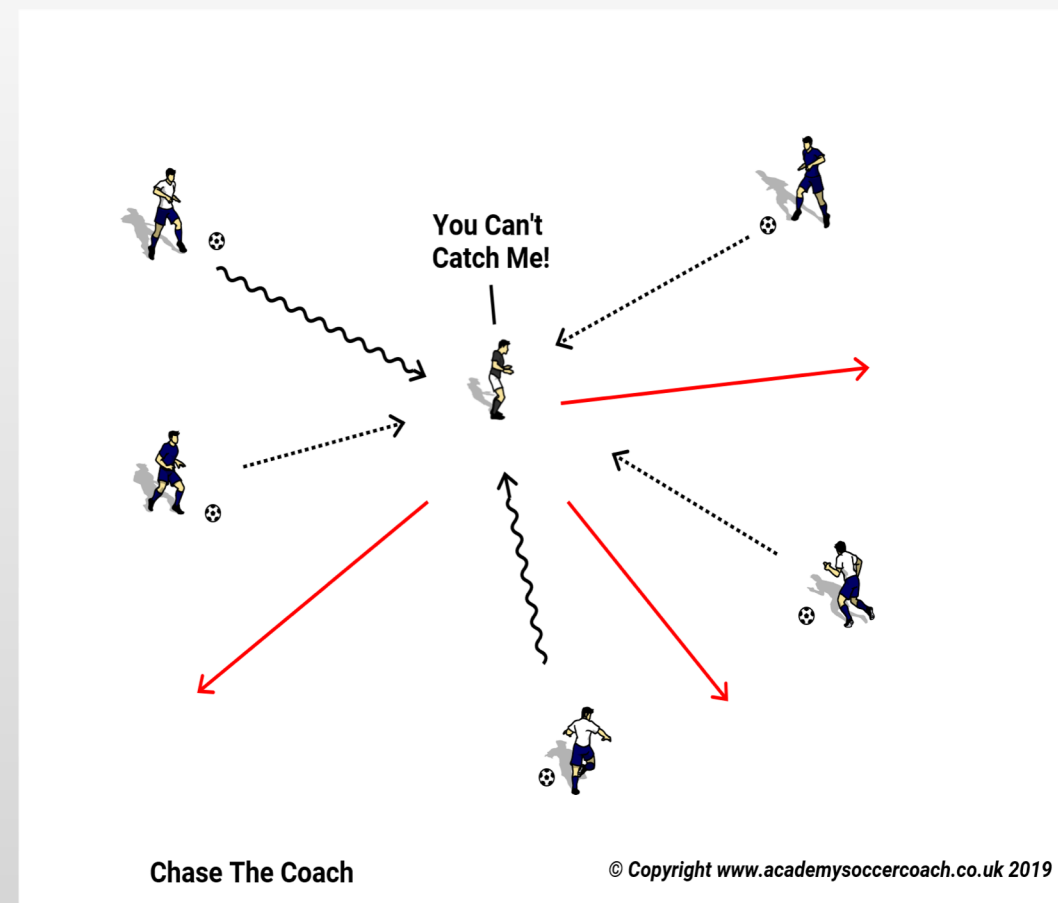
Possible Coaching Points - Maze Game

Encourage Players To Peek To See Where Coach Is And Where Coach Is Going

Encourage Small Steps To Keep Control Of The Ball.

Watch Players And Point Out Creative Ways That Kids Turned With Ball

Guided Question – How Do I Know Where Coach Is Going To Be?



Game Play – SEE YA! TO GOAL



SALVO
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CLUB



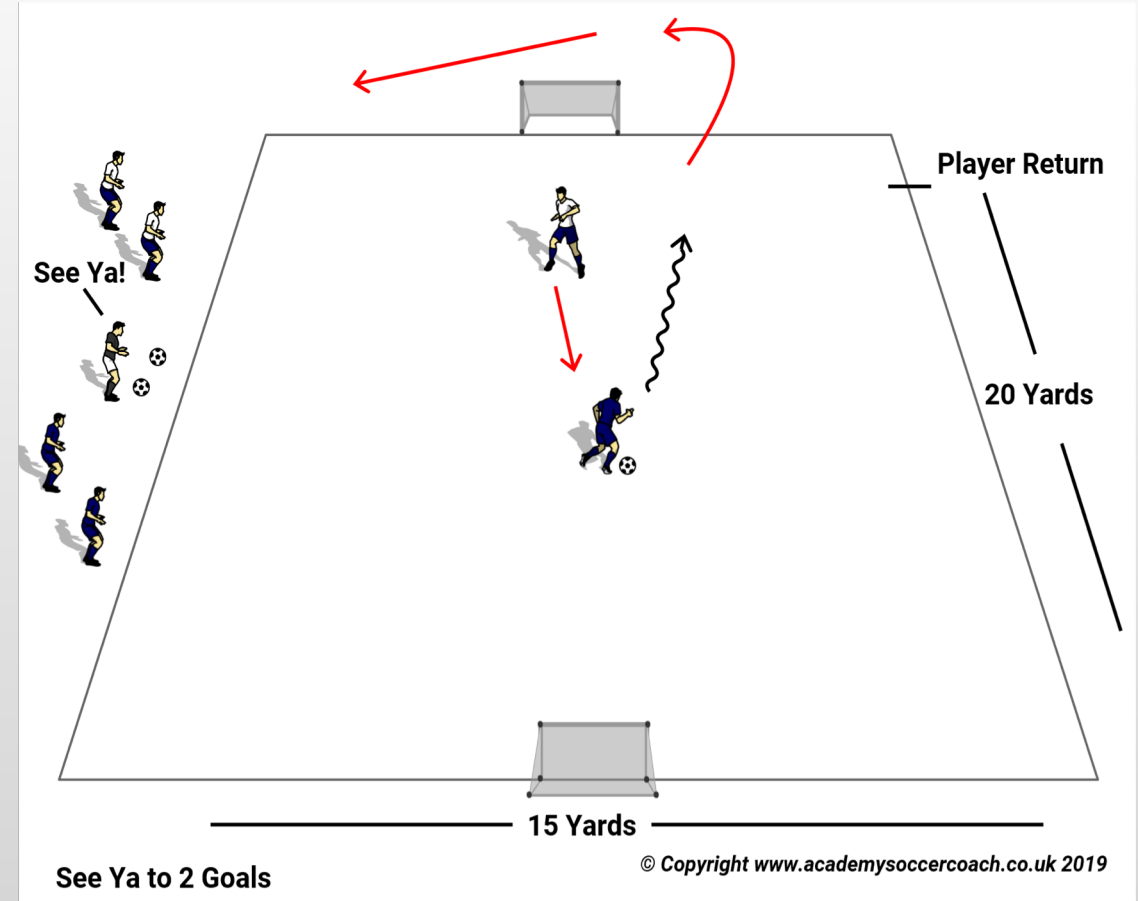
Grid 15 x 20 **Keep Kids Socially Distanced in line**

- Place all balls in a pile.
- Have players line up in two teams on either side of the coach.
- Coach sends ball into field. Start 1 v 1.
- As they get the game call out a number of players to send on the field, 2 v 2 etc...
- Teams play directionally to goals/.
- Keep the game moving quickly.

Possible Coaching Points

- Look to attack right away
- Keep ball under control while attacking
- Transitions between attacking and defending
- Work with teammates in 2 v 2 +

GUIDED QUESTION- CAN YOU FIND THE OPEN GOAL?



4 v 4 Game Play – Practice - Play



Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U7/U8 Practice Model

10 minutes of Scrimmage to start
30 minutes of activities
20 minutes Scrimmage with your team

Keep games to 4v4 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

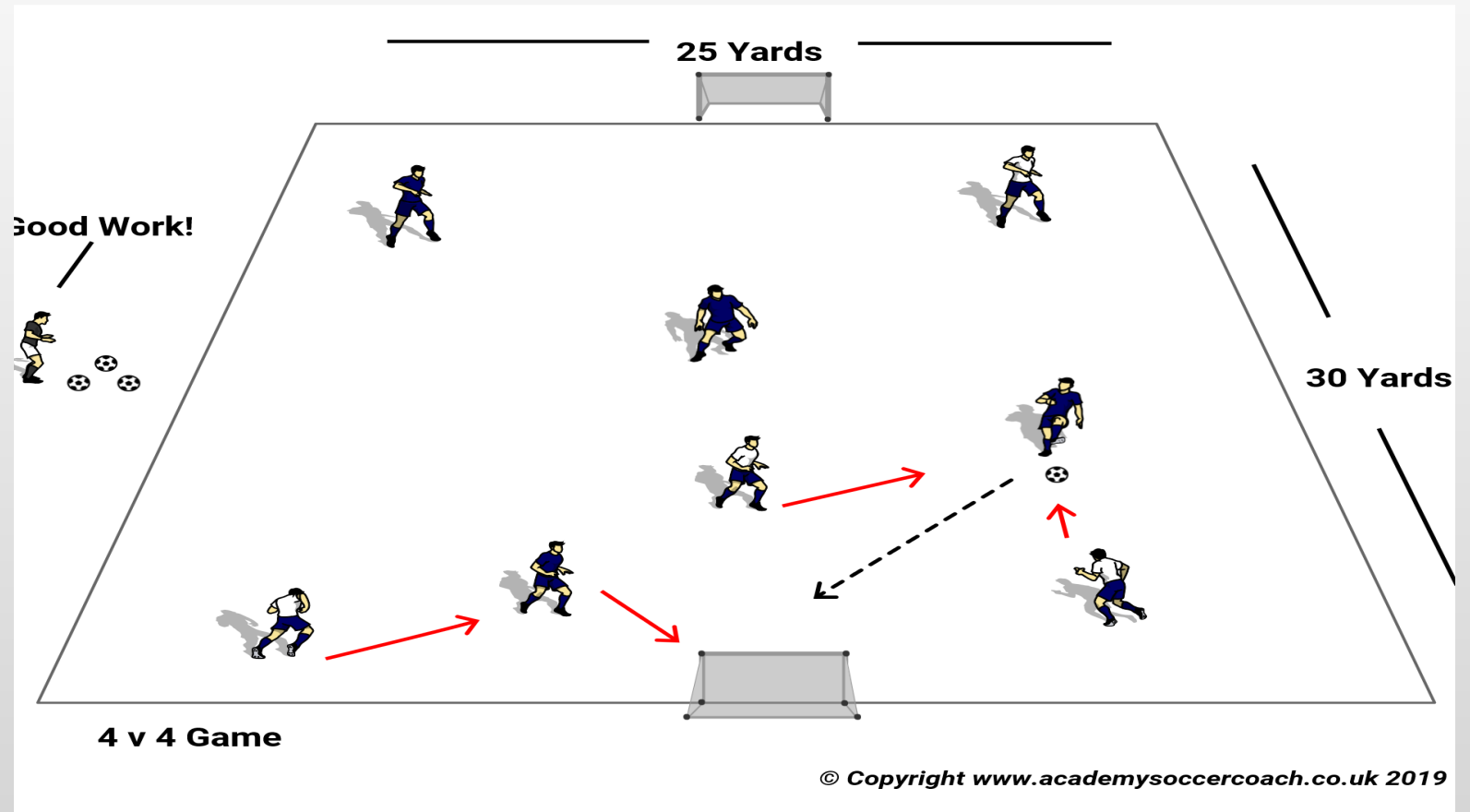
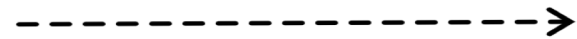


Diagram Details

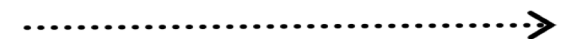
Diagram Details



Player Dribbles the Ball



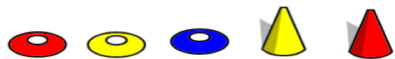
Player Passes / Shoots



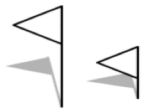
Player Runs with the Ball, Quickly



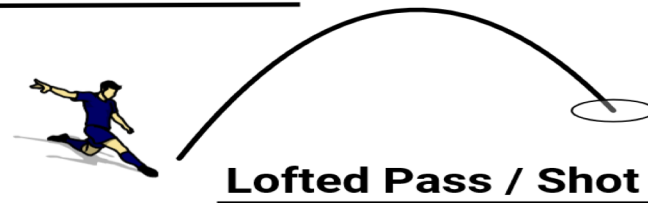
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals