



Week 2

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

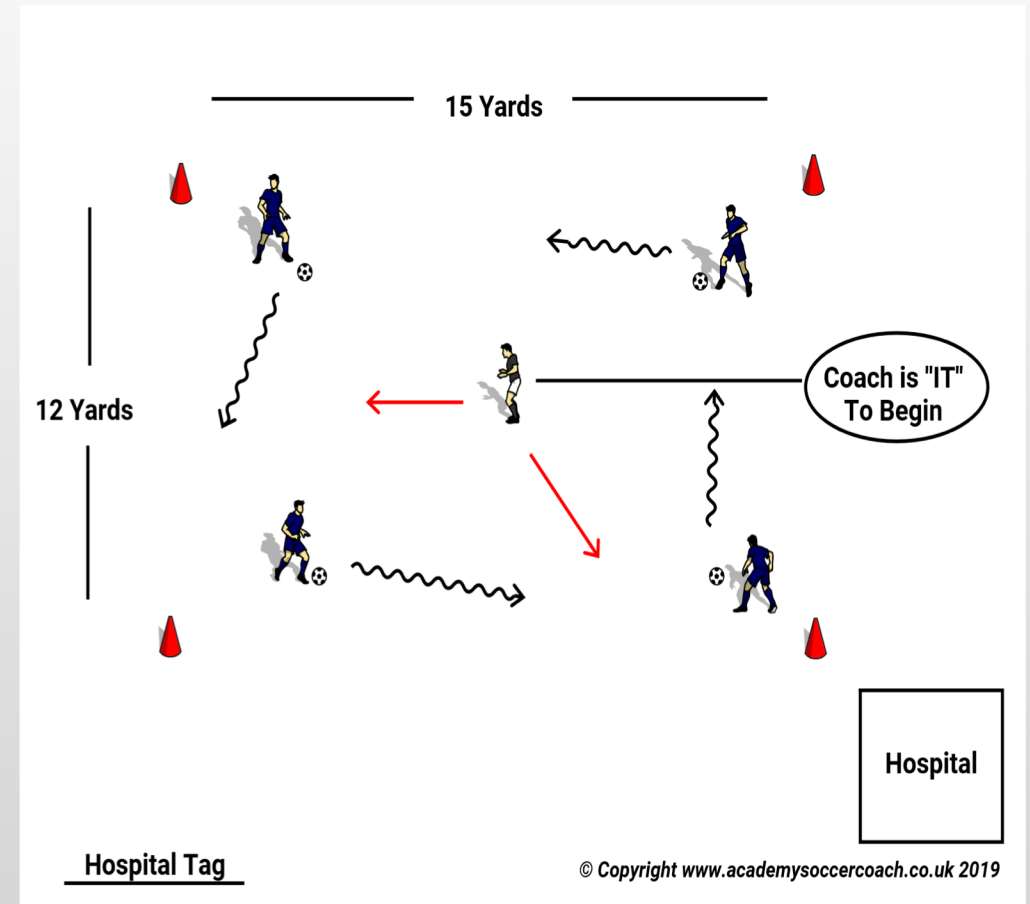
Look for open space (field vision)

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 – Knock Out With Adjustments



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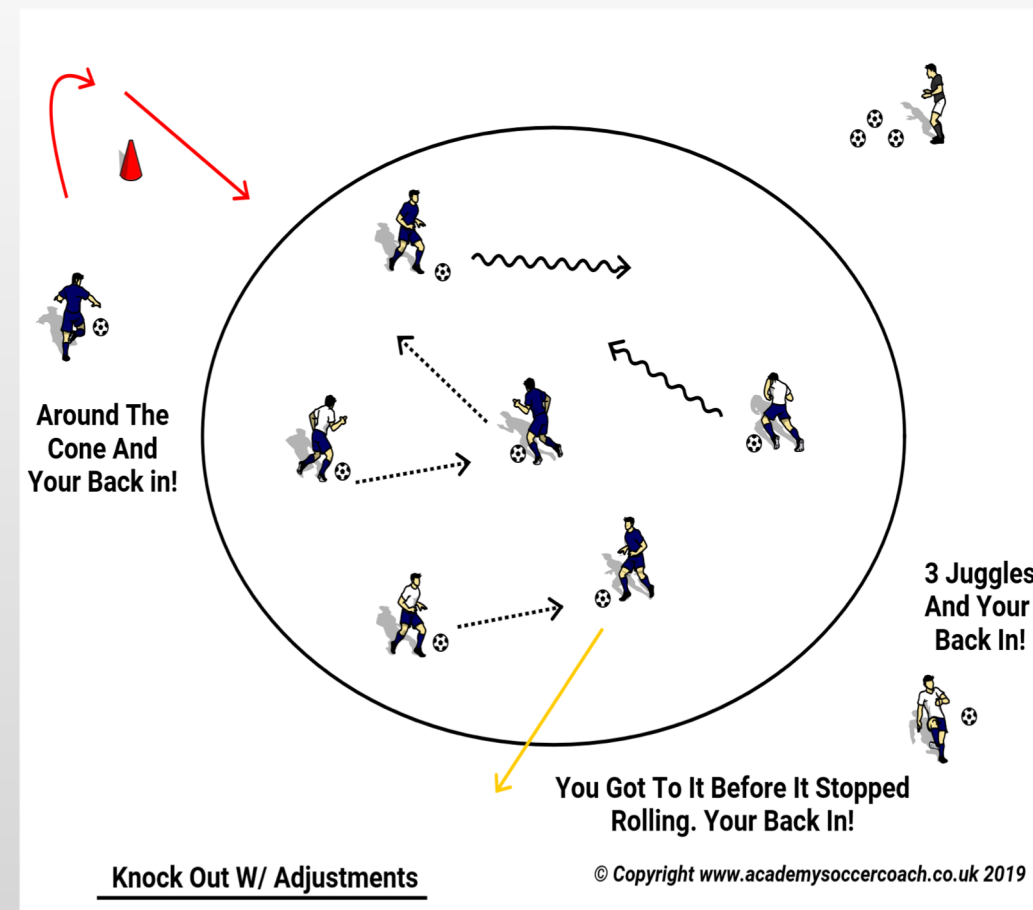
Circle 15 Yards in Diameter

- All players begin with a ball.
- ~~Try to “Knock Out” other players soccer from the grid, while keeping control of your ball.~~ **Coach Will Use a Noodle To tag Players**
- Adjustments – If players can get to their ball before it stops rolling they are back in. If ball stops the player will do 3 juggles, 3 toe touches to get back in. Put out a few cones around the circle, the player can dribble around the cone to get back in.

Possible Coaching Points

- Vision around the space, aware of pressure from all angles.
- Quick to make decisions when out.

Guided Question – How can you be aware of where players are coming from?



Dribbling – Red Light, Green Light



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Grid 15 x 25

- All players on one end line.
- Start without soccer balls.
- Coach yells “Green Light” and players move/run forward.
- Coach yells “Red Light” and players stop.
- Add soccer balls.

Possible Coaching Points

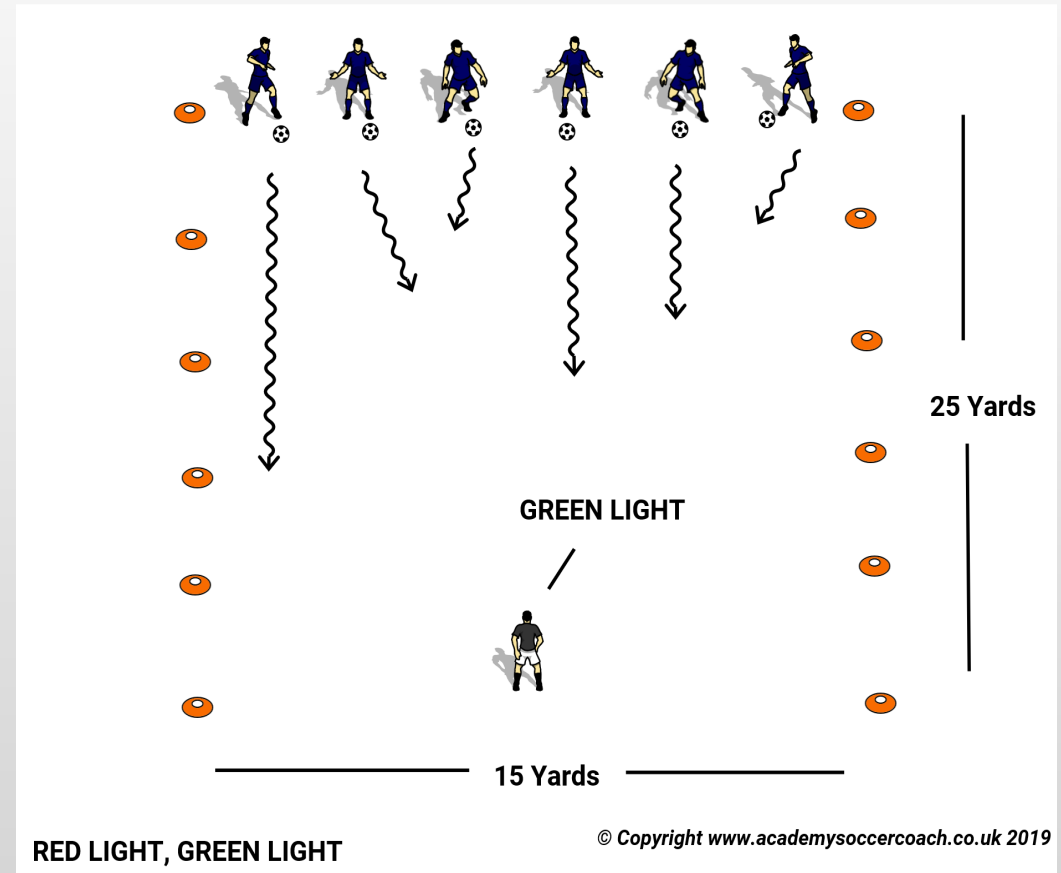
Keep ball under control.

Coach can adjust and instead of yelling he/she can face forward or backward to signify start/stop.

Encourage players to keep vision up.

Be “Sneaky”

Could use a player that won game as Stoplight.



4 v 4 Game Play – Practice - Play



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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.

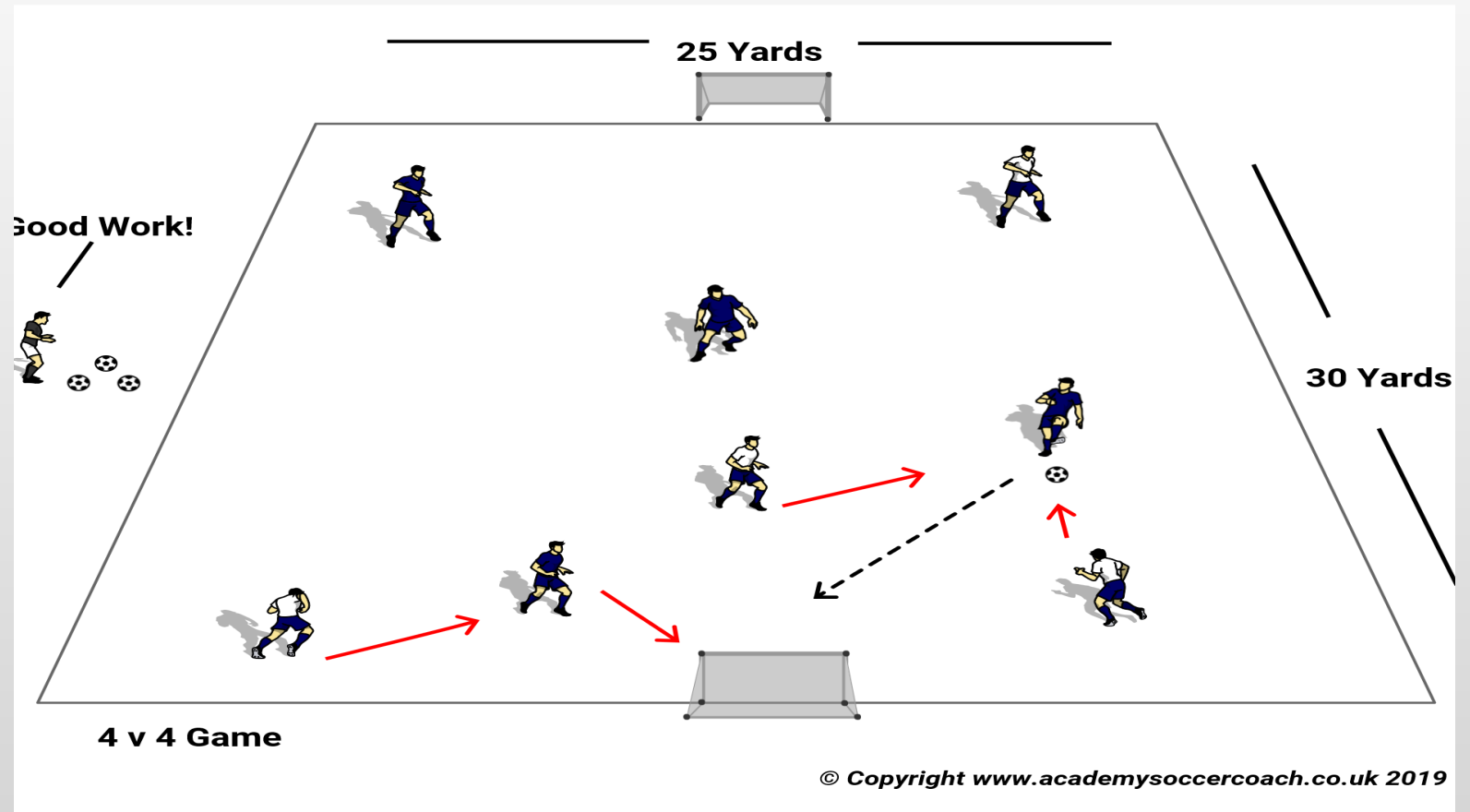
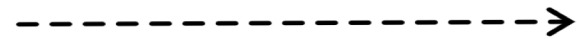


Diagram Details

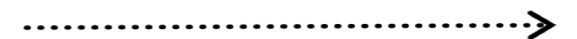
Diagram Details



Player Dribbles the Ball



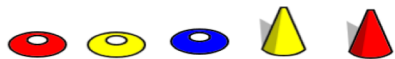
Player Passes / Shoots



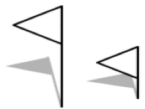
Player Runs with the Ball, Quickly



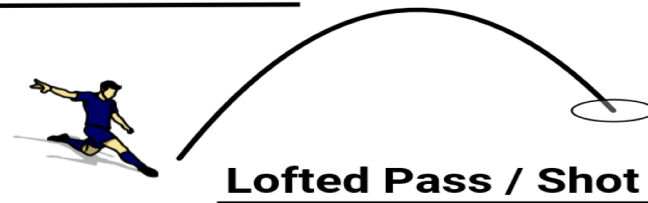
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals