

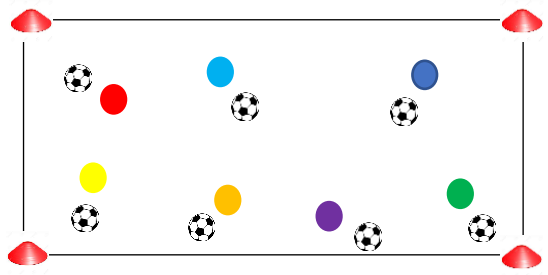


<b>GOAL</b>	Ball Dribbling and Control		
<b>PLAYER ACTIONS</b>	Running with Ball, Close Ball Control, Using Both Feet		
<b>KEY QUALITIES</b>	Being Comfortable with the Ball Running or Close Movement		
<b>MOMENT</b>	All	<b>DURATION</b>	60-Min
		<b>PLAYERS</b>	10 to 12

**U7**

**SKILL ACQUISITION: Ball Mastery:** Being able to be comfortable with the ball; Being able to run short distance with ball vs long distance with the ball; Using both feet through close obstacles; Learning to master touch of the ball. **Vision:** Being able to look up to see the playing surface; **Movement:** Looking for the open space and move to while keeping control

**1st PLAY PHASE (Touch Warm-Up with Ball) DURATION: 12-MIN - INTERVALS: 1 ACTIVITY: 12-MIN - REST: 0-MIN**



**OBJECTIVE:** This is a warm-up to get players moving through the space using various ball control touches.

**PLAYER ACTIONS:** Players are to complete each instructed ball control technique and move throughout the space without running into each other.

**ORGANIZATION:** Set up a grid of approximately 15L x 10W as shown in the diagram. Each player is to have a ball for the session. Each activity is to be demonstrated by the coach first before the players are to perform the skill.  
**Activity 1 (GREEN LIGHT):** players are to move through the grid avoiding touching each other but only using the outside of their foot alternating left and right as needed. **Activity 2 (SPEED BUMP):** players are to piston the ball between their inside left and right foot while moving through the grid. **Activity 3 (STOP LIGHT):** players are to toe-tap on top of the ball while also moving the ball. Players are to move forward and backward to avoid making contact with other players. **Activity 4 (PARKING):** players are to dribble through the grid and when they get close to a player, bend a knee on top of the ball to stop it, then proceed in a different direction. **Activity 5 (REVERSE):** players are to dribble freely through the grid. When they are close to a player, foot on top of ball to drag the ball back and change directions. **Activity 6 (LT/ RT TURN):** players are to dribble through the grid. When close to a player, they are to move around the player using roll-over technique and continue to dribble. **RULES:** Players are to focus on close contact with the ball. If the players are not in control, stop the skill and get players to re-set. It is important to do the skill properly.

**KEY WORDS:** Close control of the ball. Be aware of what is around you when doing your skill in the grid.

**GUIDED QUESTIONS:** How do you know what is around you?

**ANSWERS:** As you move through the grid, it is important to also look up.

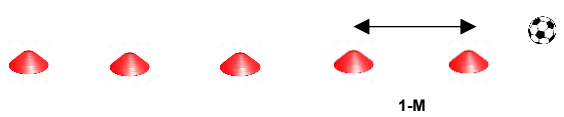
**Note:** Depending on the number of players, you may need to set up more than one grid or make the grid larger. As players gain confidence with their touch, some skills they will be able to do without looking at their feet/ ball. Parents/ coach helpers can act as non-active players that the players with the ball must get around using their skills with the ball.

#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Dribble Alternating Outside- <b>Green Light</b>	2	1
2	Piston Between (LT/ RT)- <b>Speed Bump</b>	2	1
3	Toe-Taps Alternating (LT/ RT)- <b>Stop Light</b>	2	1
4	Dribble and Stop with Knee- <b>Parking</b>	2	1
5	Drag Ball Back- <b>Reverse</b>	2	1
6	Roll-Over (LT/ RT) – <b>LT/ RT Turn</b>	3	1

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Running with the Ball</li> <li>- Slowing down</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Close ball control</li> <li>- Use of both inside and outside of the foot</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Watching the ball and where space is</li> <li>- Concentration on body position</li> <li>- Building confidence with the ball</li> </ul>

**CORE ACTIVITY: Movement with Close Ball Control DURATION: 12-MIN - INTERVALS: 1 ACTIVITY 12-MIN - REST: 0-MIN**



**OBJECTIVE:** Close ball control through cones using various ball control techniques.

**PLAYER ACTIONS:** Players are to complete each instructed ball control technique and move through the cones.

**ORGANIZATION:** Set up a line of cones 1-meter apart as shown in the diagram. 5-cones in total. Try and set up a line of cones for each player so that players are not having to stand around and wait for a turn. Each activity is to be demonstrated by the coach first before the players are to perform the skill. **Activity 1:** players are to start at the first cone where they are to dribble the ball through the cones using only the inside of both left and right foot. **Activity 2:** players are to start at the first cone where they are to dribble the ball through the cones using only the outside of both left and right foot. **Activity 3:** players are to dribble through the cones using inside and outside of the foot. On the second interval, the player is to switch up starting with the opposite foot. **Activity 4:** players are to dribble to first cone, and of the ball through the cone advancing the ball forward. **RULES:** Players are to focus on close contact with the ball. If the players are not in control, stop the skill and get players to re-set. It is important to do the skill properly. Additionally, players are to focus on their balance. If a player needs to, they can take an extra touch but need to work up to being able to take a single touch through the cones.

**KEY WORDS:** Close control of the ball. Watch balance while working the ball through the cones. Shifting balance to help set-up the next touch of the ball is important.

**GUIDED QUESTIONS:** What is close ball control so important?


**ANSWERS:** If you lose the ball, you lose the advantage to control the game.

**Note:** As players grow in skill, look to add a speed component to the drill to help challenge players more.

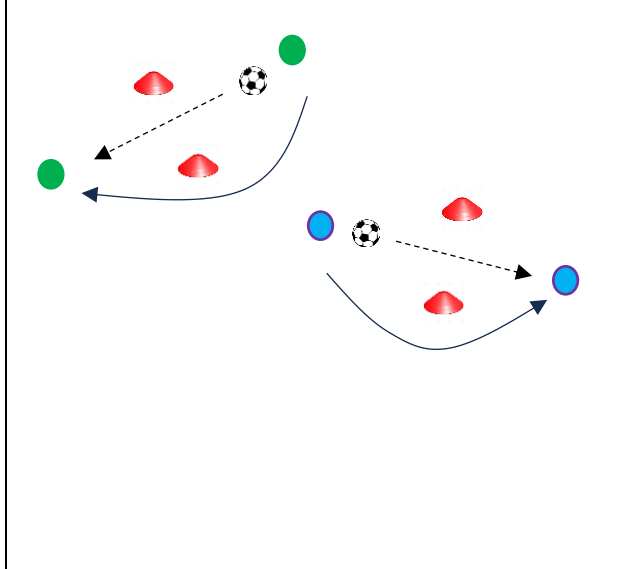
#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Inside Dribble (LT/ RT)	4	1
2	Outside Dribble (LT/ RT)	4	1
3	Inside/ Outside Dribble (LT/ RT)	4	1

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Running with the Ball</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Close ball control</li> <li>- Use of both inside and outside of the foot</li> </ul>	<ul style="list-style-type: none"> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Competition with others in a race</li> </ul>	<ul style="list-style-type: none"> <li>- Concentration on body position</li> <li>- Building confidence with the ball</li> <li>- Seeing improvement in skill development</li> </ul>

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	<b>PLAYER ACTIONS</b>	Running with Ball, Close Ball Control, Using Both Feet				
	<b>KEY QUALITIES</b>	Being Comfortable with the Ball Running or Close Movement				
	<b>MOMENT</b>	All	<b>DURATION</b>	60-Min	<b>PLAYERS</b>	

**3<sup>rd</sup> Phase (Dribble, Pass, and Movement)**      **DURATION: 12-MIN - INTERVALS: 1 ACTIVITIES: 15-MIN - REST: 0-MIN**



**OBJECTIVE:** This is a warm-up to get players warmed up for passing and movement.

**PLAYER ACTIONS:** Players will be required to be clean on their touch and passing to maintain possession of the ball during the exercise.

**ORGANIZATION:** Set-up for the first activity using the whole training area with sets of two cones, like shown in the sample. Ensure the sets of cones are spaced out to allow players time and space to dribble the ball without running into each other.

Place sets of two cone gates throughout the playing area. Players are to be set into pairs. Try and get players of similar abilities to pair up to help ensure pairs are set-up to work together based on skill. Play starts where players are to dribble the ball. The partner without the ball will move to an open gate, where their partner is to make a pass through the gate to their partner. The player who receives the ball will now dribble to another open gate and continue to activity of pass and movement.

**RULE:** When players make the run to a gate, their partner with the ball should look to send the pass right away to avoid their partner without the ball from waiting. This is to help train the players to time their runs and passes. If a player stands too long, they are easy to mark in a game, forcing the player with the ball to make a difference decision.

**KEY WORDS:** Players to be in the ready position always to be able to respond to the ball's placement so that the play can continue.

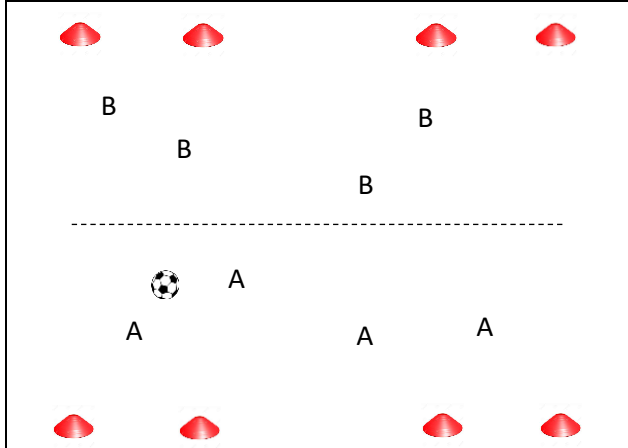
**GUIDED QUESTIONS:** Why do we need to be able to move quickly?

**ANSWERS:** If we are slow in moving to the ball, we can lose possession to the opposing players. If we pass slow, we make it easier for the opposition to intercept the ball where again we lose possession.

Note the following options that can be added into the same drill: a) player receiving the pass, one-touches the ball back to the passer and moves to a new gate; b) player receiving the ball, used the outside of their foot to move the ball around the cone, then passes back to the initial passer.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Over-lapping runs</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Passing while in motion</li> <li>- Understanding over-lapping runs</li> <li>- Looking to pass between defenders</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Having fun trying to pass through defenders in the rondo drill</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to make a successful one-touch pass</li> <li>- Being able to understand passing technique</li> <li>- Being focused and prepared for reaction</li> </ul>

**GAME SIMULATION: Small-Sided Game 4vs4**      **DURATION: 20-MIN - INTERVALS: 1 ACTIVITIES 20-MIN - REST: 0-MIN**



**OBJECTIVE:** Using ball dribbling, movement, and passing, players are to loo to score a goal on any of the two available goals.

**PLAYER ACTIONS:** Players will compete with other players and attack two goals.

**ORGANIZATION:** Coach is to set-up a playing area with two goals on either side of the goal line for both teams. This allows players to problem-solve that if the one goal is not open, they can keep the ball moving and look to score on the other goal.

**RULE:** Players are to use their ball moving and control skills to move the ball with their teammates to get into a position to score on one of the two goals that are available to them. Remember, once a pass is made, players are to avoid standing around. Pass and movement.






**KEY WORDS:** Make sure to look up to see where players are in order to make good passes.

**GUIDED QUESTIONS:** What can you tell the player with the ball when you are ready to receive a pass?

**ANSWERS:** Come up with the words to use for receiving ball like "ready", "yes", "send", etc.

**Note:** Players continue to demonstrate quick passing and the use of the one-touch pass when there is an opportunity to play it. There is no keeper. Players should be playing the ball for a supporting player to take a one-touch strike on goal.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Frequently moving throughout the playing area</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Learning body posture for receiving pass</li> <li>- Learning to not wait for the pass</li> <li>- Creating angles to the ball to both pass and receive a pass to maintain possession</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Competition with your team to get points/ goals</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to receive</li> <li>- Being able to understand passing and positive movement</li> <li>- Being able to recognize how to play possession style of play in a game situation</li> </ul>

	<b>GOAL</b>	Ball Dribbling and Control				<b>U7</b>
	<b>PLAYER ACTIONS</b>	Running with Ball, Close Ball Control, Using Both Feet				
	<b>KEY QUALITIES</b>	Being Comfortable with the Ball Running or Close Movement				
	<b>MOMENT</b>	All	<b>DURATION</b>	60-Min	<b>PLAYERS</b>	
<b>FIVE ELEMENTS OF TRAINING EXERCISE</b>			<b>TRAINING SESSION SELF-REFLECTION QUESTIONS</b>			
<ol style="list-style-type: none"> <li>1. <b>ORGANIZED:</b> Is the exercise organized the right way?</li> <li>2. <b>GAME LIKE:</b> Is the exercise game like where the skills being coached are applicable to the player and their game?</li> <li>3. <b>REPETITIONS:</b> Are there repetitions when looking at the overall goal of the session?</li> <li>4. <b>CHALLENGING:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li>5. <b>COACHING:</b> Are the coaches comfortable with the session and able to present the details to their players?</li> </ol>			<ol style="list-style-type: none"> <li>1. What was the goal of the training session?</li> <li>2. What did you do well in the training session?</li> <li>3. What could you do better?</li> </ol>			
<b>SESSION PLAN SYMBOLS</b>						
 Training Disc  Pass Ball  Running w/o Ball  Run with Ball						