



GOAL	Moving with the Ball		
PLAYER ACTIONS	Movement with the Ball to Feet, Pass to a Target		
KEY QUALITIES	Players Moving Through Space, Change of Direction, Focus on Target		
MOMENT	General	DURATION	60-Min
		PLAYERS	10 to 12

U7


SKILL ACQUISITION: – **Movement:** Players to get use to the feel of the ball, being able to move throughout the space using both left foot and right foot, head up while moving – **Pass:** Look at the target and try to pass to it

1st PLAY PHASE (The Chase)	DURATION: 15- MIN - INTERVALS: 2 ACTIVITIES: 7-min - REST: 1 min.
	<p>OBJECTIVE: Get players to move through the space with the ball and try to pass the ball to capture teammates.</p> <p>PLAYER ACTIONS: Movement, Looking for Target, Passing</p> <p>ORGANIZATION: In a 25W x 25L grid, set up cones as shown in the diagram with all the balls on the outside on one side of the grid. Two players will be assigned as active players who will start with the ball while the other players are positioned throughout the grid. Play starts on a whistle or coach's command. The two players assigned to be active with the ball will run to the group of balls and bring a ball into the grid with their feet (dribbling). Their goal is to move throughout the grid with the ball and attempt to kick the ball at the other players. If a player is struck with the ball, then they too must now go get the ball from outside the grid and support the other active players until all players have been caught. RULES: Players without the ball must move throughout the grid and not stand still. Those with the ball must dribble and kick the ball at the players to strike them below the knees. Once all players have been caught, re-set the game.</p> <p>KEY WORDS: Keep the ball close when dribbling to control the ball.</p> <p>GUIDED QUESTIONS: How can the active players support each other when they are going after the other players?</p> <p>ANSWERS: Look to target a player and go after that player together. This is to help introduce "press" and "cover" which will play a role in their game as they get older.</p> <p>Note: Should the players go through each interval too quickly, consider challenging the play by adding a rule for each interval. Example rules to consider: 1) dribble with right foot only, 2) dribble with left foot only, 3) shoot/ pass right foot only, 4) shoot/ pass left foot only, etc. Continue to challenge the players but keep the session light and active.</p>

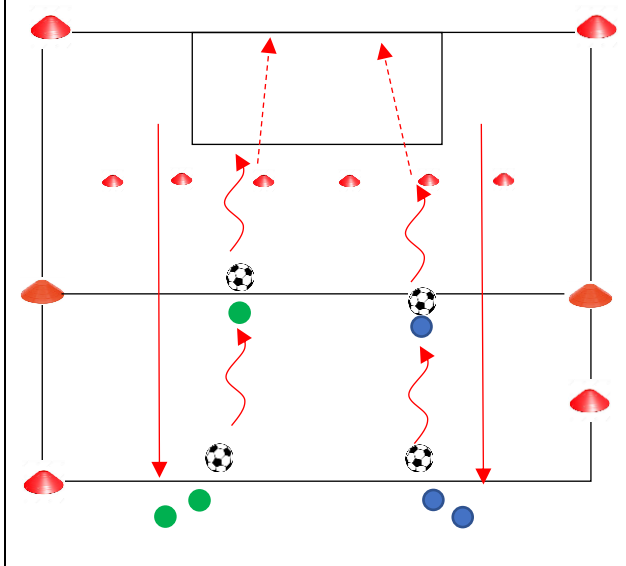
4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Moving with the ball - Balance - Coordination - Agility - Changing direction 	<ul style="list-style-type: none"> - Learning to move the ball with the player's dominant foot - Learning the difference with moving the ball with in seam vs toes - Learning to have the ball on foot but looking up and not at feet - Trying to kick the ball to tag a player 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Having fun trying to tag other players with the ball 	<ul style="list-style-type: none"> - Building confidence with the ball on foot - Focus on the instructions being provided

CORE ACTIVITY: Movement Relay	DURATION: 15- MIN - INTERVALS: 3 ACTIVITIES 4-min- REST: 1-min
	<p>OBJECTIVE: Get the players to dribble through the training disks using both their inside and outside of foot.</p> <p>PLAYER ACTIONS: Touching the ball with both sides of the foot as they move forward.</p> <p>ORGANIZATION: In a 20W x 25L, set up cones as show below with three lines of 4, equally spaced apart. Balls enough for each player for each team and at the other end of the course, have targets i.e., cones, pinnies, etc. (one for each player per team). When the relay starts, the first player will dribble through the cones keeping the ball close to them as they weave through the relay cones. Once the player gets to the end, they grab a target item from their pile and make a straight run back to their team while dribbling the ball. They then tag the next player who will then repeat the relay course. RULES: Players need to focus on the control of the ball while also using the inside and outside of their dribbling foot. Focus first on control, then increase speed with more confidence experienced by the players.</p> <p>KEY WORDS: Focus on controlling the ball close. This will help make changes to direction through the relay cones.</p> <p>GUIDED QUESTIONS: How do you know where you are on the field when dribbling the ball? What do you need to do when you move?</p> <p>ANSWERS: Players need to pop their head up and look at their position of where they are in relation to the task they are performing on the field. In this case, weaving in and out of the relay cones.</p> <p>Note: If players are showing they can move through the relay cones easily, then introduce a rule where they can only dribble using their right foot (the foot always positioned to the outside of the ball; in seam on the right side of cones and outside of foot on the left side of cones). Once they master the right, have them then try the same only using their left foot.</p>

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Changing direction 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Keeping ball close when going through the cones with the ball in front 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Having fun racing with other teams 	<ul style="list-style-type: none"> - Building confidence with the ball on foot - Focus on the instructions being provided - Encouraging the players

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	MOMENT	General	DURATION	60-Min	

TACTICAL ACTIVITY (Forward Movement with Shot) DURATION: 15- MIN - INTERVALS: 3 ACTIVITIES 4-min - REST: 1-min



OBJECTIVE: This drill is to help players move quickly in a relay race through space and finish with a shot on goal.

PLAYER ACTIONS: Move through space quickly keeping control and shooting on goal.

ORGANIZATION: Using half the field, set up a line using flat training disks as shown. This is a line that the players need to cross before they can pass and/ or shoot the ball on net. Divide the team into two groups, each with a ball. On the command or whistle of the coach, the first two players will run with the ball through space. Once the player crosses the line, they can take a shot on goal and/ or pass the ball into the net. Once complete, the player then runs back to their line and tags the next player in and the session repeats until all players have gone through the relay.

RULE: Ball must not be kicked too far ahead. The focus of this will be to move quickly but still maintain a sense of control of the ball. This will help players develop the skills of control at speed.

KEY WORDS: Move quickly. Once you pass the line, have a look at the target and pass/ shoot the ball.

GUIDED QUESTIONS: What happens when you are running with the ball and the ball is too far ahead of you?

ANSWERS: The ball is no longer in your control. If there is a player for the other team close by, you will lose the ball to them, and they now have a chance to move forward on your net to try and score a goal.

Note: Emphasis the energy is to be game-like. No walking through the session. Those that are not on the field yet cheer the teammates on in order to remain focused on the session.

If this is becoming too easy, then you can elevate the skill by setting up training pylon gates that the players need to dribble through before making a shot. These gates do not need to be set-up in a straight line to goal. This is to help provide an option to move with the ball on the field before being permitted to take a shot.

A progression to this drill is should a player miss the goal, they must grab their ball, go back to the start and do it again.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Striking the ball when moving forward 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Keeping ball close when going through the cones with the ball in front - Kicking the ball on goal with dominant foot - Being able to take a look before kicking the ball 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Having fun racing with other teams 	<ul style="list-style-type: none"> - Building confidence with the ball on foot - Focus on the instructions being provided - Encouraging the players

SCRIMMAGE DURATION: 14- MIN – INTERVALS: 3 ACTIVITIES 4-min – REST: 1-min

PLAY A REGULAR GAME: (this is an open game with players on the field).

ORGANIZATION: Divide players into two teams. Use pinnies as required to help the players know who is on their team. Have open field play. Let the players play and avoid continual interruptions in the play. Look for moments for a stoppage in play for a coaching opportunity to help support the training that was done in the previous sessions leading up to the scrimmage. **RULES:** Apply all the standard rules of play for the game including throw-ins, goal kicks, and retreat line requirements.

KEY WORDS: Avoid bunching. Look for your teammates to pass to then move into space to be available for other passes. Control the ball. Do not simply just kick at it.

GUIDED QUESTIONS: How can you let your teammate know you are open for a pass? Does the player running move faster than a ball being passed correctly?

ANSWERS: Use your voice. For the player with the ball, look at who is around you and moving. Look to make a pass. The ball will always move faster than the player running. If this is the case and we want to be fast with our game, then learning to pass the ball well is important.

Notes:
To fit the scrimmage timing space-






- Adjust the game intervals to fit the practice time remaining.
- Only play as many intervals as there is time remaining for the practice.

Coaches can add or adjust any conditions as needed to challenge the players to their ability.

Big Country Soccer Association is focused on the 5 key principles for game play:

HEAD- Player with your head. Be focused and switched on. **CONTROL-** Control the ball through dribbling and being able to receive the pass. **LOOK-** See the field. See the options that are available to see what can be done in the play/ game. **PASS-** Pass with purpose, accuracy, and intent. **MOVE-** Move into a position where you are seen by your teammate with the ball for an option to receive a pass.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Moving throughout the field - Changing direction 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Keeping ball close when going through the cones with the ball in front - Working on looking up to see other players - Having players try to dribble the ball around players 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Having fun 	<ul style="list-style-type: none"> - Building confidence with the ball on foot - Focus on the instructions being provided - Encouraging players when seeing players trying to dribble the ball through the field

FIVE ELEMENTS OF TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> 1. ORGANIZED: Is the exercise organized the right way? 2. GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? 3. REPETITIONS: Are there repetitions when looking at the overall goal of the session? 4. CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. COACHING: Are the coaches comfortable with the session and able to present the details to their players? 	<ol style="list-style-type: none"> 1. What was the goal of the training session? 2. What did you do well in the training session? 3. What could you do better?
SESSION PLAN SYMBOLS	
 Training Disc  Training Cone  Pass Ball  Run without Ball  Run with Ball	