

## U7 SAMPLE LESSON PLANS

Session 1	<u>Tuesday (Dribbling)</u>		Session 2	<u>Thursday (Passing)</u>
5 min	Warm up		5 min	Warm up
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Survivor pg 9		10 mins	Freeze Tag pg 46
10 mins	The Name Game		10 mins	The Name Game

Session 3	<u>Tuesday (Shooting)</u>		Session 4	<u>Thursday (Control)</u>
5 min	Warm up		5 min	Warm up
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Monkey in the middle pg 28		10 mins	Make Friends with the Ball Pg 41
10 mins	Freeze Tag		10 mins	Scrimmage

Session 5	<u>Tuesday (Dribbling)</u>		Session 6	<u>Thursday (Passing)</u>
5 min	Warm up		5 min	Warm up
10 mins	Parts of the body Pg 35		10 mins	Square Pass pg 44
10 mins	Catch me if you can pg 12		10 mins	Clean your room pg 23
10 mins	Freeze Pg 36		10 mins	Valley of Doom Pg 43
10 mins	Hit the Coach (Ouch)		10 mins	Scrimmage

Session 7	<u>Tuesday (Shooting)</u>		Session 8	<u>Thursday (Control)</u>
5 min	Warm up		5 min	Warm up
10 mins	Ground Ball pg 25		10 mins	Obstacle Course Pg 39
10 mins	Wild West Shoot Out Pg 58		10 mins	Up and catch Pg 40
10 mins	Through the Gate Pg 32		10 mins	Juggling 101 Pg 15
10 mins	Red Light, Green Light		10 mins	Scrimmage

Session 9	<u>Tuesday (Dribbling)</u>		Session 10	<u>Thursday (Passing)</u>
5 min	Warm up		5 min	Warm up
10 mins	Special Delivery Pg 11		10 mins	Score Pg 21
10 mins	Timber Pg 49		10 mins	Truck & Trailer Pg 30
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20
10 mins	Pirates (of the Caribbean)		10 mins	Scrimmage

Session 11	<u>Tuesday (Shooting)</u>		Session 12	<u>Thursday (Control)</u>
5 min	Warm up & Stretch		5 min	Warm up & Stretch
10 mins	Knockdown Pg 56		10 mins	Control Buddies Pg 17
10 mins	To Your Corner Pg 33		10 mins	Think Fast Pg 31
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16
10 mins	Clean Your Room Pg 23		10 mins	Scrimmage

Session 13	<u>Tuesday (Dribbling)</u>		Session 14	<u>Thursday (Passing)</u>
5 min	Warm up		5 min	Warm up
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Survivor pg 9		10 mins	Freeze Tag pg 46
10 mins	Parts of the body Pg 35		10 mins	Square Pass pg 44
10 mins	Sharks and Minnows		10 mins	Scrimmage

Session 15	<u>Tuesday (Shooting)</u>		Session 16	<u>Thursday (Control)</u>
5 min	Warm up		5 min	Warm up
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Monkey in the middle pg 28		10 mins	Make Friends with the Ball Pg 41
10 mins	Ground Ball pg 25		10 mins	Obstacle Course Pg 39
10 mins	Egg Hunt		10 mins	Scrimmage

**Refer to document U4, U6 ACTIVE START on DSA Website:  
[www.devonsoccer.com](http://www.devonsoccer.com) COACH AREA pull down tab.  
 These are just suggestions and can be modified/replaced. YouTube is a great resource.  
 Just search for soccer drills by YouGotMojo for plenty more examples.**