

# SOCCER SKILL GOALS

U7	
TEAM WORK	One ball passing to every player
HOW TO USE FOOT ON THE BALL TO PASS (both feet)	Inside middle foot, to middle of ball – touches with and without full contact
PASSING	Close passes, longer passes – use cones to gauge distance.
SHOOTING	Practice target shots – any way – just to aim for targets (net)
HOW TO THROW A BALL	Start teaching throw in's, feet stuck to the ground
MOVEMENT WITH BALL	Running with the ball
TAKING THE BALL AWAY	Only give 4 kids a ball, the other kids must try and take it away and try to keep it now. Give all kids a ball, they must keep their ball while trying to kick away other kids balls. (Do this in a controlled circle with cones.
PASSING THE BALL, THEN RUNNING TO TRY AND GET OPEN TO GET IT BACK	Give and go – pass ball to team, run ahead, have the ball pass back