



MERIDIAN SOCCER

UNDER 7 WEEK 1

TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

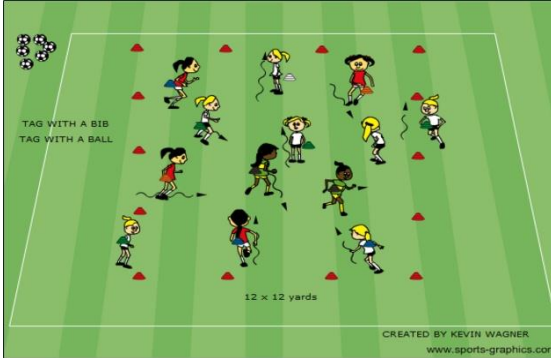
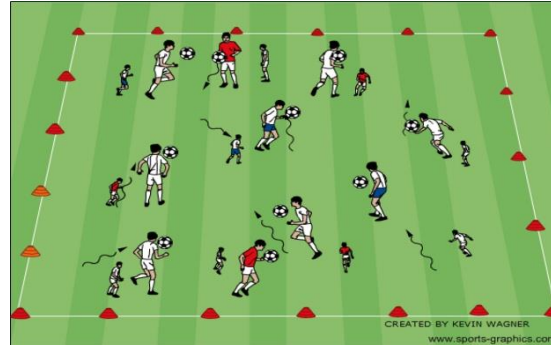
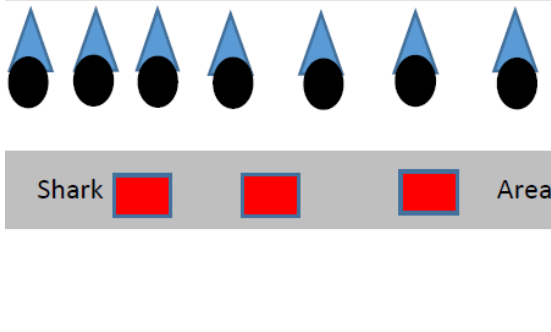
ORGANIZATION	ACTIVITY 1- BEAVER TAG - BALL TAG	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL) CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL PHYSICAL COORDINATION, TURNING, FUN <p style="text-align: center;">10 MINUTES</p>
<p style="text-align: center;">1V1</p> <ul style="list-style-type: none"> COACH SERVES BALL INTO EITHER PLAYER Os SCORE ON GOAL A, Xs SCORE ON GOAL B <p>PROGRESSION:</p> <ul style="list-style-type: none"> Os SCORE ON GOAL B, Xs SCORE ON GOAL A 	<p style="text-align: center;">ACTIVITY 2- 1 VS 1 GAME</p>	<p>COACH NEEDS TO ROLE BALL IN AT A SPEED THAT THE PLAYER CAN RECEIVE NOT A 50/50 BALL</p> <p>PLAYER NEEDS TO BRIBBLE AND TRY TO CHANGE DIRECTION THAN SHOOT</p> <p>ENCORAGE DEFENDING AS WELL</p> <p style="text-align: center;">10 MINUTES</p>
<ul style="list-style-type: none"> PLAYERS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK BEGIN WITH AN EMPTY JUNGLE EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. USE IMAGINATION 	<p style="text-align: center;">ACTIVITY 3 - JUNGLE GAME</p>	<ul style="list-style-type: none"> ENCOURAGE PLAYERS TO DRIBBLE OBSTACLES WITH QUICK FEET ENCOURAGE CREATIVITY, IMAGINATION COACHES USE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME CAN LAST A BIT LONGER THAN OTHER GAMES <p style="text-align: center;">10 MINUTES</p>
	<p style="text-align: center;">ACTIVITY 4 - GAME</p> <p style="text-align: center;">4 VS 4 NO GOAL KEEPERS 20 MINUTES</p>	



MERIDIAN SOCCER

UNDER 7 WEEK 2

TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

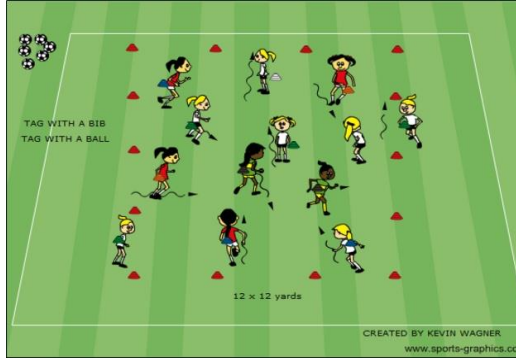
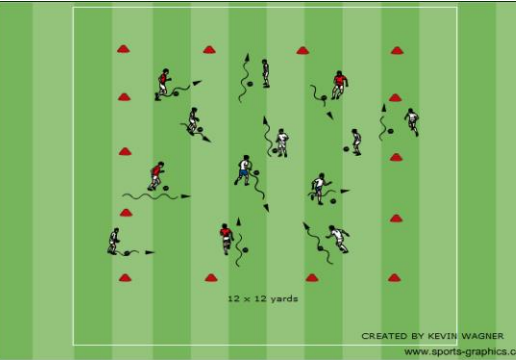

ORGANIZATION	ACTIVITY 1- HIT THE GROUND	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • SET UP LIKE SQUARE DANCE, DRIBBLING THE BALL KEEPING IT CLOSE. • WHEN THE COACH YELLS OUT TO "HIT THE GROUND", THE PLAYERS MUST QUICKLY STOP THE BALL WITH FOOT, THEN BELLY TO GROUND, THEN UP AND DRIBBLE • CAN CHANGE UP THE ACTIVITY WHEN "HIT THE GROUND" IS SAID EX-SIT ON BALL, TOE TAPS, JUMP OVER BALL, JUMPING JACKS, ETC 		<ul style="list-style-type: none"> • A COMBINATION OF PHYSICAL LITERACY MIXED WITH TECHNIQUE • A DIFFERENT WAY TO DO SQUARE DANCE • QUICK DRIBBLING, QUICK FEET, TAKE A QUICK STEP FOLLOWED BY QUICK TOUCH OF BALL • USE IMAGINATION OF TASKS TO BE USED <p>10 MINUTES</p>
<ul style="list-style-type: none"> • 1 BALL / PLAYER - PLAYERS DRIBBLE BALL • NO PLAYER IS ALLOWED TO ABANDON THEIR BALL • PLAYERS DRIBBLE, LOOKING UP • COACH YELLS RED LIGHT(STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL). • COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE =3 JUMPING JACKS, ETC <p>6 MINUTES</p>		<ul style="list-style-type: none"> • ENCOURAGE FAST QUICK FEET • DRIBBLE WITH EYES UP • CHANGE DIRECTION QUICKLY • ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC) <p>10 MINUTES</p>
<p>3 players start as the sharks, the rest are minnows. Minnows start on one end of the grid each with a ball. Sharks start in the middle of the grid Coach says "go" and each minnow must try and cross the water to the other side without getting the ball kicked out by a shark. If a ball is kicked out the minnow becomes a shark. Game ends when only one minnow remains. The sharks do not leave the imaginary line area. Keep head up and avoid traffic.</p>		<p>BE PATIENT PLAYERS WILL TAKE SOME TIME LEARNING THAT THE SHARKS STAY IN THE SHARK AREA PLAYERS ATTACKING WILL LACK CONFIDENCE IN TAKING THE RISK OF DRIBBLING THROUGH THE SHARK AREA</p> <p>10 MINUTES</p>
	<p>ACTIVITY 4 -GAME</p> <p>4 VS 4 NO GOAL KEEPERS</p> <p>20 MINUTES</p>	



MERIDIAN SOCCER

UNDER 7 WEEK 3

TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

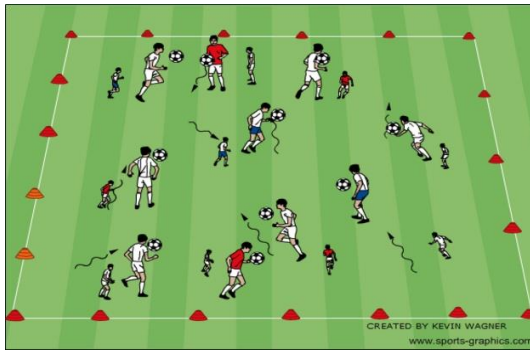
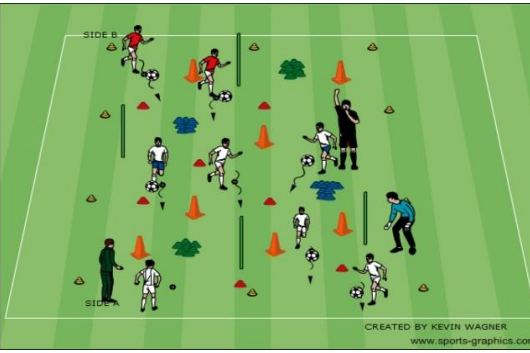
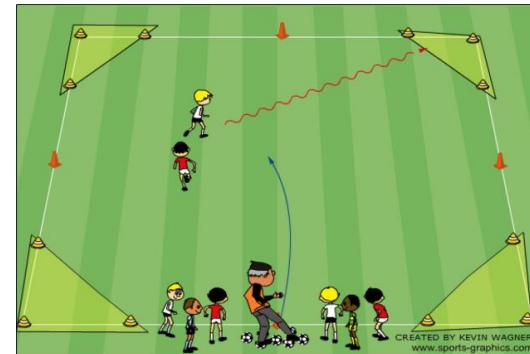
ORGANIZATION	ACTIVITY 1- BEAVER TAG - BALL TAG	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS •PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL •PHYSICAL COORDINATION, TURNING, FUN <p style="text-align: center;">10 MINUTES</p>
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER <p>TIP-A GOOD WAY TO SET THE ENVIROMENT WITH POSITIVE ENERGY</p>		<ul style="list-style-type: none"> •PURPOSE-TO ENCOURAGE DRIBBLING WHILE INTRODUCING BODY MOVEMENTS SUCH AS JUMPING, TWISTING, TURNING, •SKILLS-WE WOULD LIKE THE PLAYERS TO BE ABLE TO TURN WITH THE BALL USING THE BOTTOM, INSIDE, OUTSIDE OF THE FOOT. <p style="text-align: center;">10 MINUTES</p>
<ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE <p>A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH.</p> <ul style="list-style-type: none"> •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 		<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p style="text-align: center;">10 MINUTES</p>
	<p style="text-align: center;">ACTIVITY 4 -GAME</p> <p style="text-align: center;">4 VS 4 NO GOAL KEEPERS</p> <p style="text-align: center;">20 MINUTES</p>	



MERIDIAN SOCCER

UNDER 7 WEEK 4

TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

ORGANIZATION	ACTIVITY 1- TRAFFIC LIGHT GAME	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •NO PLAYER IS ALLOWED TO ABANDON THEIR BALL •PLAYERS DRIBBLE, LOOKING UP •COACH YELLS RED LIGHT(STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL). •COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE =3 JUMPING JACKS, ETC 	 <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •ENCOURAGE FAST QUICK FEET • DRIBBLE WITH EYES UP • CHANGE DIRECTION QUICKLY •ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC) <p>10 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK • BEGIN WITH AN EMPTY JUNGLE •EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. •USE IMAGINATION 	<p>ACTIVITY 2- JUNGLE GAME</p>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET •ENCOURAGE CREATIVITY, IMAGINATION •COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME •CAN LAST A BIT LONGER THAN OTHER GAMES <p>10 MINUTES</p>
<p>1V1 - 3V3</p> <ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 	<p>ACTIVITY 3 - 4 CORNERS</p>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>10 MINUTES</p>
	<p>ACTIVITY 4 -GAME</p> <p>4 VS 4 NO GOAL KEEPERS</p> <p>20 MINUTES</p>	



MERIDIAN SOCCER

UNDER 7 WEEK 5

TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

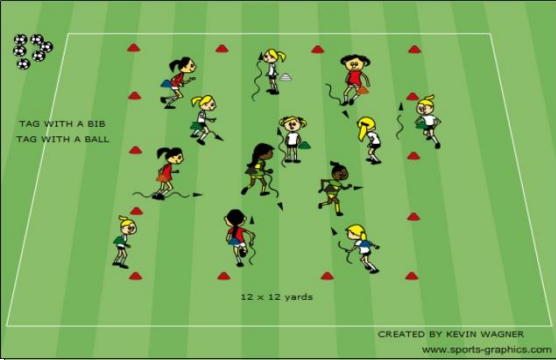
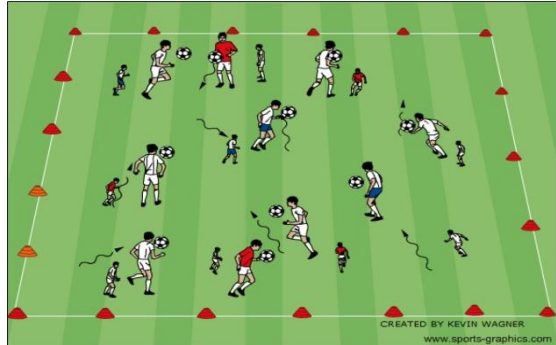
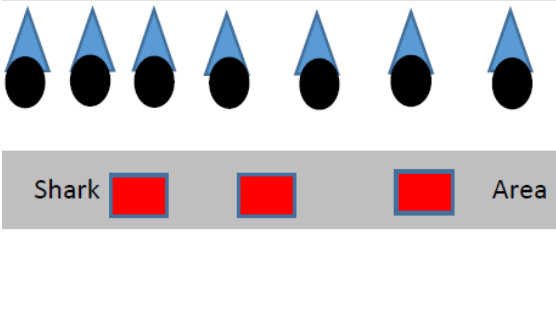
ORGANIZATION	ACTIVITY 1- BEAVER TAG - BALL TAG	COACHING POINTS/KEY FACTOR
<ul style="list-style-type: none"> •PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS •PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL •PHYSICAL COORDINATION, TURNING, FUN <p>10 MINUTES</p>
<p>1V1</p> <ul style="list-style-type: none"> •COACH SERVES BALL INTO EITHER PLAYER • Os SCORE ON GOAL A, Xs SCORE ON GOAL B <p>PROGRESSION:</p> <ul style="list-style-type: none"> •Os SCORE ON GOAL B, Xs SCORE ON GOAL A 	<p>ACTIVITY 2- 1 VS 1 GAME</p>	<p>COACH NEEDS TO ROLE BALL IN AT A SPEED THAT THE PLAYER CAN RECEIVE NOT A 50/50 BALL</p> <p>PLAYER NEEDS TO BRIBBLE AND TRY TO CHANGE DIRECTION THAN SHOOT</p> <p>ENCORAGE DEFENDING AS WELL</p> <p>10 MINUTES</p>
<ul style="list-style-type: none"> •ALL PLAYERS HAVE A BALL • 1 OR 2 PLAYERS ARE "IT" AS DEFENDERS •"IT" IS THE DEFENDER FOR 30 SECONDS OF WHICH THEY TRY TO STEAL OR KICK AWAY EACH ATTACKERS BALL •IF BALL GOES OUT, PLAYERS CAN RE - ENTER •PROGRESS TO A WINNER IF DESIRED •CHANGE THE "IT"/DEFENDER UP EVERY 30 SECONDS 	<p>ACTIVITY 3 - JUNGLE GAME</p>	<ul style="list-style-type: none"> •ENCOURAGE GOOD, FAST DRIBBLING •PLAYERS TO HAVE EYES UP •TURN AWAY FROM PRESSURE •CAN USE BODY TO PROTECT BALL <p>10 MINUTES</p>
	<p>ACTIVITY 4 -</p> <p>4 VS 4 NO GOAL KEEPERS</p> <p>20 MINUTES</p>	



MERIDIAN SOCCER

UNDER 7 WEEK 6





TOPIC: PHYSICAL LITERACY, SKILL-BALL CONTROL

ORGANIZATION	ACTIVITY 1- HIT THE GROUND	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • SET UP LIKE SQUARE DANCE, DRIBBLING THE BALL KEEPING IT CLOSE. • WHEN THE COACH YELLS OUT TO "HIT THE GROUND", THE PLAYERS MUST QUICKLY STOP THE BALL WITH FOOT, THEN BELLY TO GROUND, THEN UP AND DRIBBLE • CAN CHANGE UP THE ACTIVITY WHEN "HIT THE GROUND" IS SAID EX-SIT ON BALL, TOE TAPS, JUMP OVER BALL, JUMPING JACKS, ETC 		<ul style="list-style-type: none"> • A COMBINATION OF PHYSICAL LITERACY MIXED WITH TECHNIQUE • A DIFFERENT WAY TO DO SQUARE DANCE • QUICK DRIBBLING, QUICK FEET, TAKE A QUICK STEP FOLLOWED BY QUICK TOUCH OF BALL • USE IMAGINATION OF TASKS TO BE USED <p>10 MINUTES</p>
<ul style="list-style-type: none"> • 1 BALL / PLAYER - PLAYERS DRIBBLE BALL • NO PLAYER IS ALLOWED TO ABANDON THEIR BALL • PLAYERS DRIBBLE, LOOKING UP • COACH YELLS RED LIGHT (STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL). • COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE =3 JUMPING JACKS, ETC <p>6 MINUTES</p>		<ul style="list-style-type: none"> • ENCOURAGE FAST QUICK FEET • DRIBBLE WITH EYES UP • CHANGE DIRECTION QUICKLY • ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC) <p>10 MINUTES</p>
<p>3 players start as the sharks, the rest are minnows. Minnows start on one end of the grid each with a ball. Sharks start in the middle of the grid Coach says "go" and each minnow must try and cross the water to the other side without getting the ball kicked out by a shark. If a ball is kicked out the minnow becomes a shark. Game ends when only one minnow remains. The sharks do not leave the imaginary line area. Keep head up and avoid traffic.</p>		<p>BE PATIENT PLAYERS WILL TAKE SOME TIME LEARNING THAT THE SHARKS STAY IN THE SHARK AREA PLAYERS ATTACKING LACKING CONFIDENCE IN TAKING THE RISK OF DRIBBLING THROUGH THE SHARK AREA</p> <p>10 MINUTES</p>
	<p>ACTIVITY 4 - GAME</p> <p>4 VS 4 NO GOAL KEEPERS</p> <p>20 MINUTES</p>	



MERIDIAN SOCCER

TOPIC: PHYSICAL LITERACY, DRIBBLING

ORGANIZATION	ACTIVITY 1- SQUARE DANCE+ CONES	COACHING POINTS/KEY FACTORS
<p>"NO WAY!" SHIELD (Activity #2) SET UP</p> <ul style="list-style-type: none"> • Create a field 15x20 yards <p>METHOD</p> <ul style="list-style-type: none"> • Each player has a partner (of equal ability) and one ball to share. • Coach says "GO!" player without the ball tries to steal it from their dribbling partner. • Once a player steals the ball they must try and keep possession until the end of the round (1min-1.5minutes) • The partner who ends up with the ball gets a point. • If ball goes out of bounds, the player who kicked the ball out must give possession to their partner. 		<ul style="list-style-type: none"> •PHYSICAL LITERACY •DRIBBLE WITH EYES UP •PLAYERS SCAN THE FIELD •CAN MAKE IT A COMPETITION IF YOU WANT TO ADD MANY MORE CONES OR BIBS TO PICK UP <p style="text-align: right;">10 MINUTES</p>
<p>Math Dribbling ACTIVITY #2</p> <p>SET UP</p> <ul style="list-style-type: none"> • Each player has a ball at their feet. <p>METHOD</p> <ul style="list-style-type: none"> • Have players dribbling in the space using "FAST FEET" moves. • Coach call out a number, and players must form groups according to that number. ("4"= 4 players in a group) • Players who do not form a group of the correct number, do three jumping jacks and rejoin the game. 		<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS TO THINK AND LOOK UP WHILE DRIBBLING • CAN USE COLORS OR SOME OTHER CUE TO HOW THE PLAYERS GROUP UP •PHYSICAL COORDINATION, TURNING, FUN - THINKING - PROBLEM SOLVING <p style="text-align: right;">10 MINUTES</p>
<p>SET UP</p> <ul style="list-style-type: none"> • Half of your team lines up near the kick off mark at half field, and half next to the goal. • About (3) yards in front of the goal, place disc cones, and encourage players to shoot before crossing that line. <p>METHOD</p> <ul style="list-style-type: none"> • Players at half field have a ball at their feet. One at a time, players will dribble towards the goal, once they start a "defender" from the goal line will run out and play defense. • Dribbler tries to score a goal, while the defender tries to win the ball. • If the defender wins the ball, they dribble to the half line to score a point. The offensive player earns a point by scoring a goal. • Encourage smart defending (be patient, watch the ball not the player). 	<p style="text-align: center;">ACTIVITY 3 - SHOOT-RETRIEVE-DEFEND</p> 	<ul style="list-style-type: none"> •ENCOURAGE GOOD, FAST DRIBBLING •PLAYERS TO HAVE EYES UP •TURN AWAY FROM PRESSURE •CAN USE BODY TO PROTECT BALL <ul style="list-style-type: none"> • FOR DEFENDERS TO GET TOUCH TIGHT • DEFENDERS NOT BE AFRAID TO MAKE CONTACT <p style="text-align: right;">10 MINUTES</p>
<ul style="list-style-type: none"> •SPLIT GROUP INTO 2 TEAMS • START 1V1 • ADD NUMBERS UP UNTIL EVERYONES IN • AFTER EVERTONES IN AND A COUPLE MINS PASS, THEN START OVER 1V1 	<p style="text-align: center;">ACTIVITY 4 - STREET SOCCER GAME</p> 	<p>COMPETE - GAME TYPE DECISIONS MADE</p> <p style="text-align: right;">10 MINUTES</p>

