**Northfield Soccer Assn**

**Ages 7-8**

**Session Notes**

•Set up grids/fields as much as possible prior to start.

•Use captains for scrimmages and designate responsibilities to them

•Remember the topic. Reinforce the day’s topic (try not to correct defense when the topic is dribbling)

•If you are prepared, time will go fast. If you aren’t time seems to stand still.

•Find ways to encourage and compliment everyone.

•Inject fun, team rituals, and morals within the game.

•Use Experiential Educational methods.

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| Day | Arrival  6:25-6:35 | Master Coach  6:35-6:55 | Activity  6:55-7:05 | Scrimmage  7:05-7:30 |
| June 2 | 4v4 | Dribbling: Surfaces & Turns | Monster Tag | 4v4 |
| June 9 | 4v4 | Dribbling: Speed & Angles | GET OUT  (4 Goals) | 4v4 |
| June 16 | 4v4 | Dribbling: Shielding | Shield Game | 4v4 |
| June 23 | 4v4 | Defending | GET OUT | 4v4 |
| June 30 | 4v4 | Passing | GET OUT | 4v4 |
| July 7 | 4v4 | 2v1 | GET OUT | 4v4 |

**Northfield U8 Practice**

**Week 1**

**Focus:** Emphasize athletic posture, keeping awareness around themselves, manipulating the ball correctly, excitement about trying new things. It is a week to encourage kids to take initiative and dribble, rather than just kicking it.

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**Take Attendance! Hand out uniforms!**

**6:40-6:55 Master Coach: Grid Dribble – Surfaces & Turns**

Big Toe, Little Toe, Sole of foot

Inside Cutback, Outside Cutback, Sole pullback, Crazy driver

Add: Cone! Players dribble around a boundary cone and return to the middle

**7:00-7:10 Partner Teams: Monster Tag Dribble**

Designate 2-3 players as ‘monsters’

Slow down ‘monsters’ by linking arms at their elbows

Players become frozen when tagged

Players become unfrozen when ball dribbled through their legs

If the monsters are not catching anyone, reduce the grid, add monsters, or eliminate the elbow link

**7:10-7:30 Partner Teams: 4v4 Scrimmage**

Emphasize dribbling used during the day

**Reminder: Call those who did not attend the first day!**

**Northfield U8 Practice**

**Week 2**

**Focus:** As we get more confidence in dribbling, we add the concept of speed and angles (not just running straight ahead). Building on previous week of using various parts of the feet, awareness, we now talk about importance of lateral movement around defenders and using a Game Move!

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**6:35-6:55** **Master Coach**: **Beginning Pele’s & Grid Dribble – Speed & Angles**

Back & Forth: Zig Zags & Races

Inside, Outside, Sole, Crazy Driver + Turbo, Grandpa, Medium.

First Game Move: inside, inside, outside

Second Game Move: Chop, Chop

Scissors, Stepover, Drag & Hop

**6:55-7:10 Partner Teams: Get Out 4 Goals**

Call to Players to Get Out

Call Number of Players

**7:10-7:30 Partner Teams: 4v4 Scrimmage**

Play regular 4v4

ADD: Play 6v6 to 4 goals with 2 balls (3 as activity dictates)

**Northfield U8 Practice**

**Week 3**

**Focus:** The focus changes to strength and positioning, more of a mental challenge in strategy. Remind players to hold their ground and be confident they can hold the defender away.

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**6:35-6:55** **Master Coach: Shielding**

Triangle Tag – emphasis on sole of foot turns

Shield – one in triangle, one outside

Focus: Body position, Awareness of defender

Remove boundaries – 1 pt for touching the opponent ball without leaving your own

**6:55-7:05** **Partner Teams: Shield Game**

2 Players dribble own ball, Cannot leave own ball

1 Point for touching opponent ball

Tips:

Use Body Width, not Depth/Back

Strength in legs/arms

Use sole of foot

**7:05-7:30**

**4v4 Scrimmage**

**Remember to watch for shielding opportunities!**

**Northfield U8 Practice**

**Week 4**

**Focus:** As players become more adept in dribbling, it becomes more important to discuss how to defend and take the ball away. Rather than encouraging dribbling, we encourage when to pounce to get the ball, when to ‘jockey’ and when to retreat.

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**6:35-6:55 Master Coach: Defending**

Back & Forths, Zig Zags

Groups of 2, Mirror Dribble at center cone

Eliminate cone and one ball

Player dribbles at defender, zig zags

Discuss timing of dribble, when to ‘pounce’

Defenders ‘jockey’ then pounce

Defenders at 20%, then 50%, then 100%

**6:55-7:10 Team Partners: Get out**

Get out game with defending focus

Defend a goal, get out quick and in front of goal

Jockey and Pounce

**7:10-7:30 4v4 Scrimmage**

**Northfield U8 Practice**

**Week 5**

**Focus:** We evolve from one player concept to two player concepts. We still keep the foundation of athletic disposition, awareness, using various parts of feet, change speed, directions. We will discuss basic passing technique and roles of teammates in how to complete a pass.

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**6:35-6:55 Master Coach: Passing**

**2 Grid Dribble**

Partners, in different grid dribble

Big Toe & Turns

Toss out a ball per partner

Pass on Command

Tips:

Eye Contact

Passing Lane / space

Ball Contact

Move to ball & complete the pass

**6:55-7:05 Partner Coach: Get Out 2v1**

Team A gets 5 tries, then switch

**7:10-7:30 4v4 Scrimmage**

**Northfield U8 Practice**

**Week 6**

**Focus:** As we build the team concepts, we look at basic passing patterns of a Takeover and a Give and Go. The Takeover is a clever handoff that occurs from a dribble or shielding situation, where a Give and Go is where two players combine in a quick series of two passes to evade a defender.

**6:25-6:35 4v4 Scrimmage**

As kids arrive, add to group

**6:35-6:55 Master Coach: Passing Combinations**

Unfortunately, this is as disorganized as it can get

Groups of 3, designate one player as defender

Walk through a Takeover: dribbler, defender, role of 2nd player

Rotate the roles

Walk through a Give and Go: dribbler, defender, role of 2nd player

Why would someone call this a Wall Pass?

**6:55-7:10 Partner Team: Get Out 2v1**

Same from previous week

Encourage Give & Go, Take Over

Team A gets 5 tries, then switch

**7:10-7:30**

**4v4 Scrimmage**