



Session Plans

U7/8 Age Appropriate Session Example 1

Topic: Dribbling
Age: U7/8

Duration: 60 Minutes
Players: 8

Warm Up



Description:

Dynamics with a ball.

- 1-Dribble
- 2-Toe Taps (High Knees)
- 3-Bouncy Knees (Lunges)
- 4-Ball Sits (Squats)
- 5-Scissors (Open the Groin)
- 6- Player Ideas?

Coaching Points:

Dribbling Gates Activity



Description:

12 gates for 12 players

- 1.How many gates in 1min? 2. Can you beat your score? 3. Make gates Smaller, worth 2 points but only if accelerate after exiting. 4. Beat it? Lose a point if dribble out of bounds, bump into another player, ball or cone.

Coaching Points:

- Use different surfaces- Inside, Laces, Outside, Sole.
- Small touches to keep ball close
- Head up to look for free space
- Change of pace

Dribbling Opposed Activity



Description:

2 players start in the middle square as attackers. Other 4 players defend 1 goal each. The attackers can choose to attack any goal and score by dribbling through the goal marked by cones. After attempting to score the attacker takes the defenders place and the defender runs in to the middle to collect a new ball and attack another goal.

Coaching Points:

- Be direct
- Try to unbalance the defender
- Change of direction
- Change of speed

Small Sided Game



Description:

Small sided game 4v4 No GKs

Coaching Points:

- Encourage Creativity
- Be Positive
- Reiterate points from session