



# U7

## FALL 2018

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### Objectives:

- Gain confidence, maintain creativity & instill a love of the game through positive reinforcement from coaches and other players
  - Learn three skills (Pull-Push, L-Turn, V-turn)
  - Burn off energy through age-appropriate physical exertion
  - Transition to more scrimmage-related sessions to prepare for 4v4 in fall
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# Schedule

Skill intro	Game	Break	Scrimmage (1st half)	Break	Scrimmage (2nd half)
10	16	2	15	2	15

WK	Skills	Games	Learning objectives
1	<ul style="list-style-type: none"> <li>• Pull-Push</li> </ul>	<ul style="list-style-type: none"> <li>• Kings &amp; Queens</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Learning names</li> <li>• Building confidence</li> </ul>
2	<ul style="list-style-type: none"> <li>• Pull-Push</li> </ul>	<ul style="list-style-type: none"> <li>• Bug Splatter</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Learning names</li> <li>• Building confidence</li> </ul>
3	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> </ul>	<ul style="list-style-type: none"> <li>• Mud Monsters</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Game awareness</li> <li>• Dribbling 1v1</li> </ul>
4	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> </ul>	<ul style="list-style-type: none"> <li>• Sharks &amp; Surfers</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Game awareness</li> <li>• Dribbling 1v1</li> </ul>
5	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> </ul>	<ul style="list-style-type: none"> <li>• Dr, Dr!</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Game awareness</li> <li>• Dribbling 1v1</li> <li>• Decision making (risk v reward)</li> </ul>
6	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> <li>• V-turn</li> </ul>	<ul style="list-style-type: none"> <li>• Steal the Bacon</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Decision making (risk v reward)</li> <li>• 1v1s/2v2s</li> </ul>
7	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> <li>• V-turn</li> </ul>	<ul style="list-style-type: none"> <li>• 4 goal game</li> <li>• Scrimmage</li> </ul>	<ul style="list-style-type: none"> <li>• Attacking 1v1/as a group</li> </ul>
8	<ul style="list-style-type: none"> <li>• Pull-Push</li> <li>• L-turn</li> <li>• V-turn</li> </ul>	<ul style="list-style-type: none"> <li>• Scrimmage day</li> </ul>	<ul style="list-style-type: none"> <li>• All other lessons from season</li> </ul>

# Skill Intro:

- Ball each
- Players **challenged** to:
  - do as many touches as possible with both feet
  - dribble with different parts of the foot
  - remember skills from last week
  - avoid other players by using skills
- Players **encouraged** to use skills from Skill Intro in the games & scrimmages

# Games

## Kings & Queens

- 4-6 squares in area, made from cones
- Select a King/Queen to rule over their castle
- King/Queen must defend their castle from invaders
- Players get point every time they enter a castle and escape without being tagged
- Make sure every player gets a chance to be King/Queen

## Bug Splatter

- 1-4 players start next to coach with ball in hands, start as exterminators
- Players must dribble away and protect ball from exterminators
- Exterminations must splat soccer balls to create more exterminators
- Last player dribbling is the winner
- Make sure **every** player gets the chance to start as the bug splatter

## Mud Monsters

- 1-4 players start next to coach without ball, wearing pinnies, as Mud Monsters
- Players must dribble away and protect ball from Mud Monsters
- Mud Monsters must tag players to freeze them
- Frozen players stand with ball above head, legs wide open
- Other players can rescue frozen players by passing ball between their legs
- Mud Monsters win if all players frozen

## Sharks & Surfers

- Boundaries at either end of field are beaches, the sides are rocky cliffs
- 1-3 sharks start in the middle of the ocean
- Coach makes surfers say “Surf’s Up” / “Kowabunga” before allowing them to start
- Surfers must surf across the ocean and reach the other beach, avoiding sharks

- Once at the other side, they sit on their surfboard and cheer their fellow surfers
- Sharks must force surfers towards rocky cliffs or eat their surfboard
- Surfers who lose their surfboard become sharks

## Dr, Dr!

- Split players into four teams, each team gets a hospital (square of cones)
- Each team has a doctor who lives inside the hospital
- Other teammates must dribble around and strike their ball into other players
- When hit, player is frozen, must kneel and shout “Dr, Dr!”
- Doctor has to leave hospital and Hi-Five player for them to unfreeze
- Outside hospital, Doctor is vulnerable and if hit by ball, team loses
- Only hits below the knee or on ball count

## Steal The Bacon

- Two goals at either end of field
- Two teams numbered, 1 to number of kids on team
- Coach puts a ball into the arena and calls a number
- The two players enter the field and try to score in the opposition’s goal
- **Progression:** Coach calls more than one number, players must pass before scoring

## 4 Goal Game

- Field has a goal on each boundary line
- Players split into four equal teams, each team gets a ball
- Players line up in diamond formation
- Players must decide to attack other goals/defend their own
- Risk versus reward
- **Progression:** Teams allowed to decide their own tactics (stay back and defend, all out attack, etc)

## Scrimmages

- Teams of four maximum (essential to create enough fields for number of players)
- Remind players to maintain diamond shape, **avoid stopping game if possible**
- One ball scrimmage
- Add goals for use of skills to beat opponents