U7/U8 Week 5 Training Curriculum



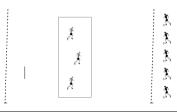


10min Warm-Up:

Objective:

No Man's Land

Designate 3 defenders in an 8yd x 15yd grid (*No Man's Land*) in the center of the playing field. At one end-line, have all remaining players with their ball. On coach's call, players attempt to dribble their ball through *No Man's Land* and get to the other side. Defenders *cannot* leave *No Man's Land* and attackers must dribble through it and get to the other end-line with their ball under control. Defenders prevent players from passing through by simply kicking the balls away. Repeat 3x per group no matter if successful or not.



Key Coaching Points:

- Players should be in control of ball and very close to their feet *at all times*.
- Players should spread out when stopped along the end-lines of play.
- Encourage/Challenge players to quickly dribble their ball past defenders. **Do not** encourage players to simple kick their ball past the defenders.
- Encourage/Challenge players to only make 1 or 2 moves (outside or inside of foot cuts) to get past the defenders.

15-20min Individual-Based Activity:

1v1 to End-line

Objective:

Divide players into 1v1 groups in an 8yd x 15yd grid. Game starts when a player from his/her dribbles the ball to the other player. Players try to gain possession and stop the ball on their opponent's line. Game continues until a point is scored or it goes out of play behind either player's goal line. Each restart is alternated no matter who scores the last goal.



Key Coaching Points:

- Players should be in control of ball and very close to their feet *at all times*.
- Players should maintain body balance when receiving/control ball.
- Encourage/Challenge players to quickly dribble their ball past defender. <u>Do not</u> encourage players to simple kick their ball past the defender.
- Encourage/Challenge players to only make 1 or 2 moves (outside or inside of foot cuts) to get past the defender.

25-30min Small-Sided Game:

4v4 with no goal keepers

Objective:

Set up 2 teams to scrimmage. Coach should be in control of the ball. When out of play, coach serves ball *on the ground* to the player in the most open space within the field.

Encourage players to 'take-on' and dribble past opposing players – not passing!

Very important – coaches must remain off the field and limit instruction at this time. Let the players play!

Key Coaching Points:

- Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.
- Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?"
- Encourage/Challenge players to dribble and not pass or simply kick the ball away.