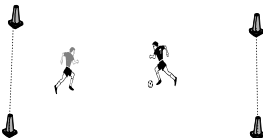
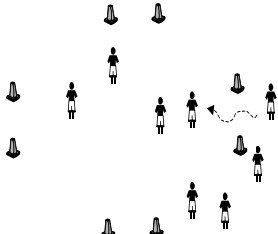


U7/U8

Week 7 Training Curriculum

Topic: **Controlling/Receiving the Ball Part II**



<p>10min Warm-Up:</p> <p>Dribbling Gates with Ball Control</p>	<p>Objective:</p> <p>Coach sets out multiple pairs of cones (gates) separated about 1 yard from each other in a 20-yard x 20-yard grid. These cones at as opposing players in which players must dribble their ball around to earn points.</p> <p>All players are to dribble their ball in the area. When they approach a gate, they have to stop their ball about 1yard in front of it, then pick up the ball and gently toss it about head height into the air in front of them. As the ball falls and hits the ground, players must quickly control the ball and perform a move around the cone as described below.</p> <p>Move Variations Controlled by Coach:</p> <ol style="list-style-type: none"> 1) Control ball with outside of foot (left or right). 2) Control ball with inside of foot (left or right). 3) Control ball with thigh. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet <i>at all times</i>. • Players should maintain body balance when receiving/control ball. • Encourage/Challenge to quickly settle their ball on the ground before taking off to dribble. Do not encourage players kicking their ball in mid-air before dribbling. • Encourage/Challenge players to keep their heads up and find a free gate not occupied by another player.
<p>15-20min Group-Based Activity:</p> <p>1v1 Ball Control to End-line</p>	<p>Objective:</p> <p>Divide players into 1v1 groups in an 8yd x 15yd grid. Game starts when a player from his/her end-line gently throws the ball to the other player. The player receives the ball and quickly attempts to dribble the ball past their opponent and stop the ball on the end-line. The player who throws the ball to start the game is not allowed to move off their line until their opponent controls the ball. 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.</p> 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet <i>at all times</i>. • Players should maintain body balance when receiving/control ball. • Encourage/Challenge players to quickly settle their ball on the ground before taking off to dribble. Do not encourage players kicking their ball in mid-air before dribbling. • Encourage/Challenge players to only make 1 or 2 moves (outside or inside of foot cuts) to get past the defender.
<p>20-25min Small-Sided Game:</p> <p>4v4 with no goal keepers</p> <p>4 Goals</p> 	<p>Objective:</p> <p>Set up 2 teams to scrimmage with 4 goals. Teams have 2 goals to score in and 2 goals to defend.</p> <p>U7 Players – When passing the ball into play, allow teammate to get control before opposing player can apply pressure.</p> <p>U8 Players – When throwing the ball into play, allow teammate to get control before opposing player can apply pressure.</p> <p>Encourage dribbling and turning away from opposing players – not passing!</p> <p>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • 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. • Encourage/Challenge players to change direction with the ball to avoid goals that are heavily defended.