



**COACH: Age Group Week 1**

**TEAM: U7-U8 Team**

**DATE: Fall 2017**

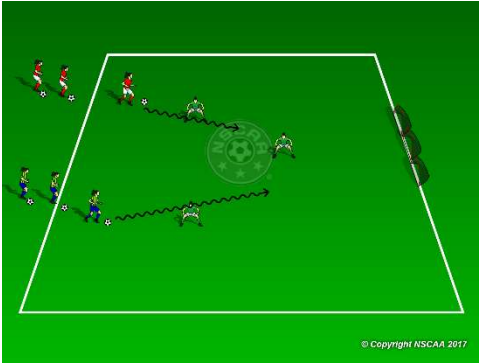

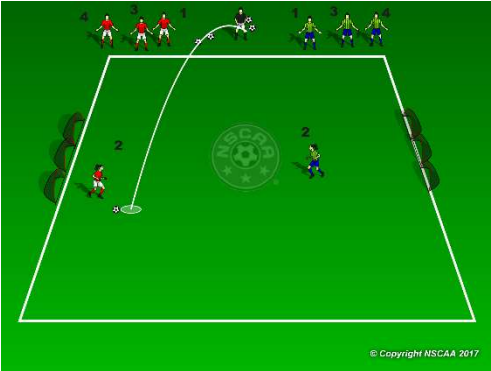
**TOPIC: Dribbling**

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p><b>Warmup</b></p> 	<p>20 X 20 Grid Group dribble using all parts of the foot. Change speed, change direction, find space, 10-15 min,</p> <p>All players have a ball, Half of the group has a with pinny. Players without pinny tries to steal the pinny. If they steal the pinny, they put the pinny in their back. Objective is to have a pinny at the end of 2 minutes.</p> <p>Run it 2 times, 10 Minutes.</p> <p>Shielding drill, half as many balls as players, 2 minutes steal the ball. At the end of 2 minutes count which team has the most balls.</p>	<p>The free dribble is a refresher on surfaces of the foot. Ask players to demonstrate favorite move. Discuss importance of dribbling is to change direction and change speed. Introduce that feinting is important way to create space with the dribble.</p> <p>Discuss use of the body to shield the ball while dribbling.</p> <p>Pinny game has objective of driving dribblers to look up while dribbling so they can try to steal the pinny. This is a multi-directional warm up.</p> <p>In shielding game discuss difference between shielding the ball and dribbling away from the defense. Shielding builds into the directional game.</p>
	<p>In 20 X 15 grid, Split into 2 teams on either side of the grid. All players have a ball. dribble across space keeping ball away from other player. Once you reach the other side stop the ball on the line. First team to stop ball on far side wins a point.</p> <p>Progress to make a move/shield at middle while other team tries to poke the ball away.</p>	<p>This provides prospective on when to make the move, get practice approaching a defender without pressure,</p> <p>Discussion points are to keep the ball close, Use the body between the opponent approaching and the ball.</p>

COACH: Age Group      Week 1

TEAM: U7 – U8 Team      DATE: Fall 2017

TOPIC: Dribbling

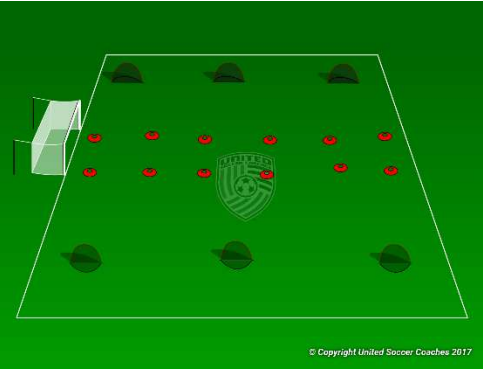
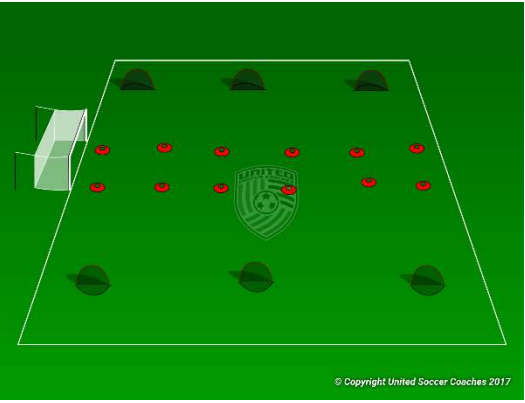
STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p><b>Crab Defense to goal</b></p>  <p>The diagram shows a green rectangular field with a white goal at the top. Three players are positioned in a line across the top, labeled as 'crabs'. A ball is being dribbled from the bottom towards the goal. A 'shield' player is positioned between the ball and the crabs. The crabs are shown in a crab-like crouch. A copyright notice '© Copyright NSCAA 2017' is at the bottom right.</p>	<p>In 20 X 15 box set up 3 Puggs on one end or large goal. Have 2 lines on one end. Start with coaches/volunteers as crabs. Players dribble at Crab, move shield to get around crab and then try to score.</p> <p>After a few tries switch to player crabs, and then rotate crabs.</p> <p>Crab Position:</p>  <p>The illustration shows a person in a red tank top and black leggings in a crab-like crouch, with hands on the ground and feet tucked under the body.</p>	<p>Increases pressure on dribbler and awareness on when to change direction with the ball. Discuss keeping the ball close when accelerating past the crab, or the next crab will steal the ball.</p>
<p><b>Get Out of Here</b></p>  <p>The diagram shows a green rectangular field with a white goal at the top. A ball is being kicked from the bottom towards the goal. A group of players is positioned along the top edge of the field. A copyright notice '© Copyright NSCAA 2017' is at the bottom right.</p>	<p>15 X 10 Grid. Teams of 5-6 on side of grid with Coach, Number players 1-6.</p> <p>Coach feeds a ball out and calls out numbers. These players go into score. Start with 1 V 1 and work way up to 3 V 3.</p> <p>If balls go out, or extended play without a shot, call "get out of here" and send in a new group.</p>	<p>Goals are closer to encourage a quick dribble and shot.</p> <p>Feed the ball to one team to promote attacking to the goal and defending. Allow a steal and transition for the defense.</p>

COACH: Age Group U7/8 Week 2

TEAM: U7–U8 Team

DATE: Fall 2017

TOPIC: 1 V 1 Defending

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p><b>WARM-UP</b></p>  <p><small>© Copyright United Soccer Coaches 2017</small></p>	<p>After dribbling warmup. In a 20 X 20 Grid with a 5 yd box in the middle, pair players.</p> <p>Rules. 1. Players must face each other at all times.</p> <ol style="list-style-type: none"><li>2. Defending player must tag attacker below the knee.</li><li>3. Attacker must keep from getting tagged while still facing the defender. If attacker passes they get a point.</li></ol> <p>Switch positions. Then change to attacker must try to get into the center box without getting tagged.</p>	<p>Objectives:</p> <ol style="list-style-type: none"><li>1. Positioning of feet. Use staggered feet.</li><li>2. The reason for tagging below knees is to keep the body low.</li><li>3. Find the right distance from the attacker to keep the attacker from getting past.</li></ol> <p>When go to directional defending:</p> <ol style="list-style-type: none"><li>1. Use the lead foot to direct the attacker.</li><li>2. Come from an angle to drive the attacker away from the box.</li></ol>
<p><b>1 V 1 Defending unopposed and opposed</b></p>  <p><small>© Copyright United Soccer Coaches 2017</small></p>	<p>In 30X20 grid divide players in half. Set players on opposite sides of the grid. Group 6- 8 players per box and pugg goal set.</p> <p><b>Phase I</b> Team B passes to A, Player A has the ball and zig-zag dribbles towards the other side of the area. Player B faces Player A and is the defender. As player A dribbles slowly (not trying to beat player B), player B back peddles/ shuffles/slides. Player B does not try to win the ball at this time. Once Player A crosses the line, the next Player B passes a ball.</p> <p><b>Phase II</b> pass the ball and then defend live, if defender steels the ball, he/she attacks and the next player from the other side steps up to defend.</p>	<p>Phase I: Unopposed is to work on spacing and trying to steer the attacker. This is an opportunity to get comfortable with going backward and keeping a space from the attacker.</p> <p>Phase II: Is the opportunity to work on keeping space until the correct time to steal the ball and attack the opposite goal.</p>

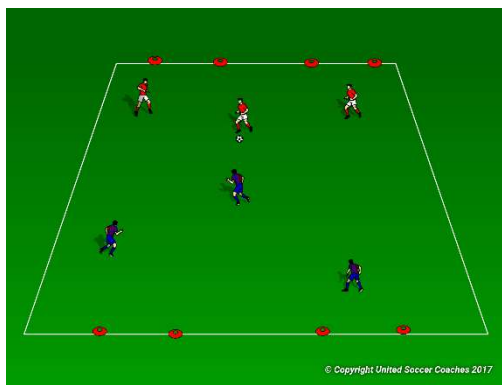
**COACH: Age Group Week 2**

**TEAM: U7-U8 Team**

**DATE: Fall 2017**

**TOPIC: 1 V 1 Defending**

### 3 V 3 Line Soccer



In 20 X 15 grid, with gates instead of pugg goals. Attacker must dribble through the gate to get a point.

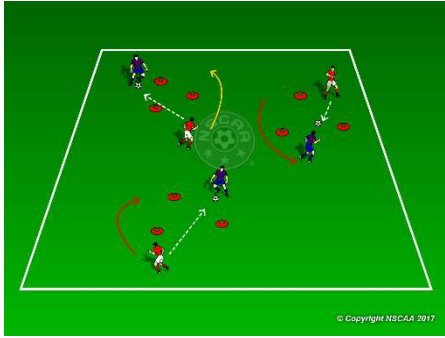

### Scrimmage

### 4 V 4 Scrimmage

COACH: Age Group Week 3

TEAM: U7-U8 Team DATE: Fall 2017

TOPIC: Receiving to Turn



STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p><b>Dribbling WARM-UP</b></p>  <p>© Copyright NSCAA 2017</p>	<p><b>Warmup - 10-15mins</b></p> <p>Three cones spread over 8yds, pair with a ball, players are to work on receiving with various parts/methods moving between spaces each time.</p> <p>Water Break - Discuss Shielding/Turning</p> <p>Pairs - player A is to receive a pass and return to partner, run around cone, receive pass again with alternate foot/surface, Repeat 5 times, switch players.</p> <p>Progress to racing or quantity of touches. Also progress to bouncing ball, thigh traps.</p>	<p>To demonstrate and technique for receiving the ball and get repetition on redirecting the ball to set up attack and possession.</p> <p>The triangle forces the player to change direction to play it back through a new lane.</p> <p>In the discussion, discuss how the surface of the foot, position of the hips, and tightness of the leg muscles impact the receive and redirect skill.</p> <p>The redirect allows you to position the body to shield from the defender, discuss how when receiving under pressure, shielding (putting your body between the opponent and your ball) is first priority.</p> <p>The position and tension of the body are uniform for receiving bouncing balls as well.</p>
<p><b>2 v 2 Line Soccer</b></p>  <p>© Copyright NSCAA 2017</p>	<p>15x20 Grid, set teams of 4-6 on either side in lines of two. One player serves to the other pair and then pressures. Coach can call restart if no goal after 90 seconds.</p> <p>Start the service by bowling directly to a player, and throw ins such that it gets to feet, then work up to hard passes and high bouncing throw ins.</p> <p>After a couple cycles through, switch serving sides.</p>	<p>Now we had pressure and game without general direction. Line Soccer provides a broad target (Goal is 15 yds wide) and allows receiver to use change of direction to maximize advantage for penetration dribbling.</p> <p>The service is important, so have servers throw in or roll balls at the start so the receivers start from a static position. Then move to kicks for service so receivers get dynamic when taking in the ball.</p> <p>Coach over the top about reading the defense as the ball is coming and set the direction to allow for a pass or dribble into the forward space.</p>

**COACH: Age Group Week 3**

**TEAM: U7\_U8 Team**

**DATE: Sep 2017**

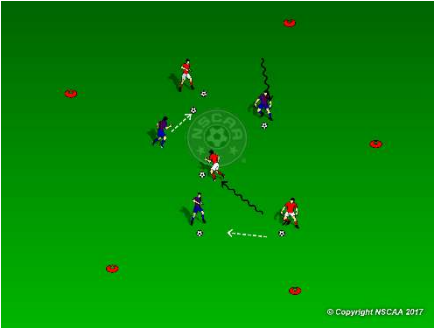

**TOPIC: Receiving to Turn**

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
 <p>© Copyright NSCAA 2017</p>	<p>15x20 - Goal at each end, 2 teams 4-6 players per team.</p> <p>Attackers are in a 2v1 attacking a goal, defender can steal the ball and counter. If a goal is scored fresh players via fresh transition, switch after a period of time.</p> <p>Balls are played in by a throw in for each restart.</p> <p>Progression - if a defender steals the ball an additional defender can come on to help the counter in a 2v2.</p>	<p>This now changes from a broad target to a single goal. The advantage for the attacker is numbers up 2 V 1. Coach that extra player is only a help if keep space and can change direction quickly.</p> <p>Games run longer 2 minutes and teach some transition/possession by having a second defender enter the grid if the defender wins the ball. (Defender steal the ball, shield and pass to approaching defender)</p>
<p><b>3 V 3 Puggs in the corner</b> All restarts are throw in.</p>  <p>© Copyright NSCAA 2017</p>	<p>Three teams for each grid, rotate teams.</p> <p>Try not to coach the team on the field, have the conversation with the team that is off the field, using examples of what you see on the field.</p> <p>Let the teams on the field play and encourage good receiving and changing direction.</p>	<p>The Goals in the corner force the change of direction rather than playing straight up the middle. At this age the players are currently out of habit going straight ahead, with the goal shifted, they will have to turn before going forward or turn at the end.</p>

COACH: Age Group      Week 4

TEAM: U7-U8 Team      DATE: Fall 2017

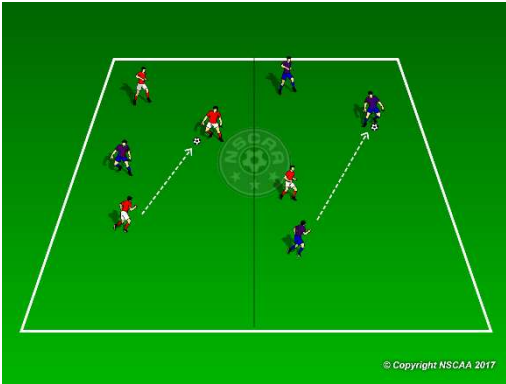

TOPIC: Passing

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p><b>Dribbling WARM-UP</b></p>  <p>© Copyright NSCAA 2017</p>	<p>Warm-up - 10-15 mins -20x20 12 players have a ball, players are to stay in the area and attempt to pass their ball into another players' ball.</p> <p>Focus on weight of pass, alternating feet.</p> <p>First couple of times no pressure, Add in time. (How Many in 30 seconds) Make the space bigger to require better strikes or faster dribbles to position for strikes.</p> <p>Make teams, Reds protect the ball, blues strike, then switch, who had more strikes.</p>	<p>Objective: Includes refresher on dribbling as dribbling should be part of every practice. Provides repetitive passing action in environment that is both fluid and free of continuous correction/scrutiny.</p> <p>Talk over the group about passing with inside and outside of foot, If seeing repeated technical break downs, have a pause and refresh on the technique of the pass.</p> <p>Inside of the foot, step through the ball, non-kicking foot point in the direction of the pass. Passing/striking is from the hip, not the knee and required forward momentum and locked ankles.</p> <p>Comment that too hard of passes are chased and lost time.</p>
<p><b>Numbered Passing</b></p>  <p>© Copyright NSCAA 2017</p>	<p>25 X 20 grid with 2 Puggs. At least longer than is wide.</p> <p>Numbered Passing - Two teams, 3-5 players players. Coach calls out a number of passes players are to complete before a goal is scored. First team to score gets a point.</p>	<p>Objective: Introduces passing to an objective (to goal) and teamwork U7/8 are just starting to understand "us" passing is a "team" and goal not a "me" and goal skill. This drill adds structure to introduce team concept required for passing.</p> <p>Observe and see if players can transition from passing in one spot and then dribbling to goal, to directing the passes forward. Avoid coaching this for awhile, better to highlight a team that figures it out.</p> <p>Mix the teams up, start with pairs and grow to 3's or 4's.</p>

COACH: Age Group      Week 4

TEAM: U7 – U8 Team      DATE: Fall 2017

TOPIC: Passing

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p data-bbox="117 396 653 477"><b>Passing Keep away, and defending possession.</b></p>  <p data-bbox="499 948 613 959">© Copyright NSCAA 2017</p>	<p data-bbox="705 396 1365 529">Game 2 – Break Grid in half, set up two games of keep away. Try for ratio of 3 passers to every defender. Play keep away, if defender wins, keep it to themselves for as long as possible.</p> <p data-bbox="705 570 1335 670">Transition to one ball between the two groups, if defenders steal, they pass to their team on the other grid.</p>	<p data-bbox="1390 396 1969 542">Objective: Introduces passing for possession. If “team” to goal is difficult, “team” to possess is even harder to convey at this age. Be patient.</p> <p data-bbox="1390 586 1978 695">Start with just keep away, work to make sure defenders are not frustrated. If passers are crowding, pause and demonstrate space by:</p> <p data-bbox="1390 738 1978 922">Have 3 v 1 passing inside a small box, for 30 seconds. (It will not work) Now move players outside the box and play same game, but they must stay outside of box. Should work better for the passers.</p> <p data-bbox="1390 966 1860 997">Add Goals and move to 4 V 4 Game.</p>
<p data-bbox="117 1110 218 1141"><b>GAME</b></p>  <p data-bbox="478 1455 562 1466">© Copyright NSCAA 2012</p>		


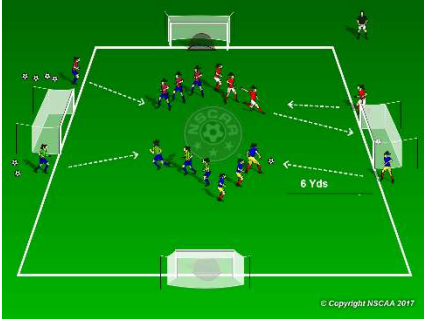


COACH: Age Group U7/8 Week 5

TEAM: U7-U8 Team

DATE: Fall 2017

TOPIC: Striking

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p data-bbox="283 394 617 435"><b>Striking WARM-UP</b></p>  <p data-bbox="468 773 569 784">© Copyright NSCAA 2017</p>	<p data-bbox="653 394 1218 621">In a 20 X 10 Grid, pair players up about 2-4 Yds apart with a gate between them. Coach and assistant demonstrate the strike for power and strike for accuracy. Have players pass back and forth using methodology using with no pressure. Do with both feet</p> <p data-bbox="669 659 1222 719">Have players back up 2 yds and do it again, for a longer kick requiring better technique.</p> <p data-bbox="674 756 1224 878">Add time pressure, Perform a race as many as you can do in 30 seconds. If a ball is miskick players must switch sides. Run through a both feet power and accuracy strikes.</p>	<p data-bbox="1257 394 1944 488">Start out slow with close in so they can concentrate on technique with out power. Expand the distance as they build confidence.</p> <p data-bbox="1257 496 1724 524">At this age striking issues to manage:</p> <ul data-bbox="1257 529 1934 659" style="list-style-type: none"><li>Lock the ankle</li><li>Have them feel the locked ankle, by having them point the foot down and try to pull it up, or hold the ball and have them strike with the instep.</li></ul> <p data-bbox="1257 696 1801 724">Swing through the ball, land on striking foot.</p> <p data-bbox="1257 729 1776 756">Talk through the step through and landing</p>
<p data-bbox="302 920 617 961"><b>Shooting to goals</b></p>  <p data-bbox="457 1284 558 1295">© Copyright NSCAA 2017</p>	<p data-bbox="663 920 1224 1015">Break to teams of 3-6 2 teams per goal of varying size. Have players 6 yds from goal With teammate by the post.</p> <p data-bbox="663 1023 1224 1263">Player serves a ball out, shooter controls the ball and strikes for power. Then run again with a pugg in the goal to strike for accuracy. Run through with no pressure, then race. Most goals in 2 minutes. For accuracy game balls in the pugg are minus 1 point.</p> <p data-bbox="669 1304 1224 1331">Switch sides to get shooting with both feet.</p>	<p data-bbox="1291 920 1969 980">Servers should start be rolling the ball out as service is important. Start with bowling and work up to tossing.</p> <p data-bbox="1285 1021 1969 1049">After some confidence runs, build up to 2 minute races.</p>

COACH: Age Group

Week 5

TEAM: U7-U8 Team

DATE: Fall 2017

TOPIC: Striking

### Shooting out of Here 4 Goals



In a 15 X 15 Grid set up 4 Goals.

Have a team of 4-6 in one of two corners. Number each player. Call out a number and the player take the field to shoot on any goal.

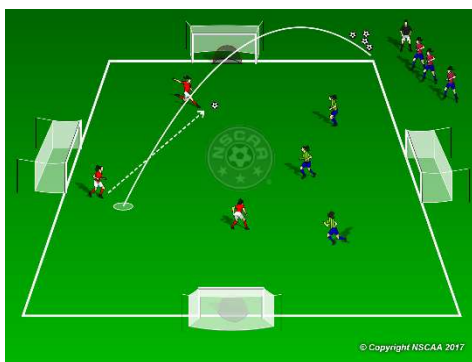
Nets are close to promote shooting quickly on any goal.

Serve the ball towards one player to promote an attacker- defender situation.

At minimum 2 touch, to promote setting up a good strike.

Place pugg goals in one pair for accuracy shooting.

### 3 V 3 4 Goal Game



Progress from the out of here game, teams of 3, extra teams wait to play 2 minute games.

Still 4 goals to promote shooting.

Coach keeps feeding balls in to a team. Team with most goals after 2 minutes stays on.

Focus on technique of the strikes. Set up one pair of goals with a Pugg in the center for accuracy shooting.

Let the teams play and coach the waiting team.

Provide tips to teams waiting on how to get the ball to a shooter.