



# U7 Recreational Program 2013 Syllabus

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UK SOCCER ACADEMY

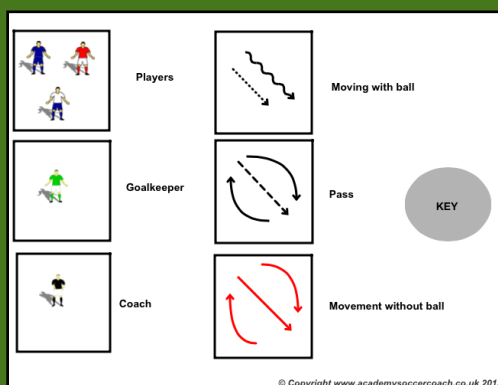


Sessions by  
Dan Chubbock and Alex King

## Introduction:

Dear Coach,

Welcome to a new season with Castro Valley Soccer Club. In this syllabus you will find the session plans for your 12 week training program for the U7 age group, with 24-7 UK Soccer Academy and CVSC Coaches; Dan Chubbock and Alex King. The syllabus consists of 24 sessions, with two being run each week for your team. Each session consists of a 10 minute warm up, followed by a 20 minute topic, 20 minute progression and then 10 minutes of free play at the end of the session. Below is a key to help you understand the session diagrams...



We look forward to working with you this year and continuing to develop the players in our program.

Sincerely,

Andy Hulbert  
(Director of Coaching)



## Syllabus Overview:

Week 1	Basic Dribbling 1	Basic Dribbling 2
Week 2	Basic Passing 1	Basic Receiving 1
Week 3	Basic Dribbling 3	Basic Dribbling 4
Week 4	Basic Passing 2	Basic Receiving 2
Week 5	Basic Turning 1	Basic Turning 2
Week 6	Basic Shooting 1	Conditioned Games 1
Week 7	Basic Passing 3	Basic Receiving 3
Week 8	Basic Shooting 2	Goalkeeping
Week 9	Basic Passing 4	Basic Receiving 4
Week 10	Defending	Basic Shooting 3
Week 11	Basic Turning 3	Basic Turning 4
Week 12	Basic Shooting 4	Conditioned Games 2
Week 13	Street Soccer	



## Session Details:

Basic Dribbling 1: Traffic Lights, Gate Game, Relays  
Basic Dribbling 2: Country Side, Relay Gates, Gate Game (With Defender)  
Basic Passing 1: Passing in Pairs, Tin Can Alley, Gate Game (In Pairs)  
Basic Receiving 1: Pass in Numbers, Pass in Pairs, Relays  
Basic Dribbling 3: British Bulldog, Moves (Passive Pressure), Gauntlet  
Basic Dribbling 4: King of the Ring, Moves (Against Defender), 1v1's  
Basic Passing 2: Battleships, Passing in Lines, Trash Can Soccer  
Basic Receiving 2: Passing in Lines, Circle Game (1v1), End Zone Game  
Basic Turning 1: Countryside, Turning in Pairs, Gate Game  
Basic Turning 2: Keep away, Relays, Robin Hood  
Basic Shooting 1: Battleships, Shooting in Threes, Alamo  
Conditioned Games 1: 1v1 (Four Goals), 2v2 (Four Goals), 3v3 (Four Goals)  
Basic Passing 3: Cops and Robbers, Passing in Pairs, Gate Game (In Teams)  
Basic Receiving 3: Circle Game (Back Foot), Passing in Threes, Back Foot Drill  
Basic Shooting 2: Breakout, Four ball challenge, Wembley Way (One Goal)  
Goalkeeping: Individual Technique, Ball Handling, Goalie Wars  
Basic Passing 4: Stuck in the Mud, Numbers Game, Numbers Game (With Defenders)  
Basic Receiving 4: Circle Game (Front Foot), Passing in Threes, 2v1 to Goal  
Defending: 1v1's (Passive), 1v1's (With Pressure), 1v1's (To Goal)  
Basic Shooting 3: Shooting Warm-up, Wembley Way (3 Teams), Wembley Way (2 Goals)  
Basic Turning 3: How Long Left Ref?, Turning Drill, 1v1 (inverted goals)  
Basic Turning 4: How Long Left Ref (Defender), Back foot/Turn, Four Goal Game  
Basic Shooting 4: Terminator, Back Foot Shooting Drill, 3v3 Goalie Wars  
Conditioned Games 2: 2v2 (With GK), 3v3 (With GK), 4v4 (With GK)

Coach

Session date

Team/Age Group

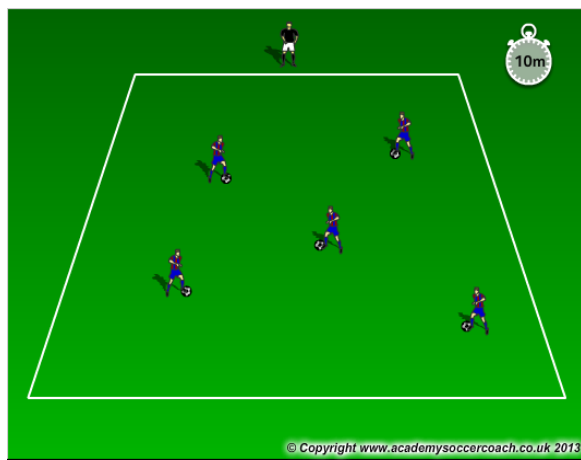
U7/U8

Theme

Basic Dribbling 1

Time available

60 Minutes

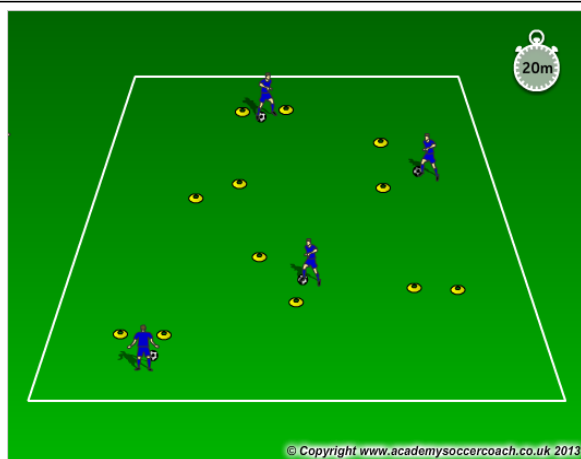


**Objectives** - Teach players how to dribble the ball with different parts of the foot

**Explanation** - 30x30 yard area. Players dribble with the ball in the area. When the coach calls out a color the players perform a different task. Red - Stop the ball. Amber - Player perform 'toe taps' until coach calls out another color. Green- Players accelerate for 5 yards then continue to dribble.

**Coaching Points** - Keep head up, awareness of other players, ball under close control, no touches with the toe.

**Progression** - Add 'freeway' call - players must go as fast as possible whilst keeping ball under control. Encourage use of weaker foot.

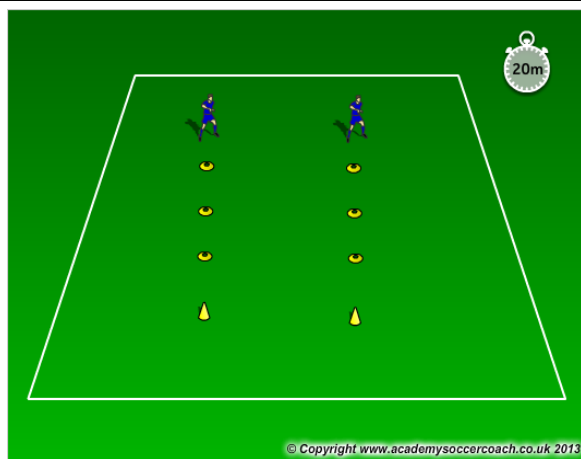


**Objectives** - Teach players to dribble using different parts of the foot.

**Explanation** - Players must dribble the ball between the sets of gates. They must find a new gate every time.

**Coaching Points** - Keep ball under close control, accelerate when there is open space, use both inside, outside and laces of both feet. Keep head up.

**Progression** - Use a certain foot, make it a competition



**Objectives** - Teach players to dribble in tight spaces.

**Explanation** - Split teams up evenly. Each player must dribble around the cones in their lane, go around the tall cone at the end then dribble back through the cones on the way back.

**Coaching Points** - Speed and direction changes. Head up, keep ball close, use both feet.

**Progression** - Make it a competition. Put cones closer together.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

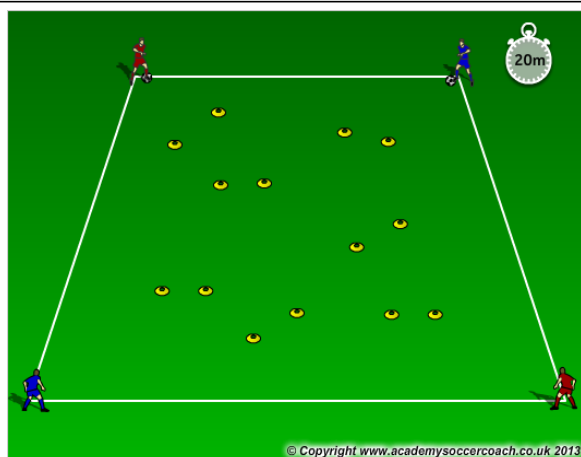
Team/Age Group

Theme

Time available



**Objectives** - Teach players to dribble the ball under control.  
**Explanation** - Each side of the grid will be given a name of a Country. When the coach calls out this country, players must dribble to line as quickly as possible.  
**Coaching Points** - Head up, keep ball under close control, accelerate into open spaces.  
**Progression** - Add cones into the grid as 'defenders'. Make it a competition, with the last person to the line eliminated.



**Objectives** - Teach players to dribble under control whilst changing direction.  
**Explanation** - Blue team works together against Red team. Each player must dribble through 3 different gates, then get to their partner who starts on the opposite side. Every time a cone is hit, player must do 10 toe taps before continuing to dribble.  
**Coaching Points** - Keep ball under close control, use both inside and outside of the foot when going through the gates, keep head up.  
**Progression** - Make players dribble through every set of gates before tagging their partner.



**Objectives** - Teach players to dribble under close control whilst under pressure.  
**Explanation** - Players must dribble through the gates, when the coach says 'Go' the Defender will come in. He must tag the player on the shoulder, the player then must do 10 toe taps before continuing. Attackers count the number of gates they go through, Defenders count the number of Attackers they tag.  
**Coaching Points** - Accelerate away from pressure, head up, use inside and outside when in tight spaces, use laces when going into open space.  
**Progression** - Add extra Defender, Add more Gates.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Passing 1

Time available

60 Minutes



**Objectives** - To teach players how to play a push pass.  
**Explanation** - Players set up in pairs and pass the ball back and forth between gates, scoring a point each time they pass through a gate.

**Coaching Points** - Pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Work with non-preferred foot only.



**Objectives** - Teach players to improve accuracy of a push pass.  
**Explanation** - Players in pairs, with one ball between two. They must pass the ball, aiming to knock the orange cone over. Players score a point for successfully hitting the cone and knocking it over. Players take it in turns to pass the ball towards cone. After one minute winning player advances up one grid and losing player moves down one grid.  
**Coaching Points** - Pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Increase distance to 15 yards. Players can only use non-preferred foot to score a point.



**Objectives** - Teach players to play a push pass, whilst moving with the ball.

**Explanation** - Players work in pairs to dribble around grid and pass ball through gates, scoring one point for every pass through a gate.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Add a defender to pressure player with ball and cut off passing angle through the gate.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Receiving 1

Time available

60 Minutes

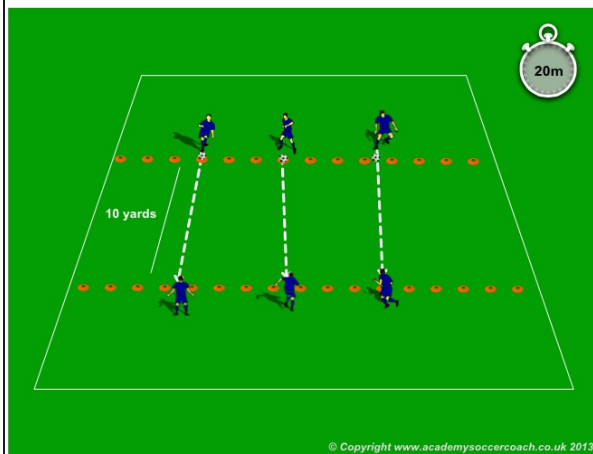


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**Objectives** - Teach players to receive ball with inside of their foot.  
**Explanation** - In a 20x20 yard grid, players are numbered 1 to 7. Players must pass the ball in number order to one another. Place following restrictions on players... Three touch maximum, ball must keep moving, players must keep moving, ball must stay in grid.

**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Get head up after first touch.

**Progression** - Add a second ball. Add a defender.



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**Objectives** - Coach players to receive the ball correctly with their foot.

**Explanation** - Players are in pairs and must pass the ball back and forth, taking a touch when receiving it, before passing it back to their partner.

**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Get head up after first touch.

**Progression** - Receive ball with one foot and pass with other foot. Receive and pass with the same foot. Receive ball for a pass with left foot only. Receive ball for a pass with right foot only.



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**Objectives** - Improve speed of play when receiving the ball.

**Explanation** - Teams divided into three or four and set up 10/15 yards apart with one ball per group. The Players pass the ball and follow their pass, receiving the ball inside the marked out square. They keep going back and forth until they reach 10 passes. Players must take two touches.  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Get head up after first touch.

**Progression** - Receive ball with one foot and pass with other foot. Receive and pass with the same foot. Receive ball for a pass with left foot only. Receive ball for a pass with right foot only.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Teach players to dribble the ball under pressure.  
**Explanation** - 30x30 yard grid. Blue are Attackers, Red is Defender. Blue must dribble the ball from one side of the grid to the other. Red must steal the ball and knock it out of square. If Defender steals ball, Attacker becomes Defender too.  
**Coaching Points** - Keep ball under control, accelerate into open spaces, keep head up, dribble with speed.  
**Progression** - Make grid smaller, start with 2 defenders. Make defender start facing the other way.



**Objectives** - To teach the basic technique of the 'Matthews' and the 'Scissors'  
**Explanation** - Player starts with the ball, dribbles up to cone, does a move past it, then dribbles through cones opposite. Partner does the same, then goes back the other way.  
**Coaching Points** - 'Matthews'. Dribble ball with right foot, drop left shoulder for disguise, flick ball to the right with the laces/outside of the foot in a diagonal movement. Same with other foot. 'Scissors'. Dribble ball with right foot, scissor the foot around the ball in a clockwise motion then flick ball with laces/outside of left foot in diagonal movement. For left foot scissor the ball in an anti-clockwise motion.  
**Progression** - Increase pace of approach to cone, look to do move on both right and left side.



**Objectives** - Teach players to use speed and moves to beat an opponent.  
**Explanation** - Player in Blue is Attacker, Three Defenders in Blue positioned in between two sets of cones. Attacker must try to take on 1st Defender, if he does he then does the same for 2nd Defender and then the 3rd Defender.  
**Coaching Points** - Attack with speed, be positive when doing the moves, look to really focus on the disguise to make Defender unbalanced, keep ball under close control.  
**Progression** - Make space between 2 cones smaller. Make a competition, 1 point for attacker for every defender taken on.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Dribbling 4

Time available

60 Minutes



**Objectives** - Dribble the ball under close control when under pressure.

**Explanation** - 30x30 yard grid. Players dribble the ball inside the area until the coach says 'Go'. On that command the players must try and kick each other's ball out of the grid, while at the same time protecting theirs. The person with the ball in the grid on his own at the end wins.

**Coaching Points** - Head up, Awareness of others, dribble ball into areas away from pressure. Position body in-between ball and opponent when under pressure.

**Progression** - Make grid smaller. If no-one is attempting to kick other balls out, add a defender.



**Objectives** - Teach players to do a move around a passive defender. Recap 'Matthews' and 'Scissors', look to teach another move also. 'Two Touch'.

**Explanation** - Players in Blue dribble towards Defender in Red and perform certain moves. Then do same from other end. Rotate defender. Defender doesn't try and steal the ball, just stands still to allow attackers to practice their moves.

**Coaching Points** - 'Two Touch.' Dribble ball towards target and take a small touch diagonally with the left foot towards the right foot, then as quick as possible take a bigger diagonal touch with the right foot back towards the left foot, past the defender. Emphasise the pace of the move to create a disguise.

**Progression** - Allow Defender to stick a foot out to steal ball if move isn't performed correctly, only passive though.



**Objectives** - Teach players to beat a player in a 1v1 situation.

**Explanation** - Players in Red (Defender) pass ball to player in Blue (Attacker), attacker attempts to dribble the ball into one of the 2 goals at the other end. If Defender steals ball he tries to dribble into goals situated either side of the Attacker.

**Coaching Points** - Dribble with speed, keep ball under close control, carry out the moves with conviction, the disguise element is important.

**Progression** - Take away one of the goals. Make area bigger or smaller depending on success.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Passing 2

Time available

60 Minutes



**Objectives** - Work on playing a strong push pass.

**Explanation** - There is one ball in the middle of the grid (preferably a different colour). Players divided into two teams, with one ball per player. The two teams must play passes from behind line (inside of foot only) to hit the ball in the middle of the grid. After one minute the team with the ball furthest from their line is the winner.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Increase distance. Ball must cross opposition line to score a point.



**Objectives** - Improve passing a moving ball.

**Explanation** - One ball per team. The player with the ball must pass the ball to the person at the front of the opposite line and follow their pass. The player who receives the ball then passes the ball to the person at the front of the next line.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Passes must be with non-preferred foot. Have team try to play ten passes in 30 seconds.



**Objectives** - Improve passing and moving.

**Explanation** - Divide players into two teams, with one ball per team. Players must try to knock down as many orange cones as possible in the designated time. Players should use a push pass to knock over the cones.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Players are restricted to a maximum of three touches. Add a defender to play against the each team.

Action Points/Notes:

Allow 10 minutes for scrimmage at the end.

Coach

Session date

Team/Age Group

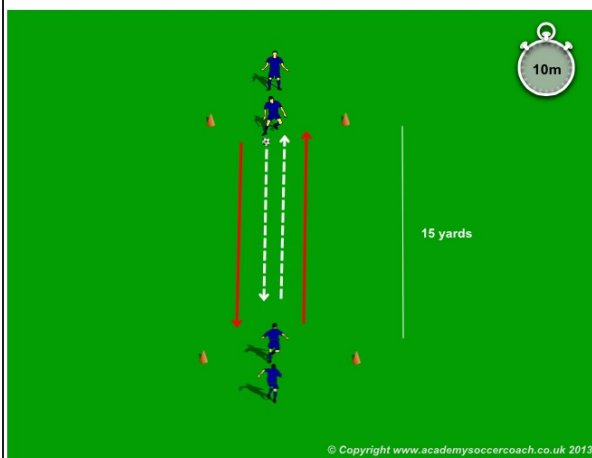
U7/U8

Theme

Basic Receiving 2

Time available

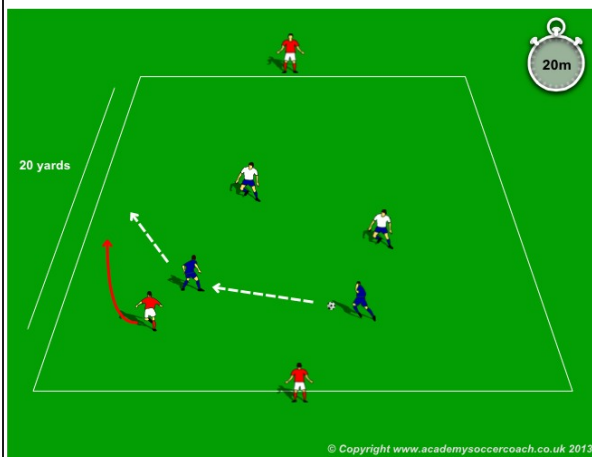
60 Minutes



**Objectives** - Teach players to receive ball, whilst moving.  
**Explanation** - Players line up between cones 15 yards apart. They pass the ball to player at opposite cone and follow their pass. Player receiving the ball must take a touch and then pass to player at opposite cone and follow their pass.  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Get head up after first touch.  
**Progression** - Receive ball with one foot and pass with other foot. Receive and pass with the same foot. Receive ball for a pass with left foot only. Receive ball for a pass with right foot only.



**Objectives** - Teach players to receive ball, whilst under pressure from an opponent.  
**Explanation** - Set up a grid with one attacker and one defender inside. The remaining players stand on the outside. Each player has ball on the outside to start. The attacker in the middle must receive ball from the outside players, take a touch and then pass ball back (defender begins at half pressure).  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Glance over shoulder to check where defender is. Take touch away from defender. Get head up after first touch.  
**Progression** - Defender becomes full pressure. Take out one ball from the outside. Attacking player, can now receive ball and try to play to one of two open players on the outside.



**Objectives** - Teach players to pass and receive to beat defenders.  
**Explanation** - Set up 20x20 yard grid and split players into 2v2(+3 neutral). A neutral stays on outside of grid on opposite sides. They can move up and down that line. The players in the middle must then work to move ball from one side of the grid to the other.  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball. Heel down, toe up on receiving foot. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Glance over shoulder to check where defender is. Take touch away from defender. Get head up after first touch. Start thinking about moving into space to receive ball.  
**Progression** - Players must make three passes before playing to opposite end. Restrict players to three touch maximum.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

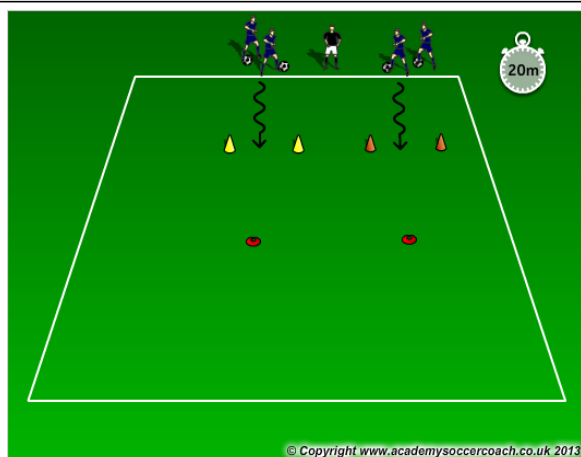
Team/Age Group

Theme

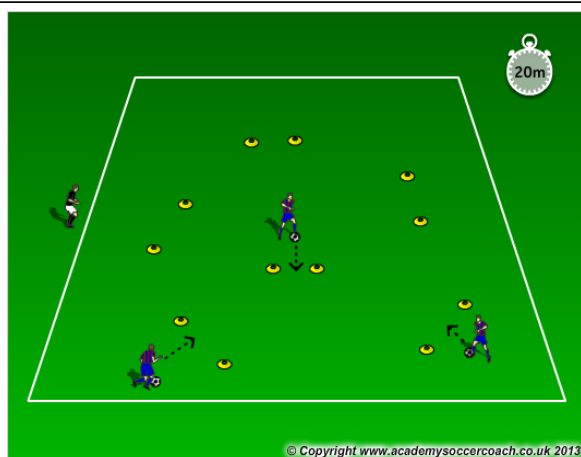
Time available



**Objectives** - Teach players to perform a turn whilst dribbling.  
**Explanation** - Each side of the grid will be given a name of a Country. When the coach calls out this country players must perform a turn and accelerate to line as quick as possible.  
**Coaching Points** - Demonstrate the correct technique of a turn (introduce 'drag back'), check over shoulder before turning, accelerate into space after performing turn. 'Drag back' - make contact with the top of the ball with the sole of your foot and drag it back in a straight line. When using your right foot make sure the player turns their body to the right. Always keep eyes on the ball.  
**Progression** - Add cones into the grid as 'defenders', make a competition, with last person to the line eliminated.



**Objectives** - Teach players the correct technique of 3 turns, the 'drag back', the 'inside hook', and the 'outside hook'.  
**Explanation** - Players are in pairs, they dribble towards the 2 tall cones perform the turn then dribble back to their partner. Spend around 5 minutes on each turn. Try it with both feet.  
**Coaching Points** - 'Drag back' as in exercise 1. 'Inside hook' - If using the right foot approach ball slightly to the right of the ball, then with the inside of the foot make contact with the front of the ball to bring it back in a straight line. 'Outside hook' - If using the right foot approach ball slightly to the left of the ball, then with the outside of the foot make contact with the front of the ball to bring it back in a straight line. With each turn the touch on the ball needs to be big enough to then accelerate with the next touch.  
**Progression** - Make it a competition. Introduce new turn 'Cruyff'.



**Objectives** - Teach players the correct technique of certain turns.  
**Explanation** - Players must dribble the ball through two sets of cones and perform a turn back through same set of cones. Use both feet.  
**Coaching Points** - Make sure when performing the turn, take ball away from pressure. Correct contact on ball. Ball should always look to go back in a straight line. Solid contact when performing turn so the ball doesn't get stuck under your feet.  
**Progression** - Make it a competition. Just use a specific turn. Add Defender.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

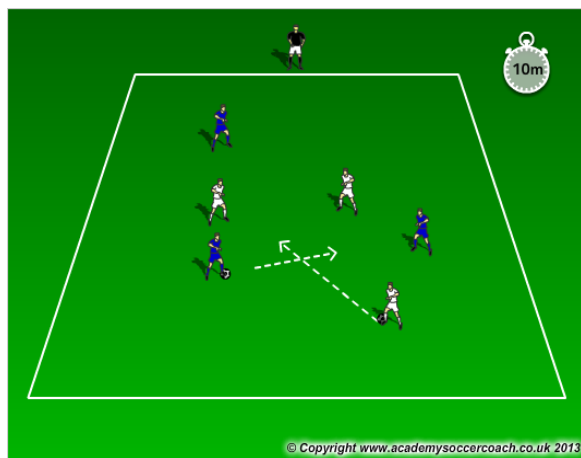
Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Teach players to turn away from pressure with the ball.

**Explanation** - 2 teams split evenly, after each pass the player receives the ball, performs a turn then accelerates away before passing to a teammate.

**Coaching Points** - Turn away from pressure, accelerate into open space after turn. Correct technique of turn.

**Progression** - Make a competition. Add a defender to go against each team.



**Objectives** - Teach players to perform a turn when dribbling with pace.

**Explanation** - Players dribble the ball in-between the two set of tall cones and perform a turn before dribbling back to their partner.

**Coaching Points** - Correct technique of the turn. Correct contact on the ball when making the turn. Accelerate away after turn.

Dribble at fastest pace as long as ball is under control.

**Progression** - Make it a competition.



**Objectives** - Teach players to turn away from pressure.

**Explanation** - Stick all the balls in the coned area. Players split up into groups and go to the 4 corners of the square. One player from each corner comes into the middle and does a turn on the ball and goes back to their corner. Continue until all balls are taken out of the middle.

**Coaching Points** - Correct technique of the turn. Correct contact on the ball when making the turn. Accelerate away after turn.

**Progression** - Once all balls are taken out of the middle, allow one player from each corner to go and 'steal' balls from other corners. Each ball in your corner at the end is a point.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

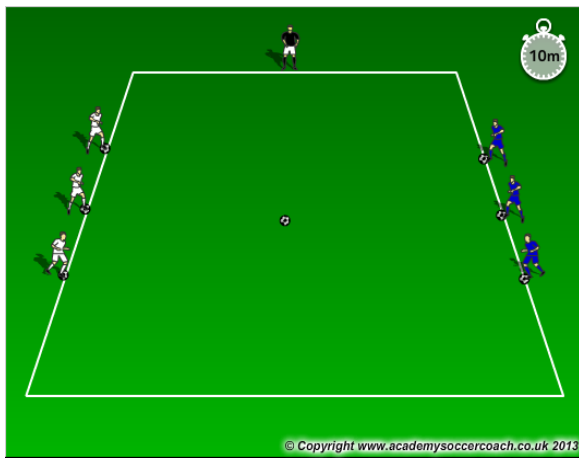
U7/U8

Theme

Basic Shooting 1

Time available

60 Minutes



**Objectives** - Teach players to strike the ball with their laces.  
**Explanation** - There is one ball in the middle of the grid (preferably a different colour). Players divided into two teams, with one ball each. The two teams must strike the ball from behind line (laces part of foot only). Each team is aiming to knock the ball over their opposition's starting line.

**Coaching Points** - Keep toe pointing down, make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Follow through landing on kicking foot.

**Progression** - Increase distance.



**Objectives** - Teach players to strike a moving ball with their laces.  
**Explanation** - 2 shooters (in blue), 1 GK (in green). Each player starts 15 yards away from the goal. One player shoots, then the GK turns around and partner shoots. Keep same pattern going, then rotate GK's.

**Coaching Points** - Keep toe pointing down, make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through landing on kicking foot.

**Progression** - Increase distance. Use weaker foot.



**Objectives** - Teach players to strike a moving ball with their laces.  
**Explanation** - 2 lines going at the same time. Players start at red cone, dribble the ball towards the 2 yellow cones and shoot on the GK. Players go and collect their ball and join back of other line.

**Coaching Points** - Keep toe pointing down, make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through landing on kicking foot.

**Progression** - Increase distance.

Action Points/Notes:

Allow 10 minutes to scrimmage at the end.

Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Allow players to practice moves against a defender.  
**Explanation** - White player (defender) passes ball to Blue player (attacker), who must use dribbling moves and turns to create space, beat the defender and go to goal. Play for five minutes and then switch defenders and attackers.

**Coaching Points** - Attacker: Use the moves and turns taught in previous sessions. Stay on toes when receiving ball. Take a positive first touch. Run at defender. Accelerate out of move/turn. Have an idea on which turn/moves to use. Defender: Work on four P's (Pace, Position, Patience, Power/Poke).

**Progression** - Move to 2v2 (see below)



**Objectives** - Teach players to pass and move against defenders.  
**Explanation** - White player (defenders) pass ball to a blue player (attackers), who must work together to beat defenders. Play for five minutes and switch defenders and attackers. Final ten minutes, play as a scrimmage.

**Coaching Points** - Communicate. Make field big when you have the ball. Make field small when defending. Attacker: Make sure players without the ball spreads out and moves to space, able to receive ball from teammate. Player with ball, must make decision on whether to dribble, or if/when to pass. Defender: Work on four P's (Pace, Position, Patience, Power/Poke).

**Progression** - Move to 3v3 (see below).



**Objectives** - Allow players to scrimmage in a practice environment.

**Explanation** - White player (defenders) pass ball to blue to start the game. Game is then played out as a scrimmage, with kick-ins/dribble when ball goes out of play.

**Coaching Points** - Communicate. Make field big when you have the ball. Make field small when defending. Attacker: Make sure players without the ball spreads out and moves to space, able to receive ball from teammate. Player with ball, must make decision on whether to dribble, or if/when to pass. Defender: Work on four P's (Pace, Position, Patience, Power/Poke).

**Progression** - Free play. Add Goalkeepers.

Action Points/Notes:

Allow for 10 minutes free play during each of the three conditioned games



Coach

Session date

Team/Age Group

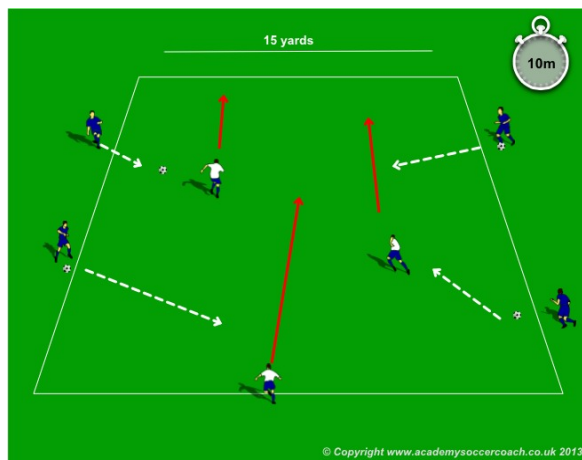
U7/U8

Theme

Basic Passing 3

Time available

60 Minutes



**Objectives** - To improve player's accuracy of a push pass.

**Explanation** - White team must make it from one side of the grid to the other, while blue players attempt to pass a ball and hit them, below the knee. Blue players must stand behind line to pass and may not go beyond line to fetch balls, until coach gives the command 'reload'. Play five rounds, awarding a point for every player hit with the ball.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Look at run of player passing toward.

**Progression** - White players have a ball and blue players must hit it for a point. Blue players can pass to each other to help get points.



**Objectives** - Work on pass weight (power) and accuracy of push passes.

**Explanation** - Player with ball stands behind cones, which are about 2 yards wide and attempts to pass through opposite players cones (15 yards away). Points are awarded if ball does not go through cones, stops short or if pass is hit above knee height.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Make target smaller. Increase distance of pass.



**Objectives** - Teach players to play a push pass, whilst moving with the ball.

**Explanation** - Players work in teams to dribble around grid and pass ball through gates, scoring one point for every pass through a gate.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Start thinking about distance (not too close) and angle of support (able to see player with ball).

**Progression** - Add a defender to pressure player with ball and cut off passing angle through the gate. One ball between the two teams.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

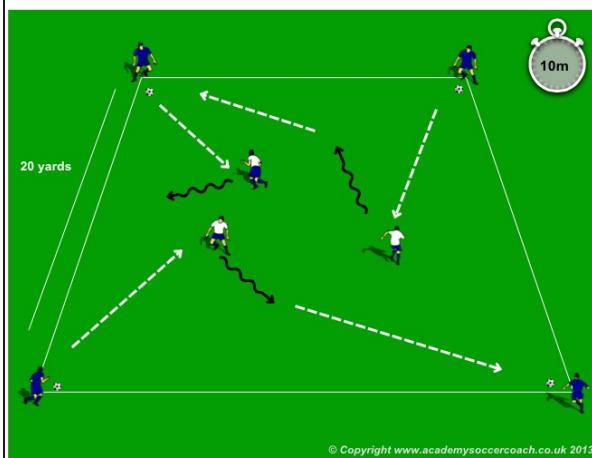
U7/U8

Theme

Basic Receiving 3

Time available

60 Minutes



**Objectives** - Teach players to receive ball with their back foot.

**Explanation** - Half of players on outside of grid with a ball, other half inside grid, without a ball. Players on inside, must receive the ball from a blue player and then find a different blue player to pass the ball back to.  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing ball should let teammate know 'time/turn' when there is no defender on them.

**Progression** - Players must always open up with their non-preferred foot.

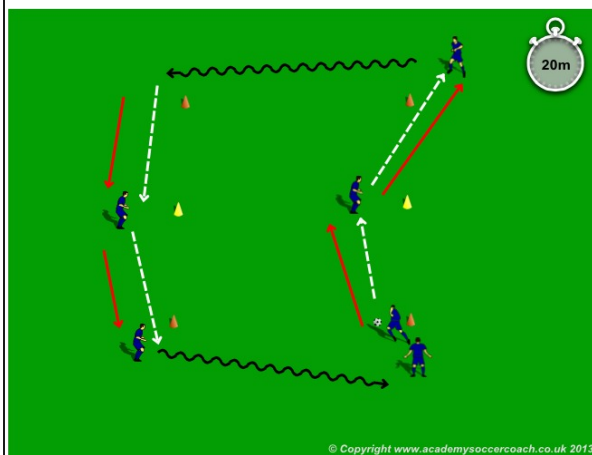


**Objectives** - Teach players to receive ball with the back foot

**Explanation** - Three players set up approximately 20 yards apart. The player in the middle receives the ball from one of the outside players. He then opens up and passes to player on the opposite side. Player in the middle then receives ball back from outside and plays back to the player, who started with the ball.

**Coaching Points** - Player in the middle should get wide to receive ball from outside. Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass. Player should then check out wide again to receive ball.

**Progression** - Change side in which player in middle receives ball, so left foot becomes back foot.



**Objectives** - Improve technique of receiving ball with back foot.

**Explanation** - Set up 6 tall cones equally spaced 15 yards apart. The players move the ball around the grid, passing and following their pass. The players, receive the ball with their back foot and play to the next person. Players follow their pass each time.

**Coaching Points** - Check away from cone, treating it like a defender. Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble.

**Progression** - Add a second ball.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

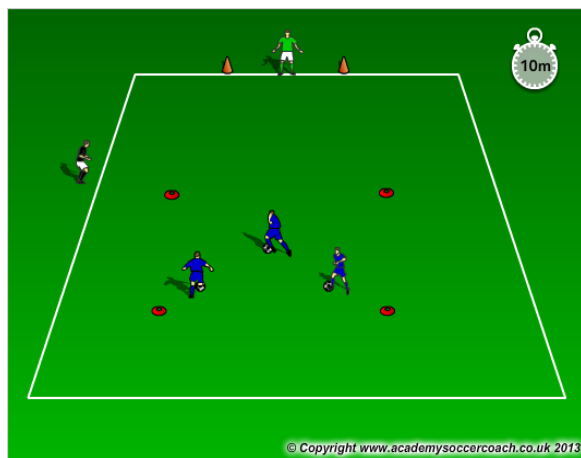
Coach

Session date

Team/Age Group

Theme

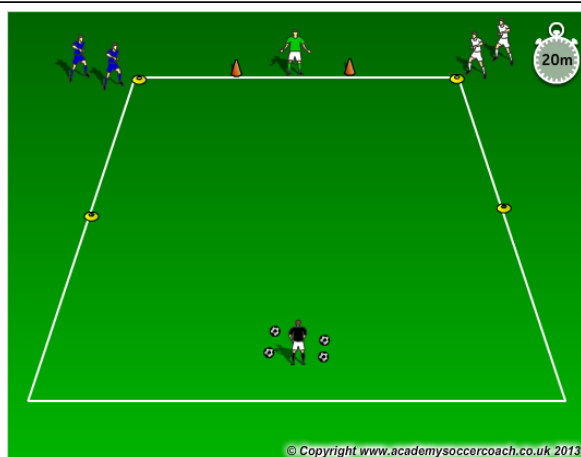
Time available



**Objectives** - Teach players to strike a moving ball with their laces.  
**Explanation** - Players are dribbling in the square, each player is designated a certain number, when the coach calls out their number they dribble out of the box towards the goal and shoot.  
**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through landing on kicking foot.  
**Progression** - Add a Defender. If number 1 is called to shoot as soon as they leave the box number 2 acts as the defender, if 3 is called, 4 is the defender and so on.



**Objectives** - Teach players to chose the correct type of shot from different angles.  
**Explanation** - One ball to each of the outside players (in white), one player shooting (in blue). Player in the middle checks to a player receives the ball and then shoots. Each player gets 4 shots then rotate shooter.  
**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through landing on kicking foot.  
**Progression** - When player passes ball in they then become the defender, make shooter get shot off quickly.



**Objectives** - Teach players to shoot under pressure.  
**Explanation** - Players in each line are given a number, when the coach calls out the number, the players have to run down the line, around the cone close to the coach and go against each other trying to score on goal.  
**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through landing on kicking foot.  
**Progression** - Call two numbers. Change starting point of players.

Action Points/Notes:

Allow 10 minutes to scrimmage at the end

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Goalkeeping

Time available

60 Minutes



**Objectives** - To teach players the basics of goalkeeping.  
**Explanation** - Players jog around the grid with a ball in their hands. Work on throwing the ball in the air and catching, bouncing the ball and catching, throwing the balls to the side and diving on them.  
**Coaching Points** - Make sure eye is on ball when you catch it. Soft hands on contact.  
**Progression** - Take some balls out and players are now throwing to each other.



**Objectives** - To teach players the basic of goalkeeping handling.  
**Explanation** - Players in pairs, each player is protecting a 'goal' (2 sets of cones). 10 yards away from each other, players are throwing the ball at each other working on the following techniques. 'Knee down', this is for dealing with balls on the ground, 'Scoop' for balls into the stomach, 'W' for balls into the face.  
**Coaching Points** - Move feet to get into correct position. Body weight should go forward. Be on your toes at all times. Hands up ready to react.  
**Progression** - Players can kick instead of throw. Make it a competition.



**Objectives** - Teach players the basics of goalkeeping handling.  
**Explanation** - 2 goalkeepers (goal is the 2 goals and the space in-between). Coach plays ball to one team, players can't cross over the line. Players can pass to each other, then look to shoot on opposing goalkeepers. If one team scores the other team replaces their 2 GK's. If the team misses the target then they go off. If the ball is saved then the game continues.  
**Coaching Points** - Get feet set before shot comes in. Make sure players are on their toes, and get hands and body behind the ball.  
**Progression** - Make a competition, give Goalkeepers a point for every save they make.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Passing 4

Time available

60 Minutes

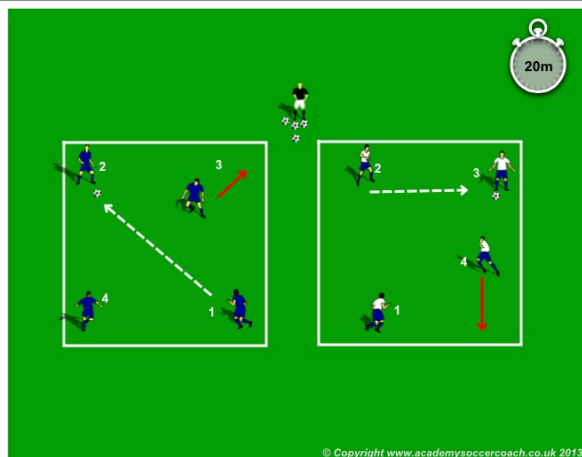


**Objectives** - Work on accuracy of push passes.

**Explanation** - Blue players have a ball and dribble round the grid. The white players try to tag the blue players, at which point the tagged player must stand, holding the ball above their head. Other players dribbling can score points by passing their own ball through the legs of the caught player (this also frees that player to continue dribbling). Players are also caught if they dribble out of the grid.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Have defenders touch ball with their foot to catch player. Have players work in pairs.

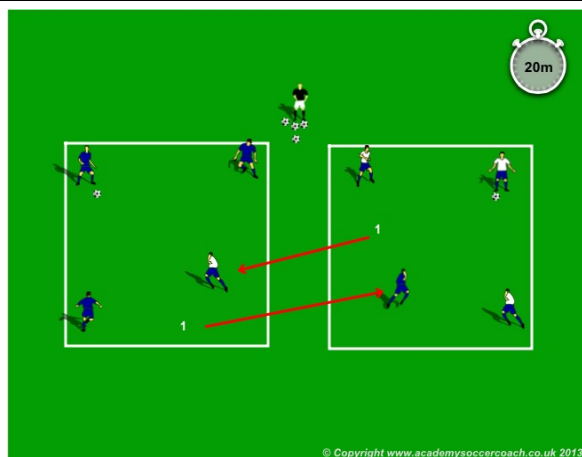


**Objectives** - Work on passing and movement of the ball.

**Explanation** - In two 15x15 yard grids have players numbered one to four. Players must pass in number order, the ball cannot leave the grid, the ball must keep moving and the players must keep moving. Points awarded to other team if rules are broken.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Ensure you can always see the ball and are not close to teammate when passing or receiving the ball.

**Progression** - Limit players to two or three touch maximum.



**Objectives** - Work on passing and movement of the ball.

**Explanation** - In two 15x15 yard grids have players numbered one to four. Players must keep the ball in the grid, as the coach calls numbers. When a number is called, the player with that number must run to the opposition's grid and kick their ball out of the grid.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Ensure you can always see the ball and are not close to teammate when passing or receiving the ball. Ensure you can always see the ball when moving and are not close to teammate when passing or receiving the ball. Try to use as much of the grid as possible and spread out.

**Progression** - Make grid smaller.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

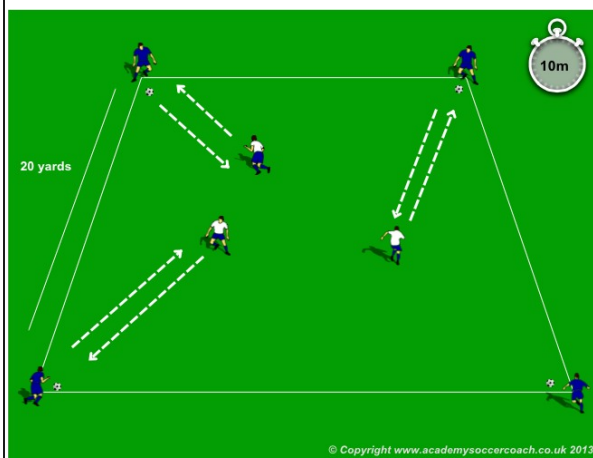
U7/U8

Theme

Basic Receiving 4

Time available

60 Minutes

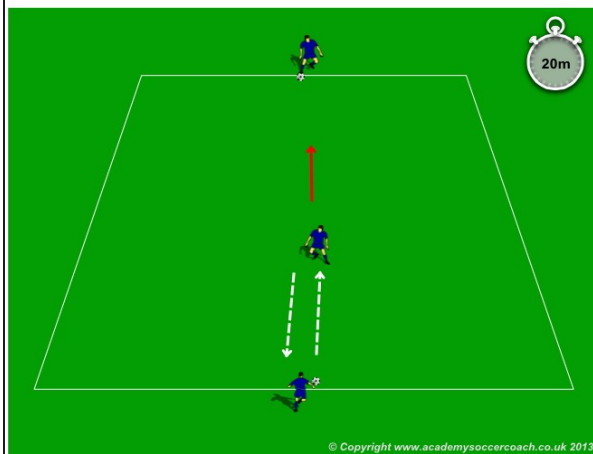


Objectives - Teach players to receive ball with the front foot.

Explanation - Set up a 20x20 yard grid, with half the players on the outside with a ball and the other half in the middle of grid. Players on outside play ball to player in the middle, who takes a touch to control the ball and then passes it back. Player then moves to another player to receive ball.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot, or laces to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know man-on, when there is a defender behind them.

Progression - Add a defender to the middle of the grid.



Objectives - Teach players to receive ball with front foot.

Explanation - Three players set up approximately 20 yards apart with one ball at each outside player. The player on the outside passes the ball to the player in the middle, who takes a touch and passes it back to the same player. He then moves to opposite player to receive the ball.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know 'man-on', when there is a defender behind them.

Progression - Add a defender in the middle to win the ball.



Objectives - Teach player to receive ball under pressure.

Explanation - Players play a 2v1(+GK) to try to score. The play must start with the player passing the ball to a player under pressure from the defender. That player receives it and plays back to teammate to start the attack. Blues try to score against the goalkeeper and White player can score in the two small goals the opposite end.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know man-on, when there is a defender behind them.

Progression - Attackers must play 3 touch max.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

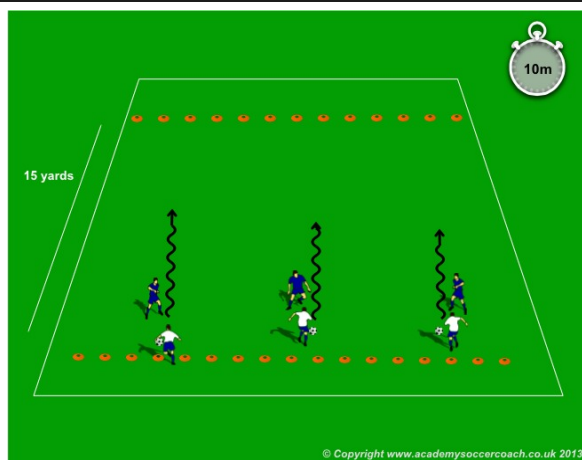
Coach

Session date

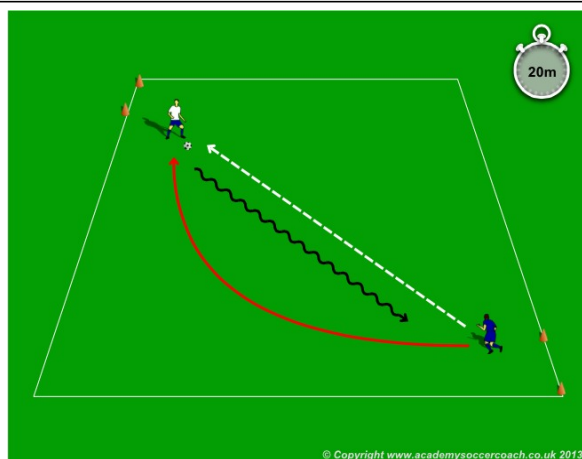
Team/Age Group

Theme

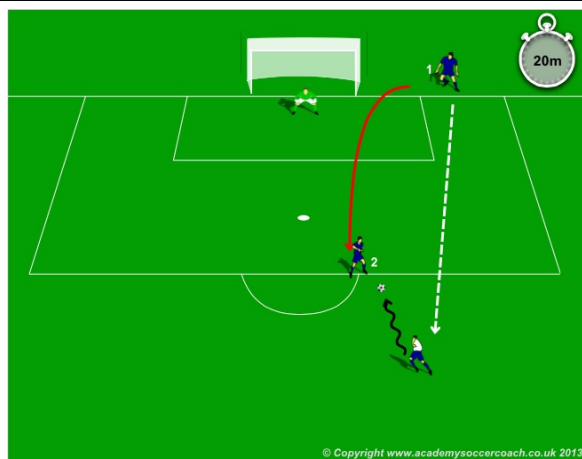
Time available



**Objectives** - To teach young players basic 1v1 defending.  
**Explanation** - White player starts with ball and moves ball from one side of the grid to the other. Blue player, must move with them staying between the end line and the player with the ball. Once at the end line, players switch roles.  
**Coaching Points** - Sideways on (surfer pose). On toes, knees bent, eye on the ball, touch tight to opponent. Stay goal side.  
**Progression** - Allow defending player to steal the ball and dribble to opposite line.



**Objectives** - Teach players to defend in a 1v1 situation  
**Explanation** - Set up a 20x20 yard grid with gates in opposite corners. The Blue player passes the ball to the White player, who then must try to dribble towards opposite goal.  
**Coaching Points** - Curve your run, forcing the attacker away from goal. Use The four P's. Pace (start fast and slow down as you get closer to attacker). Position (sideways on in the Surfer position). Patience (stand up and do not 'dive' in. Wait for the attacker to make a mistake). Power/Poke (make a strong tackle to take ball away from goal and attacker).  
**Progression** - Switch goals to other corners to work on defending the left side of the field.



**Objectives** - Coach players to defend and protect their goal.  
**Explanation** - Using the penalty area, have the defender play the ball to the attacker, who then tries to get past the defender and score a goal.  
**Coaching Points** - Use the four P's to take the attacker away from the goal and try to win possession. Stay touch tight and be patient, making sure the attacker does not have space to shoot.  
**Progression** - Place a goal the opposite end and have the defender go to that goal if they win the ball.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Shooting 3

Time available

60 Minutes

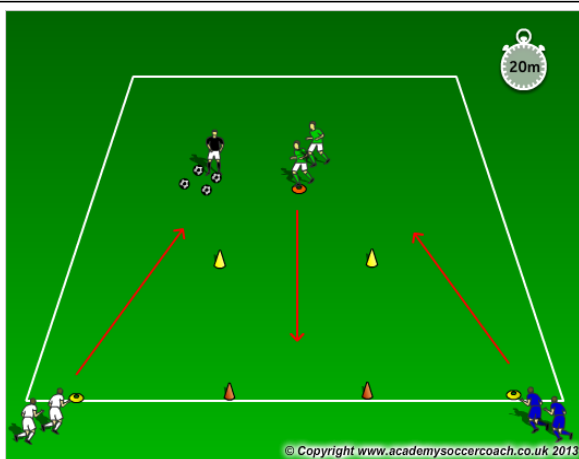


**Objectives** - Teach players to strike a moving ball.

**Explanation** - Players play diagonally across (white to white), come and take a touch to set up a shot on goal. Change lines after shot.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Use weaker foot. Increase distance. Player, who passes ball becomes defender.



**Objectives** - Teach players to strike a moving ball with their laces.

**Explanation** - Split teams into 3 groups, give them all a number. The coach calls out the number, one of the 'green' team runs into the goal, one each from the 'white' team and one from the 'blue' team run around the yellow cones and try and shoot on goal. Ball is passed in by the coach. Rotate the lines.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Call 2 numbers



**Objectives** - Teach players to strike on goal in 1v1 situations.

**Explanation** - Two lines start behind the goal. Coach plays ball in, player at start of each line runs into the middle and tries to score on opposite goal.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Look to create half a yard of space to get a shot off. Follow through, landing on kicking foot.

**Progression** - Increase distance. Add a second goal.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end



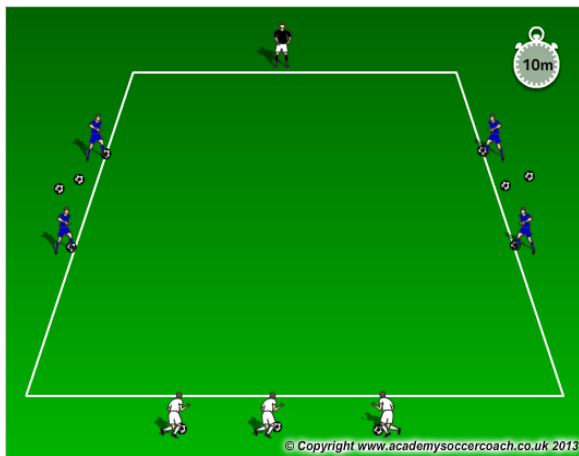
Coach

Session date

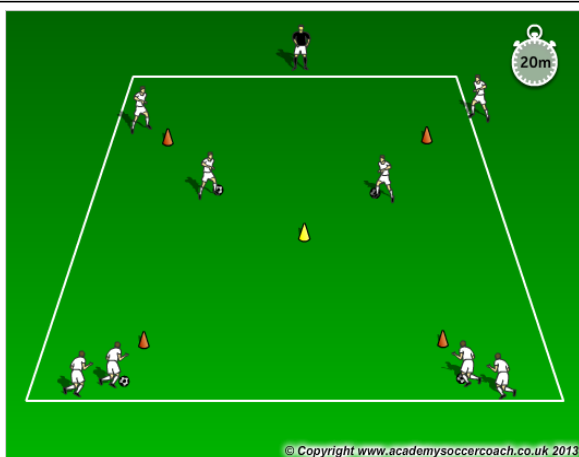
Team/Age Group

Theme

Time available



**Objectives** - Teach players to turn away from pressure.  
**Explanation** - Players in 'white' dribble the ball towards the coach, when the coach says 'go' the players must turn with the ball and get back to the line they started on. Players in 'blue' must try and pass the ball in and hit their ball, if their ball is hit they must go join those on the outside.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn performed. Head up to see where pressure is.  
**Progression** - Make grid smaller.



**Objectives** - To go over the 3 turns from previous week and show how to get away from a defender.  
**Explanation** - 4 players dribble to the middle and perform a turn.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn performed.  
**Progression** - Add a defender into the middle for each player that has to chase player after they have done their turn to add pressure.



**Objectives** - Teach players to turn away from pressure and accelerate to goal.  
**Explanation** - Player in 'white' plays ball across to player in 'blue', blue must look to score in either one of the inverted goals. Rotate defender and attacker.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away from pressure. Head up.  
**Progression** - Take away one of the goals.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

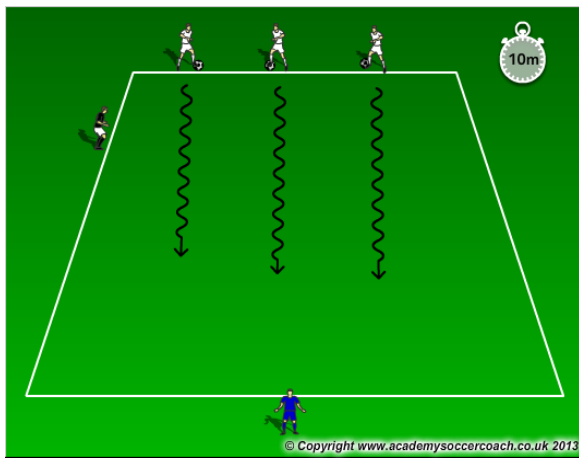
U7/U8

Theme

Basic Turning 4

Time available

60 Minutes



**Objectives** - Teach players to turn when under pressure.  
**Explanation** - Players in 'white' dribble the ball towards the player in 'blue' who is facing away from the play. When coach says 'go' player in blue turns and chases players in white. Players in 'white' must perform turn and get back to starting line.

**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn done.

**Progression** - Add extra defender.



**Objectives** - Teach players to turn when dribbling with pace.  
**Explanation** - Player in 'blue' passes to player in 'white', player in white takes ball on back foot dribbles to tall cone and performs turn, then dribbles back to cone and passes to player in blue who does the same.

**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn done.

**Progression** - Make it a competition.



**Objectives** - Teach players to turn in 1v1 situations to goal.  
**Explanation** - Coach plays ball in, one player from behind each goal comes out to play 1v1, players must look to turn towards a goal and pass ball into goal.

**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn done.

**Progression** - Add players behind either one or both spare goals, to play either 1v1v1, or 1v1v1v1.

Action Points/Notes:

Allow 10 minutes to scrimmage at the end.

Coach

Session date

Team/Age Group

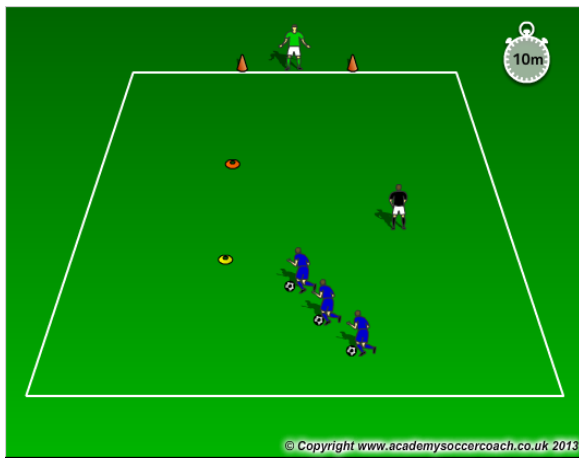
U7/U8

Theme

Basic Shooting 4

Time available

60 Minutes



**Objectives** - Teach players to strike a moving ball with their laces.  
**Explanation** - Players start by the yellow cone with a ball, the first one dribbles towards the red cone and shoots on the GK, if they score join the back of the line. Each time the player doesn't score they become the GK then the GK joins the back of the shooting line.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Increase distance.



**Objectives** - Teach players to take ball on the back foot and shoot at goal with the laces.

**Explanation** - Players pass in a colour sequence. Start at the end line, play into the middle player who takes on the back foot and and plays to 3rd player, that player then takes a touch towards goal and shoots. Rotate positions.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Shoot with both feet.



**Objectives** - Teach players to shoot from a longer distance with their laces.

**Explanation** - Coach plays the ball to one team, they pass the ball amongst themselves before taking a shot at goal. The other team stay behind the yellow line but are allowed to block the shot.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Allow one player from other team to come and be a defender. If they win the ball they can shoot from that distance.

Action Points/Notes:

Allow 10 minutes for scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Conditioned Games 2

Time available

60 Minutes



Objectives - Free play

Explanation - Players to play 2 v 2 with a goalkeeper. Goal is both goals and space in-between.

Coaching Points - Let them play. Stop only when necessary. Encourage them to show what they have learnt from previous sessions.

Progression - Make space between goals smaller or bigger.



Objectives - Free play

Explanation - Players to play 3 v 3 with a goalkeeper. Goal is both goals and space in-between.

Coaching Points - Let them play. Stop only when necessary. Encourage them to show what they have learnt from previous sessions.

Progression - Make space between goals smaller or bigger.



Objectives - Free play

Explanation - Players to play 4 v 4 with a goalkeeper. Goal is both goals and space in-between.

Coaching Points - Let them play. Stop only when necessary. Encourage them to show what they have learnt from previous sessions.

Progression - Make space between goals smaller or bigger.

Action Points/Notes: