



## Session Plans

### U7/8 Age Appropriate Session Example 3

**Topic:** Turns

**Age:** U7/8

**Duration:** 60 Minutes

**Players:** 8

#### Warm Up



**Description:**

Dribble in area. React to coaches call of North, South, East or West using the 4 sides of the square. Who can get there quickest and have their foot on the ball showing control? Progress to multiple calls so that there are changes of direction involved. Progress to holding up coloured cones or bibs assigned to the directions to force players to get their head up.

**Coaching Points:**

Head up  
Small touches

#### Turns Technique



**Description:**

Dribble in the area and turn on cones when there is space to do so. Specific turns could include: Inside Hook, Outside Hook, Drag Back, Cruyff Turn, Stepover turn.

**Coaching Points:**

Technical Breakdown of turns on OSC YouTube channel

## Turns and Protecting the Ball Opposed



### Description:

Dribble in area. Players try to knock each others balls out of the area while protecting their own. When knocked out a player must perform 10 toe taps before they can re-enter.

Progress by having players who are knocked out perform 10 inside touches before becoming a defender. Last player out wins.

### Coaching Points:

- Head up
- Small touches
- Keep body between ball and other players

## Small Sided Game



### Description:

Small sided game 4v4 No GKs

### Coaching Points:

- Encourage Creativity
- Be Positive
- Reiterate points from session