



## Session Plans

### U7/8 Age Appropriate Session Example 4

**Topic:** Attacking Moves

**Age:** U7/8

**Duration:** 60 Minutes

**Players:** 8

#### Warm Up Dribbling Tag



**Description:**

Players dribble in designated area and try to tag others without being tagged themselves. Players gain 1 point for every successful tag. If tagged they must perform 10 toe taps before joining back in. If a player loses control of the ball they have 1 point deducted. Play 2min games and change desired ball mastery skill every game. Player with the most points wins.

**Coaching Points:**

Keep head up  
Try to accelerate away quickly after a successful tag

#### Attacking Moves Technique



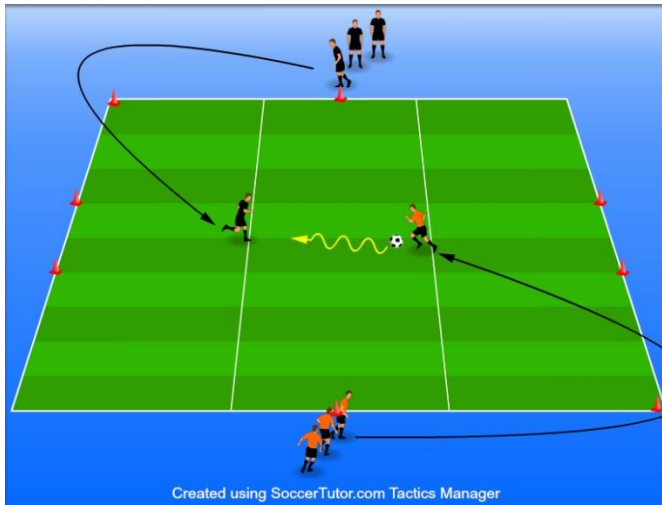
**Description:**

Dribble in the area and perform a move on a cone when there is space to do so. Specific moves could include: Fake, Double Fake, Scissor, Double Scissor, Stepover.

**Coaching Points:**

Technical Breakdown of attacking moves on OSC YouTube channel

## Attacking Moves Opposed Numbers Game



### Description:

Number the players on either team. When their number is called the players will run around the cone to their right and enter the field. The first player to enter will receive a pass from the coach and take on the opposing player 1v1. They must dribble through the goal to score.

### Coaching Points:

- Good first touch out of feet
- Be direct
- Change of direction
- Change of pace

## Small Sided Game



### Description:

Small sided game 4v4 No GKs

### Coaching Points:

- Encourage Creativity
- Be Positive
- Reiterate points from session