



U7 Coaches Guide and Drills

With the U7 age group our goal is to keep all players involved and active. Given the young age of these groups, the goal of each drill is to teach a small subset of underlying skills in a fun manner. This helps to keep ALL the children active, interested and having fun.

Contained in this package is a variety of sample practice and game plans, as well as a list of various drills and games. The games and drills are “self-teaching” where each child develops by simply participating and playing. Each game is designed to teach different soccer skills and concepts without “boring” the kids.

Read each day’s plan in advance, prior to getting to the practice. This will allow you to be ready for the necessary set ups for the drills. Reading through instructions ahead of time will avoid kids sitting and waiting as you try to read through them during the practice.



There are 6 key points that you should be concerned with when coaching the U7 division:

1. Make it FUN!! – Whether or not your players will continue to play soccer in the years to come will depend on whether it’s fun. Make the games and drills fun while having fun yourself and the kids will fall in love with soccer.

2. A ball for every player – It’s of utmost importance that **EVERY** player has a ball during practice. Also be sure to use a variety of drills and games so that the amount of time each player has with a ball is maximized, as opposed to watching, listening to instructions or standing in a line).

3. Choose good practice games – Avoid games that use “knock-out” or elimination games. This results in kids standing and watching others. The goal is to keep all the kids involved.

4. Teach the following Concepts & Rules:

- Don’t use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a “field” that has lines that they must stay within.
- The concept of “our goal” and “their goal”

5. How to properly kick the ball: Focus on teaching the kids to use the inside of the foot and the instep of the foot (ie: “the laces”) and not the toe.

6. Focus on dribbling & kicking – The foundation of the game soccer is to kick the ball. All kids want to do it. Focus your drills and games on having the kids dribble and kick the ball as often as possible. The more comfortable they are kicking and dribbling the ball, the more inclined they will be to enjoy the game and actively partake in it.



Week 1 Practice Plans – Keep it Simple!!

The following are some sample practice plans with approximate timings and drills/games. There are additional drills at the back of this guide. If you find the players have lost interest in a drill pick a new drill from the back pages. Most drills are set up to include a soccer ball. It is ok to start the drill without the ball and then add the ball in.

Practice Plan #1 (60 minutes)

Introductions: Gather players; have them sit in a circle. Coaches start off with introducing themselves, go around the circle and have players say their names. Have some fun with it, maybe ask them to say their name and favorite color as well.

Before Starting Warm-Ups: Teach the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and some jogging	5mins	No equipment
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats. (20 to 30 secs on each and repeat). Have players form a line with coach as the leader. Take players for a jog around field, as you get to corner switch from jog to Side Shuffle, next corner switch to some Back Pedaling and at next corner switch to Walking Knee Hugs. Repeat.

Let the kids take a quick water break. SOCCER SIPS!

Basic Skills	Fast Footwork	10mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet; start every session practicing the moves below for 5-10 minutes.

Toe taps: Start with feet shoulder width apart. Begin by bringing the sole of one foot to the top of the ball. Lightly touch the sole of that foot to the ball. Then switch feet and bring the sole of the other foot up to the top of the ball. (Similar to a marching motion) Increase the speed at which you switch feet based on how controlled and comfortable you are with the movement.

Bells (Big Toe to Big Toe): Players begin with feet shoulder width apart and ball at either foot. Players use inside of their big toe to push their ball over to their other foot's big toe while shifting their weight. Touch the ball back to the foot that was used to start. Continue pushing the ball back and forth using big toe and shifting weight.

Sole Role (Rock-a-bye baby): Place plant foot next to the ball. The sole of your other foot begins on the top of the ball. Move the ball with the sole of your foot forward and backward. Ball should move from the very back of the sole of your foot to the very front. Plant leg should have some bend to move with any mistouches. Complete skill with other foot.

Push/Pulls (Front-Back) Place your plant foot next to the ball. The sole of your other foot begins on the top of the ball. Ball should be placed slightly ahead of plant foot. Roll the ball backwards and then push the ball back forwards with your laces. Plant leg should have some bend to move with any mistouches. Repeat the process continually.

Let the kids take a quick water break. SOCCER SIPS!



Drills/Games	Various listed	15mins	-1 ball per pair -Cones to show distance apart
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Passing the Ball: (5mins) Teach kids how to properly kick the ball – use the inside of the foot to kick the ball and sole of foot to stop the ball. Pair kids up with a partner. One ball between 2 kids and spread them out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts – inside of foot to kick and the sole of foot to stop the ball.

Coach Says (5-10 minutes) Summary: Simple fun game for U7. Similar to “Simon says”, but instead with soccer related activities.

Teaches: Control dribbling, kicking/shooting the ball, stopping and changing directions.

Set-up: Each player has a ball. Mark off an appropriately sized area to play.

The Game: Players spread out and coach stands in the middle among them. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.). Every time “coach says” is used, the players must perform the task. If “coach says” is not used, players must stand with their foot on top of the ball or continue doing the previous task. **Let the kids take a quick water break. SOCCER SIPS!**

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. Review with the players who is on their team so they know who to be passing the ball to. Arrange your first line of players and your second line of players.

GAME		25mins	
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Game: *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player.

At the end of the game, line the players up to shake hands of opposing team. (Players line up, high-five opposing team players exchanging “good game”)

Final huddle with your team – provide them positive reinforcement with your players. All players put hand in, on count of 3 cheer “Soccer” or something like “we love soccer”!



Week 2

Practice Plan #2 (60 minutes)

Set up: When you arrive, set up 4 cones, marking off an area for players to dribble ball around in as they arrive.

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and some jogging	5mins	No equipment
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats. (20 to 30 secs on each and repeat). Have players form a line with coach as the leader. Take players for a jog around field, as you get to corner switch from jog to Side Shuffle, next corner switch to some Back Pedaling and at next corner switch to Walking Knee Hugs. Repeat.

Let the kids take a quick water break. SOCCER SIPS!

Basic Skills	Fast Footwork	10mins	1 ball per player
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Basic Skills: Fast Footwork – Mark off an appropriately sized area to play. Each player should have a ball at their feet; start every session practicing the moves below for 5-10 minutes.

Toe taps: Start with feet shoulder width apart. Begin by bringing the sole of one foot to the top of the ball. Lightly touch the sole of that foot to the ball. Then switch feet and bring the sole of the other foot up to the top of the ball. (Similar to a marching motion) Increase the speed at which you switch feet based on how controlled and comfortable you are with the movement.

Bells (Big Toe to Big Toe): Players begin with feet shoulder width apart and ball at either foot. Players use inside of their big toe to push their ball over to their other foot's big toe while shifting their weight. Touch the ball back to the foot that was used to start. Continue pushing the ball back and forth using big toe and shifting weight.

Sole Role (Rock-a-bye baby): Place plant foot next to the ball. The sole of your other foot begins on the top of the ball. Move the ball with the sole of your foot forward and backward. Ball should move from the very back of the sole of your foot to the very front. Plant leg should have some bend to move with any mistouches. Complete skill with other foot.

Push/Pulls (Front-Back) Place your plant foot next to the ball. The sole of your other foot begins on the top of the ball. Ball should be placed slightly ahead of plant foot. Roll the ball backwards and then push the ball back forwards with your laces. Plant leg should have some bend to move with any mistouches. Repeat the process continually.

Let the kids take a quick water break. SOCCER SIPS!



Passing Drills	Passing the Ball Pass Through the Gate	15mins	-1 ball per pair -cones
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Passing the Ball: (5mins) Teach kids how to properly kick the ball – use the inside of the foot to kick the ball and sole of foot to stop the ball. Pair kids up with a partner. One ball between 2 kids and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts – inside of foot to kick and the bottom of foot to stop the ball.

Pass Through the Gate: (5 to 10mins)

Summary: A simple drill to work on accurate passing between teammates.

Teaches: Accurate passing, players to look to where the pass is going. Use the inside of the foot.

Set-Up: Split players into pairs and give them a pair of cones to place down as a gate in the area between them.

The Game: (See Image Below) Players pass the ball back and forth from each other. The ball should pass through the gate in the area between them. Have them start closer together and continue to increase the distance between them. Make sure the players are looking where the pass is going. Let the players practice for several minutes. It is through constant repetition that they learn how to kick the ball accurately and with the correct weight of pass.



Let the kids take a quick water break. SOCCER SIPS!

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and sole of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. Review with the players who is on their team and which way they are shooting!

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Week 3

Practice Plan #3 (60 minutes)

Set up: When you arrive, set up 4 cones, marking off an area for players to dribble ball around in as they arrive.

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and Follow the Leader	5mins	-1 ball per player -Cones
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats; (20 to 30 secs on each and repeat).

Follow the Leader: A great warm-up that teaches dribbling skills. Easy set-up and each have a ball. Have cones spaced out in a few different rows. In a couple of rows have cones closer together and in the other row have them spaced other further. Each player has a ball. Coach can start off as leader; all others line up behind coach and follow the coach dribbling through the various rows of cones.

Emphasize control of the ball over speed. Ask for a volunteer leader and have them lead for another minute; then a third. **Let the kids take a quick water break. SOCCER SIPS!**

Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

Toe taps: Start with feet shoulder width apart. Begin by bringing the sole of one foot to the top of the ball. Lightly touch the sole of that foot to the ball. Then switch feet and bring the sole of the other foot up to the top of the ball. (Similar to a marching motion) Increase the speed at which you switch feet based on how controlled and comfortable you are with the movement.

Bells (Big Toe to Big Toe): Players begin with feet shoulder width apart and ball at either foot. Players use inside of their big toe to push their ball over to their other foot's big toe while shifting their weight. Touch the ball back to the foot that was used to start. Continue pushing the ball back and forth using big toe and shifting weight.

Sole Role (Rock-a-bye baby): Place plant foot next to the ball. The sole of your other foot begins on the top of the ball. Move the ball with the sole of your foot forward and backward. Ball should move from the very back of the sole of your foot to the very front. Plant leg should have some bend to move with any mistouches. Complete skill with other foot.

Push/Pulls (Front-Back) Place your plant foot next to the ball. The sole of your other foot begins on the top of the ball. Ball should be placed slightly ahead of plant foot. Roll the ball backwards and then push the ball back forwards with your laces. Plant leg should have some bend to move with any mistouches. Repeat the process continually.

Let the kids take a quick water break. SOCCER SIPS!



Passing & Dribbling Drills	Pass Through the Gate	20mins	-1 ball per pair -cones
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Pass Through the Gate: (5 to 10 mins)

Summary: A simple drill to work on accurate passing between teammates.

Teaches: Accurate passing, players to look to where the pass is going. Use the inside of the foot.

Set-Up: Split players into pairs and give them a pair of cones to place down as a gate in the area between them.

The Game: (See Image Below) Players pass the ball back and forth from each other. The ball should pass through the gate in the area between them. Have them start closer together and continue to increase the distance between them. Make sure the players are looking where the pass is going. Let the players practice for several minutes. It is through constant repetition that they learn how to kick the ball accurately and with the correct weight of pass.



Empty the Tank: (5 to 10 mins)

Summary: A simple fun game to practice dribbling and control.

Set-up: Set up two areas, each with a gate at one end and a coned square 2 yards away. Divide your players into 2 teams. Put each team of players behind each gate, and put equal amounts of soccer balls in the two squares.

The Game: When you say “go”, the first player in each team must run to the square and grab a ball and dribble back to their gate. Once player is back at gate their team mate must run to the square and grab ball...this process keeps going until all balls have been emptied from the tank.



Week 3 Continued...



Red Light, Green Light: (5 mins)

Summary: Simple fun game for U7.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set-up: Each player has a ball. Mark off an appropriately sized area to play.

The Game: Players line up at one end of playing area. Coach shouts “Yellow Light” – players dribble ball forward in a straight line at a slow pace. Coach shouts “Green Light” – players continue to dribble forward in a straight line but at a fast pace. Finally Coach shouts “Red Light” – players stop ball and keep foot on top of the ball in possession. Continue to control the drill with the frequency and variation of the light changes.

Comments: When players begin to get accustomed to the drill, vary it by allowing them to dribble in any direction. Add new colored lights; “Black Light” – players need to dance around the ball. “Blue Light” – players need to hop back and forth over the ball. **Let the kids take a quick water break. SOCCER SIPS!**

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of rules. (Not using hands, using inside of foot to kick ball and sole of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. *Be prepared with your first line of players and 2nd line of players. Mix it up from previous week.*

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins. Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes. At the end of the game, line the players up to shake hands of opposing team.



Week 4

Practice Plan #4 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have them shoot on net as well.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and Freeze Tag	5mins	-Cones
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats; (20 to 30 secs on each and repeat).

Freeze Tag (5 minutes) - Mark off an appropriately sized area to play using discs or cones.

Summary: A simple good old fashion game of Freeze Tag. Mark off an appropriately sized area to play using discs or cones. Coaches start off as it. On the whistle the coaches will try to tag the other players. Once a player is tagged, they must stay frozen until they are touched by another player on their team.

Let the kids take a quick water break. SOCCER SIPS!

Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

- **Toe taps, Bells** (Big Toe to Big Toe), **Sole Role** (Rock-a-bye baby), **Push/Pulls** (Front-Back)

Control & Dribbling Drills	Cushion and Stop Dribble Race Red Light, Green Light	20mins	-balls -cones
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Control Drills & Dribbling:

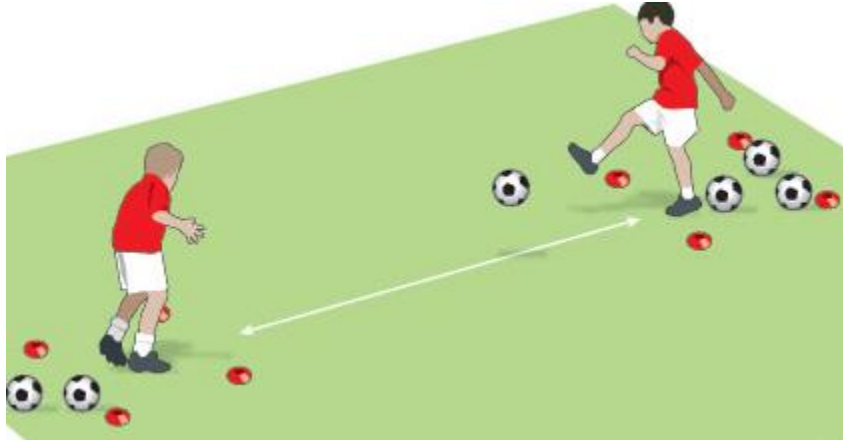
Cushion and Stop: (5 mins) – Receive and control the ball

Teaches: Ball control – encourage players to keep eyes on ball and use the inside of the foot to cushion the ball.

Set-up: Set up two squares marked out with cones 2 yards apart.

Game Play: Put a player and about three balls in each square. When you say "go", the players pass the ball from square to square, concentrating on cushioning the ball as they receive it.

Summary: The foot should be square to the ball, not pointing up or down. Ankle raised slightly.



Dribble Race (5 mins)- Dribble with a ball 5 yards in a straight line.

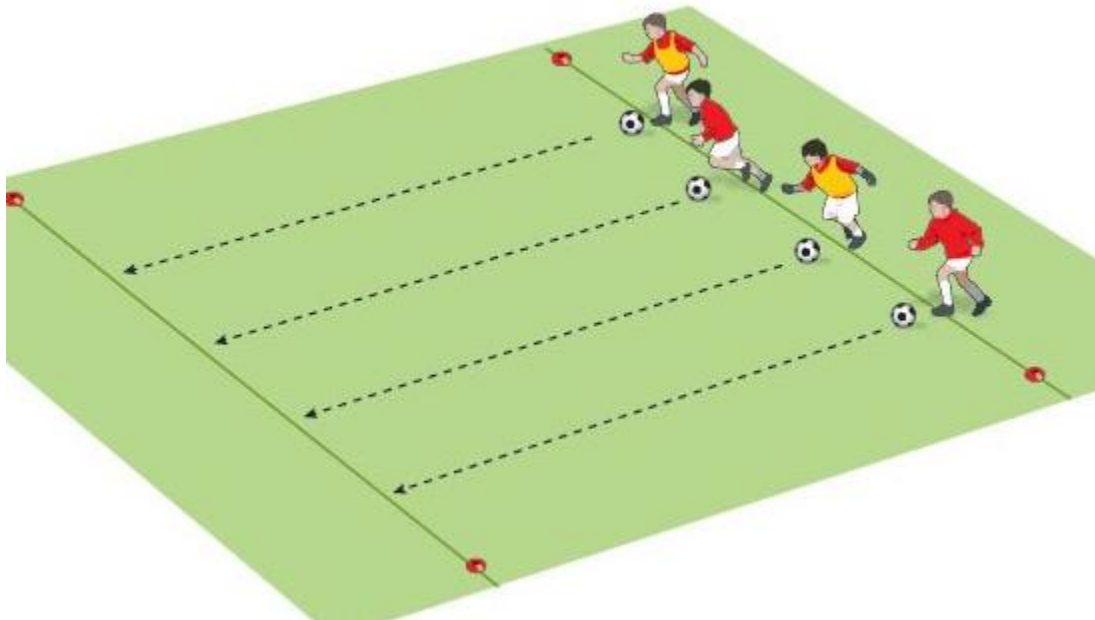
Teaches: Ball Control – encourage players to keep the ball close in front of them.

Set-up: Mark out an area with a start line and finish line 5 yards apart. Line up players on the start line with, each with a ball. Make sure they are at least 1 yard apart.

Game Play: This is a straightforward race. When you say “go”, the players dribble the ball to the finish line as fast as they can – player and ball must cross the line, don’t allow players to kick and chase.

You want players to touch the ball at least three times before they get to the other side.

Call out to your players to “keep the ball in front” but they should also be looking where they are going and not drifting in front of other players. Tell them the technique you want to see – “touch the ball three times”.





Red Light, Green Light (5 minutes)

Summary: Simple fun game for U7.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set-up: Each player has a ball. Mark off an appropriately sized area to play.

The Game: Players line up at one end of playing area. Coach shouts “Yellow Light” – players dribble ball forward in a straight line at a slow pace. Coach shouts “Green Light” – players continue to dribble forward in a straight line but at a fast pace. Finally Coach shouts “Red Light” – players stop ball and keep foot on top of the ball in possession. Continue to control the drill with the frequency and variation of the light changes.

Comments: To challenge players instead of shouting out “Red”, “Green” or “Yellow”, identify your right hand as “Green” and left hand as “Red” and when you put your right hand up, they dribble forward, when you put your left hand up, they stop. This teaches them to not to always be looking down at their feet and ball.

**Red and Green Signs, or Frisbees can also be used for this drill.

Let the kids take a quick water break. SOCCER SIPS!

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of rules. (Not using hands, using inside of foot to kick ball and sole of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. *Be prepared with your first line of players and 2nd line of players – mixed it up from previous week.*

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Week 5

Practice Plan #5 (60 minutes)

Set up: When you arrive, set up 4 cones, marking off an area for players to dribble ball around in as they arrive.

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and Follow the Leader (obstacle course)	5mins	-1 ball per player -Cones
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats; (20 to 30 secs on each and repeat).

Follow the Leader: A great warm-up that teaches dribbling skills and works on agility. Easy set-up and everyone have a ball.

Have cones spaced out in a few different rows. In a couple of rows have cones closer together and in the other row have spaced other further. Coach can start off as leader; all others line up behind coach and follow the coach running through the various rows of cones. After first time through go through it again but this time each player had a ball. Again, Coach can start off as the leader. Ask for a volunteer leader and have them lead for another minute. **Let the kids take a quick water break. SOCCER SIPS!**

Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

- **Toe taps, Bells** (Big Toe to Big Toe), **Sole Role** (Rock-a-bye baby), **Push/Pulls** (Front-Back)

Throw-in Drills	Rules Throw in challenge	15mins	-1 ball per pair -cones
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The throw in, in soccer is used when the ball goes out of bounds on the sidelines of the soccer field. The player taking the throw in can throw the ball in any direction on the field.

Key Points and Throw-In Rules: *Demonstrate the below for your team players*

- Use Two Hands
- Ball must come from straight behind your Head and it should be a continuous throw.
- Both feet must remain on the ground

Set up: Make a sideline using cones or use an existing sideline on your practice field. Set up a line of cones in the field about one yard away. Split team into two groups; one group lines up on the sideline with a ball and the other group line up behind the row of cones in the field. The group with the ball takes a throw-in, throwing ball towards players lined up behind the row of cones in the field. Practice



the thrown in by throwing the ball back and forth from one side to the other. Repeat until comfortable.

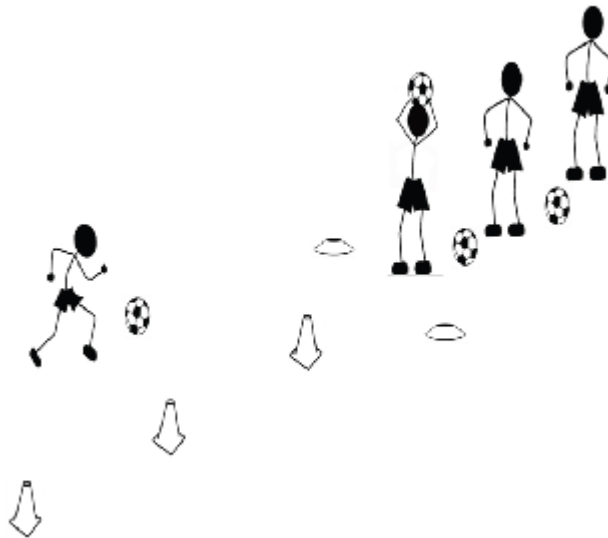
Throw-in Cont.

Throw-in Challenge: (5 to 10mins)

Summary: Making accurate throw-ins. Being able to make a long throw-in

Set up: Make a sideline using cones or use an existing sideline on your practice field. Set up one cone in the field about one yard away. Set up a second cone two yards out (one yard behind the first) and then another one three yards out. Players line up on the sideline in a single file line facing the cones and each player has a ball. Each player takes a turn taking a throw-in and tries to hit the first cone. Players go to the end of the line after each try. After hitting the first cone a player then tries for the second cone when it is his turn again. Challenge players to be the first one to hit the third cone. There can be several lines of this going on at once, with only two or three players in each line.

Comments: Make this a relay race. Each time a player on one team hits a cone, he can grab that cone and place it on top of the next cone and this becomes the target for the whole team until a player hits it. The first team to hit all of the cones wins.



Shooting Drills	Score a Goal – Avoid the Keeper	10mins	-1 ball per player -cones
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Score a Goal - Avoid the Keeper:

Summary: Simple game of shooting on net. Shoot into the goal. Kick to the side of the goalkeeper.

Set-up: Set up the activity with one goal, a cone 5 yards away and another cone 1 yard further back. Put players, each with a ball, behind the second cone and a goalkeeper in the goal.

The Game: When you say “go”, the player runs with the ball from the second cone to the first cone and shoots at the goal.

The movement between the cones allows players to take a pace or two with the ball before shooting, as the ball should always be moving unless you are practicing penalties.

****Note** players need to be outside of semi-circle to shoot, if they go within circle, have them dribble ball outside of circle prior to shooting again.



Comments: When the player shoots, they should follow through with their kick so the ball is propelled to the goal – tell players they should “kick to the side of the goalkeeper”.

Week 5 Continued...



Let the kids take a quick water break. SOCCER SIPS!

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of concepts learned today. Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”.

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Week 6

Practice Plan #6 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have them shoot on net as well.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and jogging	5mins	No equipment
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats. (20 to 30 secs on each and repeat). Have players form a line with coach as the leader. Take players for a jog around field, as you get to corner switch from jog to Side Shuffle, next corner switch to some Back Pedaling and at next corner switch to Walking Knee Hugs. Repeat.

Let the kids take a quick water break. SOCCER SIPS!

Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

- **Toe taps, Bells** (Big Toe to Big Toe), **Sole Role** (Rock-a-bye baby), **Push/Pulls** (Front-Back)

Shooting Drills	Shooting on Net	20mins	1 ball per pair
	1 v 1 Drills Coach Says		1 ball per player

Score a Goal - Avoid the Keeper: (5 to 10mins)

Summary: Simple game of shooting on net. Shoot into the goal. Kick to the side of the goalkeeper.

Set-up: Set up the activity with one goal, a cone 5 yards away and another cone 1 yard further back. Put players, each with a ball, behind the second cone and a goalkeeper in the goal.

The Game: When you say "go", the player runs with the ball from the second cone to the first cone and shoots at the goal.

The movement between the cones allows players to take a pace or two with the ball before shooting, as the ball should always be moving unless you are practicing penalties.

**Note players need to be outside of semi-circle to shoot, if they go within circle, have them dribble ball outside of circle prior to shooting again.

Comments: When the player shoots, they should follow through with their kick so the ball is propelled to the goal – tell players they should "kick to the side of the goalkeeper".

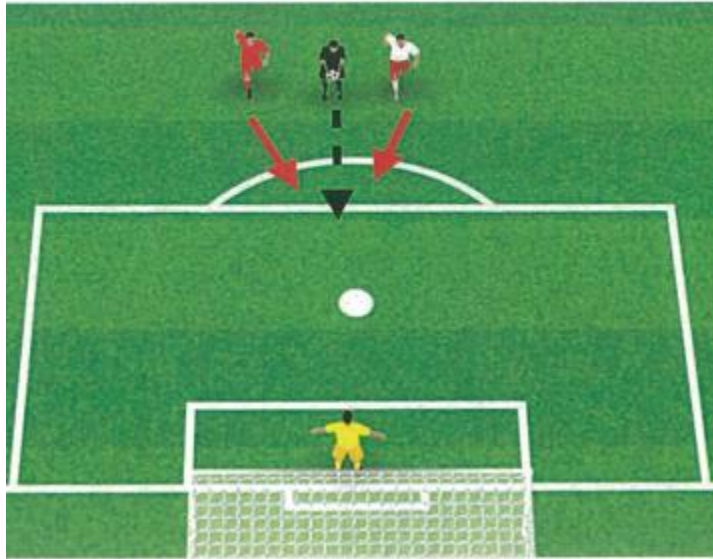


Soccer 1 v 1: (5 to 10mins)

Summary: Simple 1 on 1 drill.

Set-up: Divide players up into two groups. Players form 2 lines on either side of coach.

The Game: Coach kicks the ball forward, the 2 players at the front of the line chase it. The first player to the ball tries to shoot on goal while the other player tries to take the ball away and then shoot.



Coach Says (5-10 minutes) Summary: Simple fun game for U7. Similar to “Simon says”, but instead with soccer related activities.

Teaches: Control dribbling, kicking/shooting the ball, stopping and changing directions.

Set-up: Each player has a ball. Mark off an appropriately sized area to play.

The Game: Players spread out and coach stands in the middle among them. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.). Every time “coach says” is used, the players must perform the task. If “coach says” is not used, players must stand with their foot on top of the ball or continue doing the previous task.

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of concepts learned today. Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”.

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Week 7

Practice Plan #7 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have them shoot on net as well.

Before Starting Warm-Ups: Review the following Concepts & Rules:

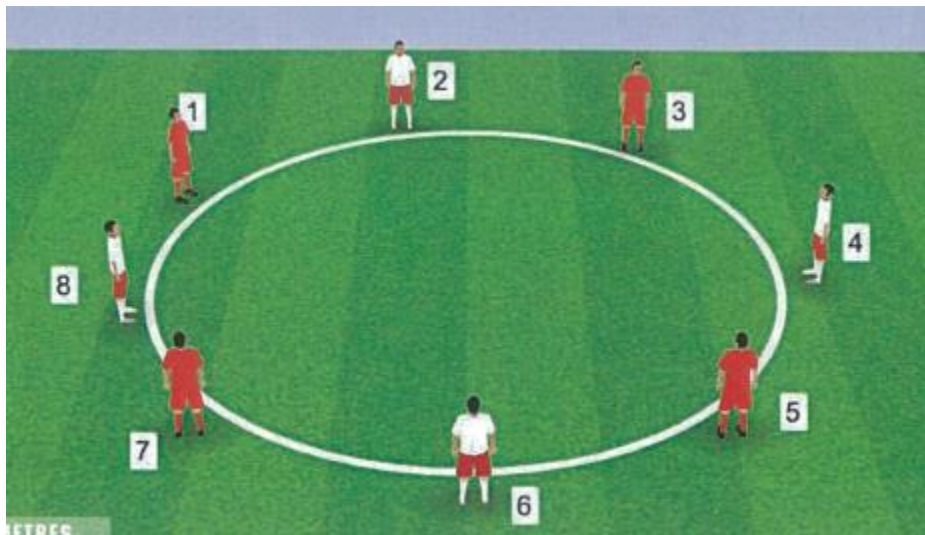
- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and Around the world	5mins	No equipment
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats; (20 to 30 secs on each and repeat).

Around the World: A great warm-up that focuses on coordination. Easy set up. Have players form a large circle; they can be sitting or standing. Number each player, when coach calls your number, that player travels around the outside of the circle and returns to their spot as fast as they can. "Listen!" – Move as your coach tells you. **1.** Run forward, **2.** Run backwards, **3.** Shuffle to the side, **4.** Hop with your feet together, etc.

Let the kids take a quick water break. SOCCER SIPS!



Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

- **Toe taps, Bells** (Big Toe to Big Toe), **Sole Role** (Rock-a-bye baby), **Push/Pulls** (Front-Back)



Passing Throw In Dribbling & Passing Drills	Pass Through the Gate Throw ins Clean your Room	20mins	-1 ball per pair -1 ball per pair -1 ball each -cones
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Passing, Throw-in & Dribbling:

Pass Through the Gate: (5mins)

Summary: A simple drill to work on accurate passing between teammates.

Teaches: Accurate passing, players to look to where the pass is going. Use the inside of the foot.

Set-Up: Split players into pairs and give them a pair of cones to place down as a gate in the area between them.

The Game: (See Image Below) Players pass the ball back and forth from each other. The ball should pass through the gate in the area between them. Have them start closer together and continue to increase the distance between them. Make sure the players are looking where the pass is going. Let the players practice for several minutes. It is through constant repetition that they learn how to kick the ball accurately and with the correct weight of pass.



Throw-in Drills: (5 mins)

The throw in in soccer is used when the ball goes out of bounds on the sidelines of the soccer field. The player taking the throw in can throw the ball in any direction on the field.

Key Points and Throw-In Rules: *Demonstrate the below for your team players*

- Use Two Hands
- Ball must come from straight behind your Head
- Both feet must remain on the ground

Set up: Make a sideline using cones or use an existing sideline on your practice field. Set up a line of cones in the field about one yard away. Split team into two groups; one group lines up on the sideline with a ball and the other group line up behind the row of cones in the field. The group with the ball takes a throw-in, throwing ball towards players lined up behind the row of cones in the field. Practice



the thrown in by throwing the ball back and forth from one side to the other. Repeat until comfortable.

Week 7 Continued...

Clean Your Room: (5mins)

Summary: Fun, straight forward drill that fosters team work and movement.

Teaches: Passing, teamwork, control dribbling, turns

Set-up: Mark off an appropriately sized area to play. Mark out a line with cones to separate the play area in half. Every player with a ball. Split players into two teams

The Game: Have each team stand in their half of the play area with their balls. When the coach yells "GO", each team must pass their ball into the other team's "room" or half. Once a ball comes back into their room area, they should once again control and kick it back.

Comments: Make sure proper passing technique is used with the inside of the foot. If the ball is kicked past a player, they should chase after it, stop and turn and dribble it back into their room so they can pass it back.

Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of concepts learned today. Prepare players for game versus the opposing team. The concept of "our goal" and "their goal".

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Week 8

Practice Plan #8 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have them shoot on net as well.

Before Starting Warm-Ups: Review the following Concepts & Rules:

- Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- The concept of a "field" that has lines that they must stay within.

Warm-Up	Stretches and Freeze Tag	5mins	-Cones
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Summary: Start with some stretching, have players spread out and form a circle (arm's length space between players). Coach can be in the middle of circle leading the stretches. Example Stretches: Jumping Jacks, Arm Circles, Leg Swings and Squats; (20 to 30 secs on each and repeat).

Freeze Tag: (5 minutes) - Mark off an appropriately sized area to play using discs or cones.

Summary: A simple good old fashion game of Freeze Tag. Mark off an appropriately sized area to play using discs or cones. Coaches start off as it. On the whistle the coaches will try to tag the other players. Once a player is tagged, they must stay frozen until they are touched by another player on their team.

Let the kids take a quick water break. SOCCER SIPS!

Basic Skills	Fast Footwork	5mins	1 ball per player
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Mark off an appropriately sized area to play. Each player should have a ball at their feet.

- **Toe taps, Bells** (Big Toe to Big Toe), **Sole Role** (Rock-a-bye baby), **Push/Pulls** (Front-Back)

Control Drills	Cushion and Stop	20mins	1 ball per player
1 v 1	1 v 1		1 ball per pair
Dribbling	React Fast		1 ball per player

Control Drills, 1v1 & Dribbling:

Cushion and Stop: (5 mins) – Receive and control the ball

Teaches: Ball control – encourage players to keep eyes on ball and use the inside of the foot to cushion the ball.

Set-up: Set up two squares marked out with cones 2 yards apart. *Image in Week 4.*

Game Play: Put a player and about three balls in each square. When you say "go", the players pass the ball from square to square, concentrating on cushioning the ball as they receive it.

Summary: The foot should be square to the ball, not pointing up or down. Ankle raised slightly.

Soccer 1 v 1: (5 to 10mins)

Summary: Simple 1 on 1 drill.

Set-up: Divide players up into two groups. Players form 2 lines on either side of coach. *Image in Week 6.*

The Game: Coach kicks the ball forward, the 2 players at the front of the line chase it. The first player to the ball tries to shoot on goal while the other player tries to take the ball away and then shoot.



Week 8 Continued...

React – Fast (5 to 10mins)

Summary: Simple drill that focuses on dribbling and coordination.

Set-up: Mark off an appropriately sized area to play.

The Game: Players run freely around the marked off area. “Listen!” – change the way you’re moving on the coach’s command: 1. Run backwards. 2. Shuffle to the side. 3. Jump in place. 4. Sit down and get up fast; keep running. 5. Knees up, etc.

Comments: Give each player a ball and they can dribble around the marked off playing area. “Listen!” – Change the way you’re moving on the coach’s command: 1. Turn and dribble in the other direction. 2. Dribble to the side. 3. Jump in place with ball between your knees. 4. Throw the ball up and catch it, etc.



Review	Reminder of rules, set up for game, etc	5mins	No equipment
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Quick review of concepts learned today. Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”.

GAME		25mins	
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One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.

Play the weekly game versus the opposing team. Again, the focus is to get every player involved and chasing the ball. No score will be kept. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



Additional Drills:

Soccer Cleats Game

Summary: Soccer Cleats will become an important piece of footwear for many children and hopefully for many years. This fun game called 'head, shoulders, knees and ball' is a fun game for the U7 age group

Teaches: Balance, using both feet

Set-up: Every player with a ball.

The Game: Players stand around the coach with their ball close to them but not touching it. When the coach says a body part, the players must touch that body part (ie: head, nose, ears, etc.). When the coach says "BALL", they must put a foot on top of the ball as quickly as possible.

Comments: Experiment with different body parts to make it fun. Get them to lightly stretch by having them touch their toes or the sky. Also use words that sound similar to "ball" such as back, belly or bottom/bum. This can trick the youngsters and always gets a laugh!!

Egg Hunt

Summary: Simple fun game for U7

Teaches: Running, dribbling, kicking/shooting the ball.

Set Up: Mark out playing area. The net should be included in the playing area.

The Game: Scatter the balls at the end of the playing area opposite of the net. Have players line up along the end line by the net. On "go" players will run and find their egg(ball) and dribble back and put in the basket (score in goal).

Comments: Add a little obstacle course, set up some cones that once kids find their egg, they need to dribble ball through the cones before putting the ball in the basket (score in goal).

Hit the Coach!

Summary: Simple fun game for U7.

Teaches: Control dribbling, kicking/shooting the ball

Set-up: Each player has a ball

The Game: Players stand shoulder to shoulder facing the coach who is about 5 steps away. On "GO", the coach runs slowly away while players dribble to chase him and try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to help and split the game into 2 games so it is less crowded. Stay in a small area and have fun!!

What Time is it Mr. Wolf?

Summary: Similar to childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set-up: Each player has a ball. Mark off an appropriately sized area to play.

The Game: Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out "what time is it Mr. Wolf" and take that many steps while dribbling the ball. When coach yells "It's dinner time!" players quickly turn and dribble back to their starting line.



Freeze Tag

Summary: Simple fun game for U7

Teaches: Control dribbling, change of direction

Set Up: Mark off designated playing area. Every player has a ball.

The Game: Coach starts off as being the tagger. On “go” players dribble ball around in playing area while coach tags “freezes” as many players as possible. If player is tagged he/she must pick up the ball and hold over their head and spread their legs. They should be encouraged to shout “help” as loud as possible. To get unfrozen another teammate must dribble to and pass ball through the spread legs of the frozen player. Once the player is unfrozen, he/she resumes dribbling in playing area.

Comments: Players need to stay in playing area; if they dribble outside of the playing area, they are frozen and will need to be helped. Players should be encouraged to keep head up while dribbling to see where the tagger is. Switch it up and have another player be a tagger as well.