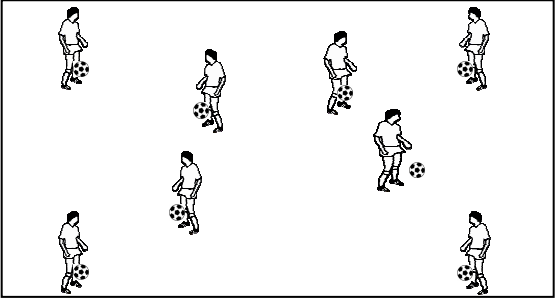
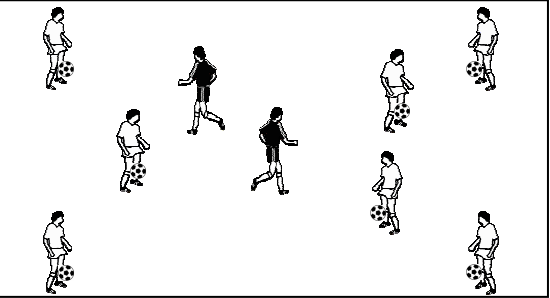
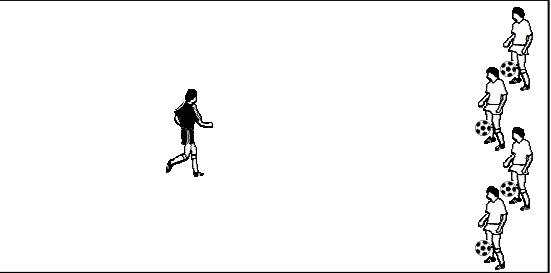


RECREATIONAL DIVISION

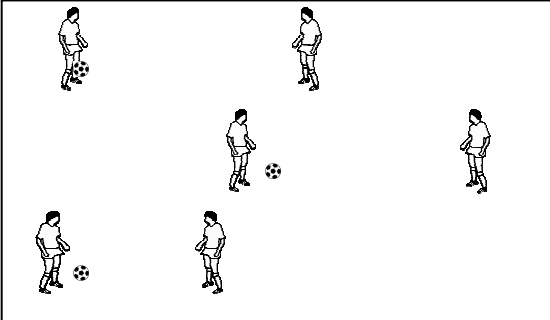
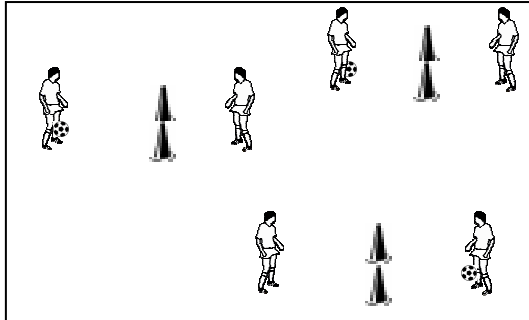
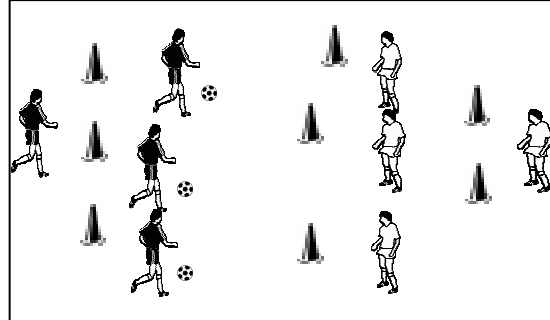
Early Touches

CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U7/U8	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (Inside of the foot)										
SHOOTING (top of the foot)										
DRIBBLE USING OUTSIDE / INSIDE OF FEET										
ATTACKING THE GOAL										
SHIELDING THE BALL FROM OPONENTS										
DRIBBLING AT DIFFERENT SPEEDS										

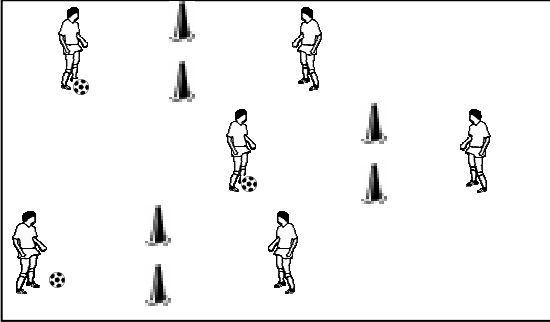
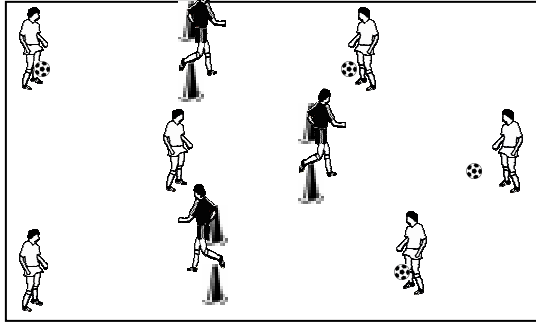
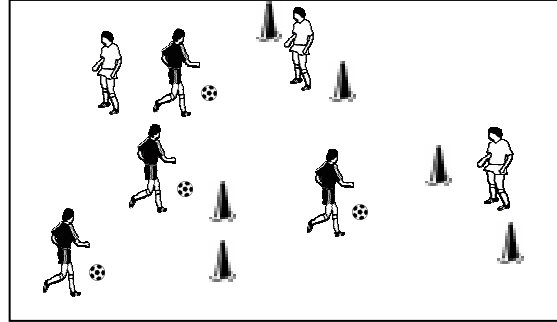
U7/U8 WEEK 1

Unopposed Dribbling: Moving with the ball Organization  Implementation - Each player has a ball and is allowed to dribble around the grid. - The coach calls out instructions for players to follow, fast, slow, stop with right foot/left - Coach can give them 30sec for players to work against and time themselves, opposites of coaches calls can also be introduced Coaching Points - Players should keep the ball close to them and have lots of little touches - Head up and look for space - Squish the ball when stopping	Opposed Dribbling: Moving with the ball Organization  Implementation - Each player has a ball except a designated number of defenders - Players have to dribble with ball and avoid defenders, if they stop the ball with their feet on the ball, defenders cannot get their ball - If players allow the ball to get away from them and to a defender they are now caught and must hold ball above their head. They are released with another player putting the ball through their legs Coaching Points - Players should keep the ball close to them - Keep their head up and look for space - Be going at a pace which allows them to stop the ball	Fun Game Dribbling: Moving with the ball Organization  Implementation - Each player has a ball and attempts to dribble past the defender and get to the other side. - Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate Coaching Points - Moving with ball into space - Use of moves e.g stop and start to go round defenders - Keep the ball close when dribbling - Have head up at all times
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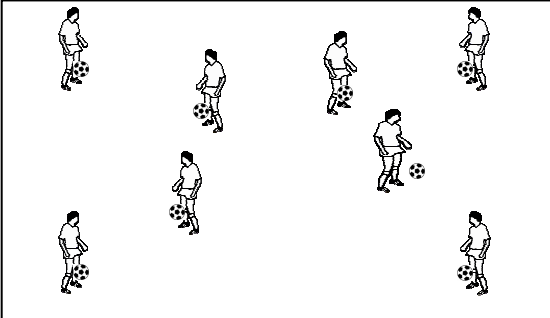
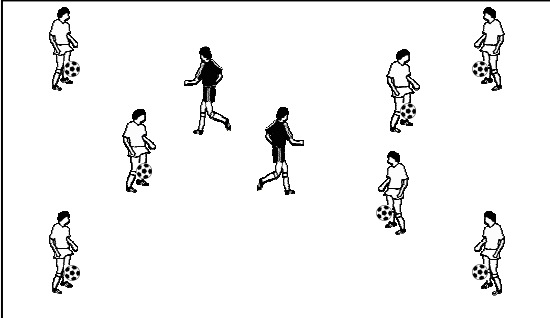
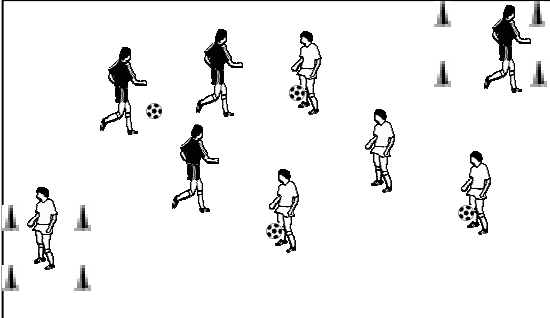
U7/U8 WEEK 2

Unopposed Passing: Passing and Receiving Organization  Implementation • Players are with a partner and stand facing each other. • One ball between two the players passes the ball to their partner. • The partner then stops the ball before passing back • Progress practice by having the player follow the pass run around their partner and back to the start ready for a pass. Coaching Points • Players are encouraged to pass the ball with the inside of their feet • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go	Opposed Passing: Passing and Receiving Organization  Implementation • Same exercise as before only the players now have a gate which they must pass through • Competition can be brought in by telling the players they get a point each time they get the ball through the gate Coaching Points • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass	Fun Game Passing: Passing and Receiving Organization  Implementation • Team in black have 1 minute to knock over as many tall cones as they can by passing the ball and hitting them. • Team in white have to place the cones back up • At the end of the game cones are counted up and the team who has the most cones up/down wins Coaching Points • Players have to keep the ball down by using the side foot and getting body over the ball • Being aware of surroundings by having head up
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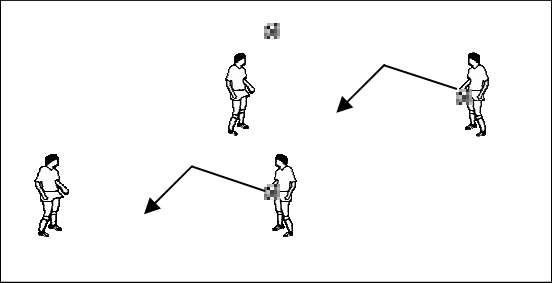
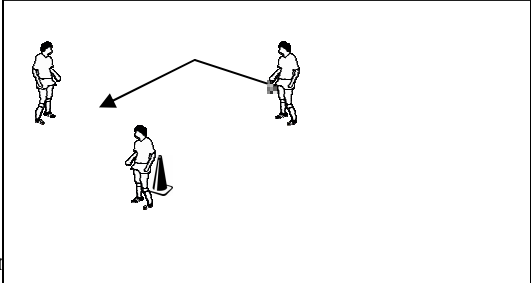
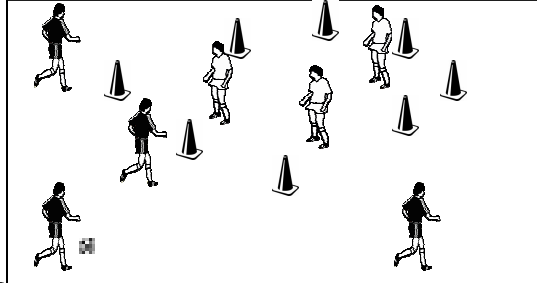
U7/U8 WEEK 3

Unopposed Shooting Organization  Implementation • Players are with a partner and stand facing each other. • One ball between two the players have to shoot the ball through the gates and score • Once ball is on the other side the partner has a chance to try and score Coaching Points • Angle of approach to striking the ball • Preparation, contact and follow through • Head over the ball • Knee over the ball • Target • Work on moving with ball before hitting	Opposed Shooting Organization  Implementation • Same exercise as before only the players now have a goalkeeper to shoot past • Positions are rotated on the coaches request Coaching Points • Preparation, contact and follow through • Accuracy of shot into corners • Head over the ball • Knee over the ball	Fun Game Shooting Organization  Implementation • Players are split into 2 teams • Several Goals are laid out on the field • Team with the ball have to run round and score as many goals as they can in 30 seconds • Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round) Coaching Points • Head up and look for the open goal • Drive towards space and open goal • Have ball out from under your feet • Preparation, contact and follow through • Aim for corners
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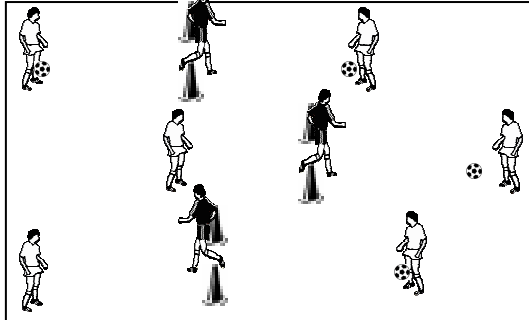
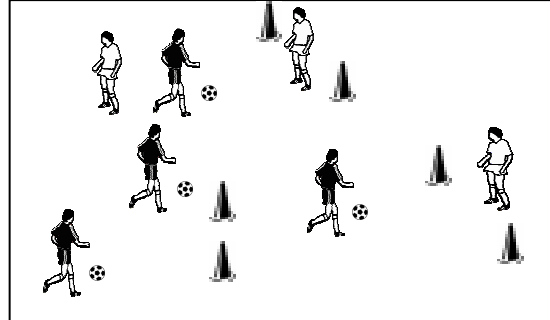
U7/U8 WEEK 4

Unopposed Shielding: Protecting the ball Organization  Implementation - Each player has a ball and is allowed to dribble around the grid. - The coach calls out instructions for players to get into a shielding position - Coach can change the call to a certain buzz word for the children e.g shark attack Coaching Points - Players should keep the ball close to them - Must have their body side on to the ball and with on open stance - Knees bent with a low centre of gravity - Arm up and bent at the elbow to help balance and provide additional protection - Encourage players to nudge the ball whilst in the position	Opposed Shielding: Protecting the ball Organization  Implementation - Each player has a ball except a designated number of defenders/ sharks - Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position. - The defending player can try and get the ball for 3 seconds before moving on to another player Coaching Points - Players should keep the ball close to them and be in a shielding position - Keep their head up be aware of where the defenders are - Nudge the ball to the side to keep control and away from the defender	Fun Game Shielding: Protecting the ball Organization  Implementation - Players are in 2 teams with each team having a designated defender/shark who does not have a ball - Players must shield the ball when approached by a defender/ shark. - Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point - Players in jail can be broke out with a tag Coaching Points - Moving with ball into space - Strong shielding stance to protect ball - Keep the ball close when dribbling - Have head up at all times
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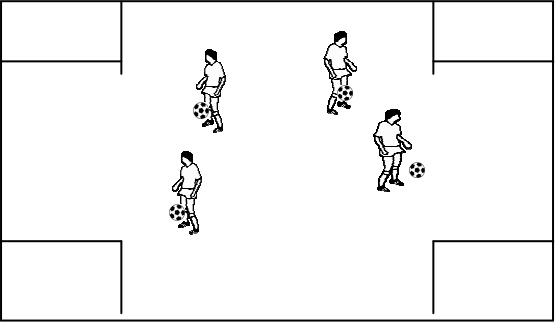
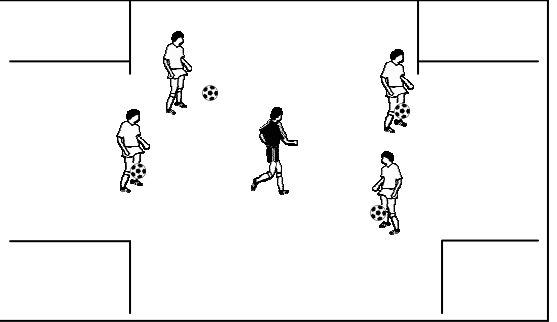
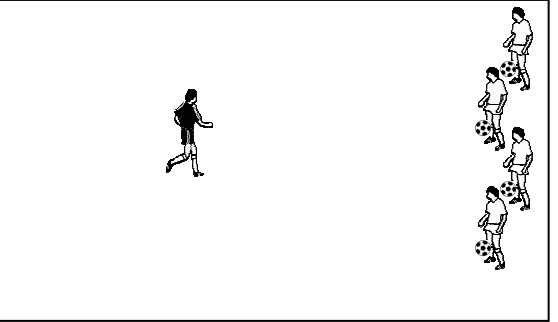
U7/U8 WEEK 5

Unopposed Passing: Passing and Receiving Organization  • Players are with a partner and stand facing each other. • One ball between two the player with the ball gentle throw the ball underarm for his partner to stop then pass back. • Pass should be light and to the players feet • Progress practice, player follows pass, runs around partner and back to the start Coaching Points • Encourage players to move to meet the ball. • Encouraged players to pass the ball with the inside of their feet • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go	Opposed Passing: Passing and Receiving Organization  Implementation • Players are now in a group of 3 with an additional player standing at a cone to the left/ right of the play • Once the ball is thrown to the player controlling the ball the 3rd player steps out from behind the cone to put them under pressure • Coach can adjust the practice to suit each skill level e.g delay defender Coaching Points • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass	Fun Game Passing: Passing and Receiving Organization  Implementation • Players are set into 2 teams • 1 team in a defined area the other team surrounding them • Players are eliminated if hit below the waist with the ball • 1 ball is used at first with others being introduced at the coaches discretions Coaching Points • Players have to keep the ball down by using the side foot and getting body over the ball • Being aware of surroundings by having head up
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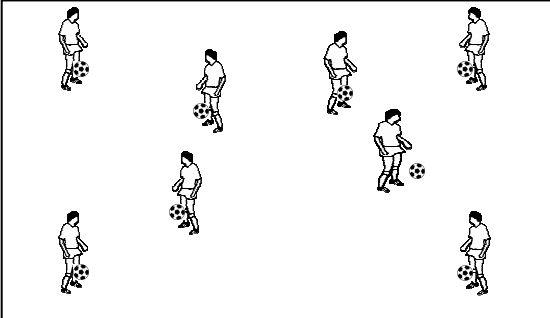
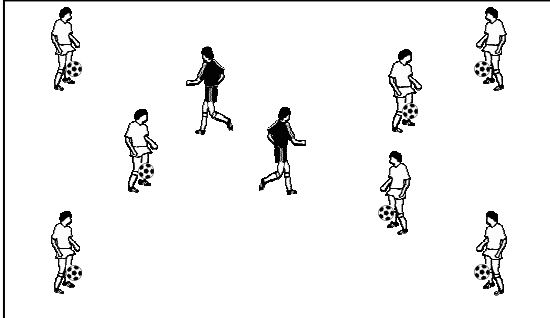
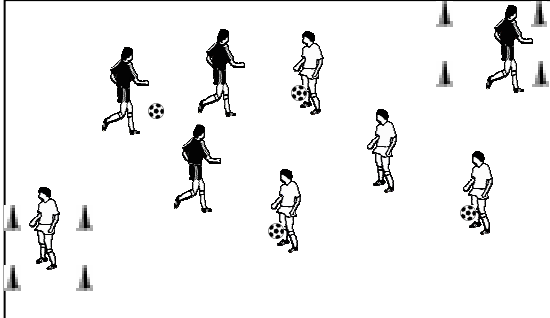
U7/U8 WEEK 6

Unopposed Shooting Organization  Implementation • Players are with a partner and stand facing each other. • One ball between two the players have to shoot the ball through the gates and score • Once ball is on the other side the partner has a chance to try and score Coaching Points • Angle of approach to striking the ball • Preparation, contact and follow through • Head over the ball • Knee over the ball • Target • Work on moving with ball before hitting	Opposed Shooting Organization  Implementation • Same exercise as before only the players now have a goalkeeper to shoot past • Positions are rotated on the coaches request Coaching Points • Preparation, contact and follow through • Accuracy of shot into corners • Head over the ball • Knee over the ball	Fun Game Shooting Organization  Implementation • Players are split into 2 teams • Several Goals are laid out on the field • Team with the ball have to run round and score as many goals as they can in 30 seconds • Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round) Coaching Points • Head up and look for the open goal • Drive towards space and open goal • Have ball out from under your feet • Preparation, contact and follow through • Aim for corners
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U7/U8 WEEK 7

Unopposed Dribbling: Moving with the ball Organization  Implementation - Each player has a ball and is allowed to dribble around the grid. - The coach names each square with a fun name e.g names of animals lion, bear - Upon calling the name of the animal the players have to dribble to that corner Coaching Points - Players should keep the ball close to them and have lots of little touches - Head up and look for space - Squish the ball when stopping	Opposed Dribbling: Moving with the ball Organization  Implementation - Same exercise as before only there is no a defender or hunter who is trying to trying to catch the players/ animals - Players can only be caught when coach calls the name of the corner Coaching Points - Players should keep the ball close to them - Keep their head up and look for space - Be going at a pace which allows them to stop the ball - Be aware of where the hunter/ defender is	Fun Game Dribbling: Moving with the ball Organization  Implementation - Each player has a ball and attempts to dribble past the defender and get to the other side. - Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate Coaching Points - Moving with ball into space - Use of moves e.g stop and start to go round defenders - Keep the ball close when dribbling - Have head up at all times
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U7/U8 WEEK 8

Unopposed Shielding: Protecting the ball Organization  Implementation - Each player has a ball and is allowed to dribble around the grid. - The coach calls out instructions for players to get into a shielding position - Coach can change the call to a certain buzz word for the children e.g shark attack Coaching Points - Players should keep the ball close to them - Must have their body side on to the ball and with on open stance - Knees bent with a low centre of gravity - Arm up and bent at the elbow to help balance and provide additional protection - Encourage players to nudge the ball whilst in the position	Opposed Shielding: Protecting the ball Organization  Implementation - Each player has a ball except a designated number of defenders/ sharks - Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position. - The defending player can try and get the ball for 3 seconds before moving on to another player Coaching Points - Players should keep the ball close to them and be in a shielding position - Keep their head up be aware of where the defenders are - Nudge the ball to the side to keep control and away from the defender	Fun Game Shielding: Protecting the ball Organization  Implementation - Players are in 2 teams with each team having a designated defender/shark who does not have a ball - Players must shield the ball when approached by a defender/ shark. - Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point - Players in jail can be broke out with a tag Coaching Points - Moving with ball into space - Strong shielding stance to protect ball - Keep the ball close when dribbling - Have head up at all times
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