



Recreation/Travel Session for 7-8yr olds

Category: Technical: Attacking skills

Difficulty: Beginner

Am-Club: TSF Academy

Mark White, Lincoln Park, United States of America

Body Parts (10 mins)

all players have a ball. Coach calls out a different body part and the players put that on the ball:

Foot

knee

Elbow etc.

Make it fun. Be enthusiastic.

Progress to do "Left Foot; Right Foot: and get quick to teach them toe-taps. Or "Inside Left; Inside Right" to learn 'boxes'.

Use your imagination to keep kids engaged



Basic Theme - Skills (20 mins)

set up small corridors with a disc in the middle. Put players in groups of 3 or 4. Show players how to dribble forward and perform a skill where the middle disc is and carry on dribbling to the opposite player. Opposite player repeats.

SKILLS:

Scissors

Drop Shoulder

Step Over

Show the correct technique. Slow in; Execute the Skill Accelerate away.



Theme-related Game (20 mins)

SHARKS & MINNOWS

All players are at the end of the area with a ball. Coach is in the middle of the area.

Players need to dribble across the area without the coach "stealing" the ball.

MAKE SURE PLAYERS USE SKILLS TAUGHT TO GET PAST THE COACH

Tell a story to get the players excited:

Players are the Minnows, and the coach is a Shark. Minnows need to swim with their "food" - soccer ball - across the big ocean to a new lake. Shark is hungry and wants to steal the food.

Lots of cheering and enthusiasm - "Sharks are you ready" etc



Scrimmage (10 mins)

Play 4v4 or 3v3. Lots of touches on the ball. encourage dribbling as that has been the session theme. Make sure you use coaching points

