

SPENCER SOCCER CLUB
U-7 CURRICULUM SESSION PLAN SCHEDULE



Fall and Spring Session (7 week schedule)

Spring Session only (10 week schedule)

Under 7											
Session #	Day	Instructions	Warm-Up			Specific Skill	Activity 1	Juggling	Activity 2	Small Sided Game	
Session 1	Weekend	U-7 Weekend	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Escape Move - Dragback	Stuck In The Mud	Controlled Juggling	Knockout	Match 5 v 5	
Session 2	Weekend	U-7 Weekend	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Poke Tackle	Block Tackle	Controlled Juggling	One Goal 1 v 1	Match 5 v 5	
Session 3	Weekend	U-7 Weekend	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Short Passing Basics	Doctor Doctor	Controlled Juggling	Pairs Passing & Moving	Match 5 v 5	
Session 4	Weekend	U-7 Weekend	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Driven Pass/Shot	Soccer Marbles	Controlled Juggling	Numbers Turn	Match 5 v 5	
Session 5	Weekend	U-7 Weekend	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Escape Moves - The V	Speed Dribbble #1	Controlled Juggling	1 v 1 To Goal	Match 5 v 5	
Session 6	Weekend	U-7 Weekend	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Escape Move - Cruyff Turn	Posession 1 v 1	Controlled Juggling	Sharks & Minnows	Match 5 v 5	
Session 7	Weekend	U-7 Weekend	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Take On - The Scissors	Doctor Doctor	Controlled Juggling	Pairs Passing & Moving	Match 5 v 5	
Session 8	Weekend	U-7 Weekend	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Take On Moves	Individual Receiving	Controlled Juggling	Circle Receive & Pass	Match 5 v 5	
Session 9	Weekend	U-7 Weekend	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Take On Moves	Wall Pass	Controlled Juggling	Hot Shot 1	Match 5 v 5	
Session 10	Weekend	U-7 Weekend	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Take On Moves	Breakaway 3	Controlled Juggling	4 v 4 Defending	Match 5 v 5	
Session #	Day	Instructions	Warm-Up			Specific Skill	Activity 1	Juggling	Activity 2	Activity 3	Small Sided Game
Session 1	Weekday	U-7 Weekday	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Goal Keeper - Set Position	GK - Basket Catch	Controlled Juggling	GK - The Side Contour	Shooting In Fours	Match 3 v 3
Session 2	Weekday	U-7 Weekday	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Escape Move - Step Over	Posession 1 v 1	Controlled Juggling	Defending 1 v 1 B	1 v 1 Challenge	Match 3 v 3
Session 3	Weekday	U-7 Weekday	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Take On - Hesitation	Chain Gang	Controlled Juggling	Two Squares	Cops & Robbers	Match 3 v 3
Session 4	Weekday	U-7 Weekday	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Dribbling Take On - The Lunge	Finding Nemo	Controlled Juggling	The Blob	The Gauntlet	Match 3 v 3
Session 5	Weekday	U-7 Weekday	Plus 1 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Take On - Inside Outside	Shrek	Controlled Juggling	Crab Soccer	1 v 1 Four Gates	Match 3 v 3
Session 6	Weekday	U-7 Weekday	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Individual Receiving	Soccer Monster Trucks	Controlled Juggling	Cat & Mouse	1 v 1 v 1 Game	Match 3 v 3
Session 7	Weekday	U-7 Weekday	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Heading Progressions	The Blob	Controlled Juggling	Two Squares	Cops & Robbers	Match 3 v 3
Session 8	Weekday	U-7 Weekday	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Escape Moves	Middle Man (Air Balls)	Controlled Juggling	1 v 1 Series #2	1 v 1 Four Gates	Match 3 v 3
Session 9	Weekday	U-7 Weekday	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Escape Moves	One Goal 1 v 1	Controlled Juggling	Back to Back Four Goals	Attacking 1 v 1 - 2 Goals (& Defending)	Match 3 v 3
Session 10	Weekday	U-7 Weekday	Plus 2 Pyramid	Individual Ball Warm Up 1	Individual Ball Warm Up 2	Acadamy Escape Moves	2 v 2 to Touchline	Controlled Juggling	Two Squares	Knock Out	Match 3 v 3