

Spencer Soccer Club

Youth Development Program

Weekday Session Plan Guidance

Under 7

Focus: Dribbling Mastery, Intro to Defending, Attacking, Passing, & Shooting, Plus 1 & 2 Skills Pyramids

Time: Each weekday session lasts for 60 minutes

Planning:

- 1) Print out and read through Weekday Session Plan
- 2) Become familiar with the Plus 1 Skills and Plus 2 triangles
- 3) Arrive at the field 15 minutes prior to scheduled start time
- 4) Set up pug nets and cones to facilitate a smooth session plan

Each Session Plan consists of the following:

- 1) Guidance (the page you are reading)
- 2) Plus 1 or Plus 2 Skills Pyramid Diagram
- 3) Warm-Up Activity*
- 4) Specific Skill
- 5) Activity 1
- 6) Controlled Juggling
- 7) Activity 2
- 8) Activity 3
- 9) Small Sided Game (if time permits)

*Warm Up Activity consists of Individual Ball Warm Up 1 and Individual Ball Warm Up 2 (to be used as guidance for coaches)

Session Structure:

Warm-Up Activity (12 Minutes): Incorporate skills from the Plus 1 Skills triangle into the Warm-Up Activity. Skills Pyramid skills should be introduced one by one and no more than (3) per session. Work in succession of the pyramid and introduce all Plus 1 Skills by session #5. Introduce Plus 2 skills after session #5. Skills introduced in the previous session should be reviewed in every subsequent warm-up activity.

Each week a specific skill is introduced and should be concentrated on by the coaches. The specific skill is the page immediately following Individual Ball Warm-up 2. Specific skills relating to dribbling, Sessions 2, 3, 4, 5, 8, 9 & 10, should be demonstrated and included in your Warm-Up Activity. Warm-up activities should be cut-down to account for time needed to coach non-dribbling specific skills in Sessions 1, 6 & 7.

Activity 1 (12 Minutes): Activity 1 is a fun activity for the children. Incorporate the activity as described. Find ways that change the activity slightly so that you are not repeating the “exact” drill over and over.

Note: Session #1 focuses on Goal Keepers; the first two activities have been replaced with specific skills to allow coaches to have the time necessary to introduce goal keeping to players.

Snack/Water Break (4 Minutes)

Controlled Juggling (4 Minutes): **Incorporate into every practice.** A few minutes only, players drop the ball to their thigh and foot and try to kick or bounce the ball back to their own hands (repeat). Concentrate more on foot juggling.

Activity 2 (12 Minutes): Same guidance as stated above in Activity 1

Activity 3 (12 Minutes): Same guidance as stated above in Activity 1

Weekday Sessions are not designed to end with a small sided game, if time permits conduct a small sided game using pug nets amongst your own team or group with another team as desired.





PLUS | SKILLS CHALLENGE PYRAMID™

TIER A

1. Laces Dribble – With the toes pointing down towards the ground push the ball forward with the laces, knee bent over ball on contact. After each touch step through with the opposite foot.

2. Foundations – using the inside of both feet push the ball from one foot to the other. On the spot initially then moving forward and back when comfortable

3. Toe Taps Forward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move forwards.

4. Toe Taps Backward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move backwards.



TIER B

5. Step-On Turn – Dribble forward, place the sole of one foot on the ball to stop momentum, step beyond the ball with both feet leaving the ball, turn to face the ball and dribble back. Repeat several times using both feet.

6. Drag Back Turn – Dribble forward, stop forward momentum of the ball by reaching forward with one foot and placing the sole of the foot on top of the ball, drag (roll) the ball back down the side of the body away from the defender and accelerate into a dribble.

7. Back Heel – Dribble forward, step beyond the ball, make contact with the heel of one foot sending the ball backwards, turn and accelerate into a dribble.

TIER C

8. Inside Cut – Dribble forward, stop forward momentum of the ball by reaching forward with inside of one foot and 'cutting' the ball back down the inside of the body (away from the defender) in one movement and accelerate into a dribble.

9. Ball Rolls – Using the inside, outside and sole of one foot, roll the ball side to side, backwards and forwards and keeping contact with the ball at all times. Both feet.

TIER D

10. Outside Cut – Dribble forward, stop forward momentum of the ball by reaching forward

LEARN MORE:

To learn how Skill of the Week™ and Skills Challenge Pyramid™ can be incorporated into a comprehensive approach to Player and Coach Development, please contact David Newbery, dave@soccerplus.org, tel: 860-501-1165.

SOCCERPLUS

1477 PARK STREET, SUITE 13C

HARTFORD, CT 06106

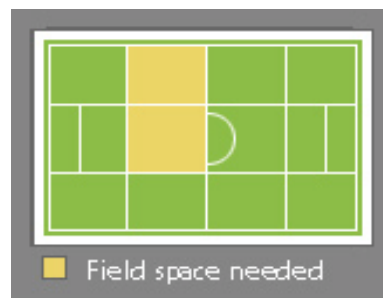
WWW.SOCCERPLUS.ORG

© SoccerPlus 2010 All Rights Reserved





Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Individual Ball Warm Up 1 (Dribbling)

Description:

Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

Coaching Points

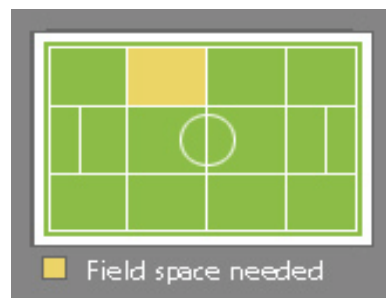
- Keep the ball moving at all times
- Soft touches and keep head up
- Move into the open space

Progressions:

Each time you play add a different movement, turn and mastery skill. For example: Movement sequence: 1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** – push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** – hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays does not move. 4) **Sole drag back** – hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** – push the ball forward with the sole of the shoes, 6) **Laterals** – move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot. Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, 5) **Back heel**. Add others! This is also an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc. As this is your warm up ensure you inject the enthusiasm and excitement with the players.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Individual Ball Warm Up 2 (Dribbling)

Description:

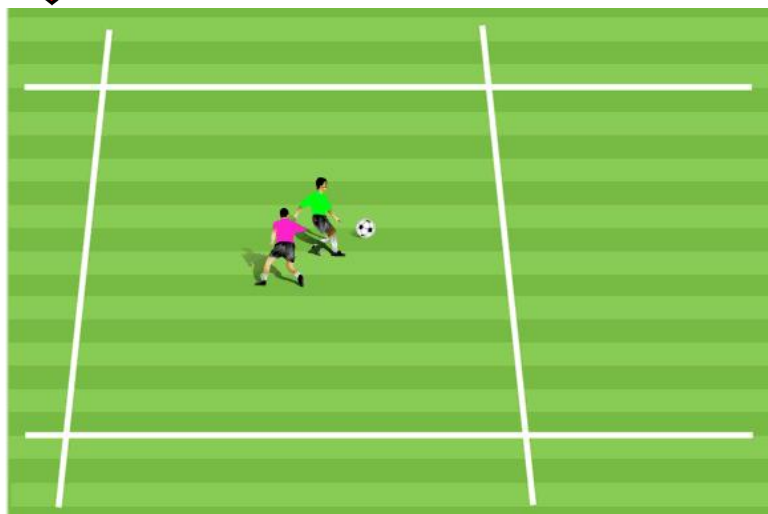
Each player has a ball and dribbles around the inside of the square. The coach challenges the players to complete a variety of tasks within 30 seconds. For example 1) Travel to all 4 sides of the box in any order, 2) How many touches on the ball can you get with your right foot or left foot?, 3) How many people can you tag?, 4) How many soccer balls dribbled by other players can you tag?

Coaching Points

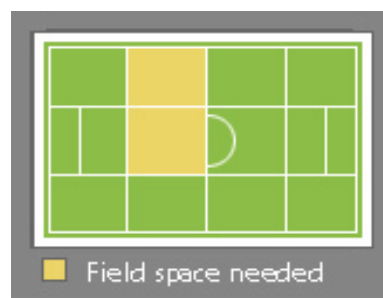
- Keep the ball moving at all times
- Keep your head up
- Move into the open space

Progressions:

As this is the warm up the coach must inject enthusiasm and energy into the players at this stage of the practice. Coaches can be creative with these small 30 second games. Introduce skills from the appropriate Skills Challenge Pyramid



Materials Needed



Area 30x20

- Ball per player
- Cones

Dribbling Take On - The lunge (Dribbling, Creating Space)

Description:

One ball per player in an open grid to begin. Isolate the skill by performing on one spot. Progress to 1) performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates & 5) Small sided game.

Coaching Points

- Determine a speed of approach that works for each individual
- Realistic movement to unbalance the defender
- Accelerate away leaving defender behind

Progressions:

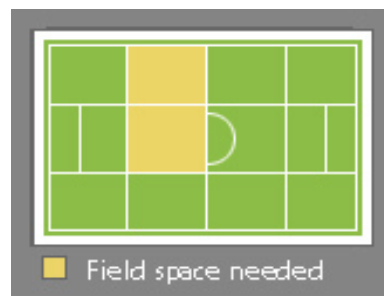
The freedom to experiment and practice 'take on' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct (the players are able to 'sell' the opponent and escape) is essential. This activity is a good warm-up with the ball.

The lunge move normally starts with a slow approach towards the defender. The attacker then unbalances and creates uncertainty for the defender by stepping/lunging over the ball with left or right foot and dropping the shoulder in that direction. Once the defender is committed, the attacker can then accelerate away to the opposite side of the defender.

The starting point will depend on the players proficiency - the skill can be progressed from performing on one spot, to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who takes on a defender.



Materials Needed



Area 30 x 30

- Ball Per Player
- Cones
- Training Vests

Finding Nemo (Dribbling, turns & running with ball)

Description:

Players must evade capture whilst keeping control of the ball.

Coaching Points

- Keep far away from Bruce by moving to space
- Keep ball moving all the time
- Dribble with laces

Progressions:

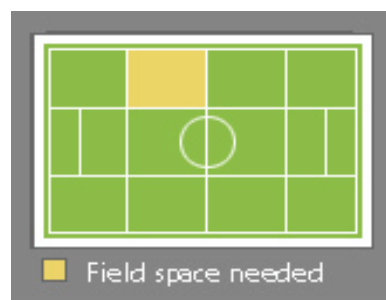
Instructions

1 player (representing Bruce the Shark) wear colored vests and stand outside of the area. Inside are Marvin and Dory (marked in another color vest) and Nemo (everyone else) and they all have to avoid being eaten (tagged) by Bruce. If they get tagged, the players must make their way to the shark's cave where they stand with their ball waiting to be released – only Marvin and Dory can release Nemo. Once Marvin and Dory have been captured, Bruce has to capture the remaining Nemos'. Start without and ball and then add them in. Balls leaving the square (ocean) result in a visit to the cage.

Story: "Nemo's father Marlin and his friend Dory are searching for Nemo. Unfortunately Bruce, the great white shark is feeling quite hungry so he is on the lookout for a fish dinner. Marlin and Dory have to find Nemo before they become shark bait?"



Materials Needed



Open area

- One ball per player

Controlled Juggling (Relaxation)

Description:

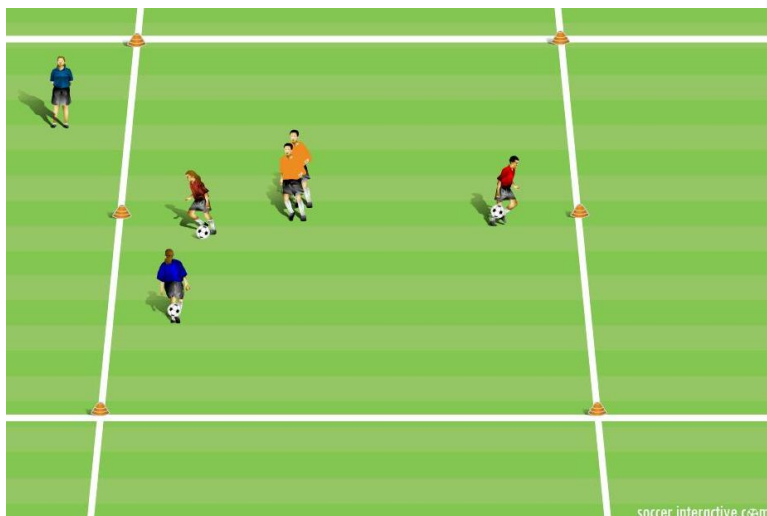
Players start with the soccer ball in their hands. They drop the ball on their thigh (juggle it once), and catch it. As they get better at it, they can try juggling the ball from one thigh to the other thigh and then catch it.

Coaching Points

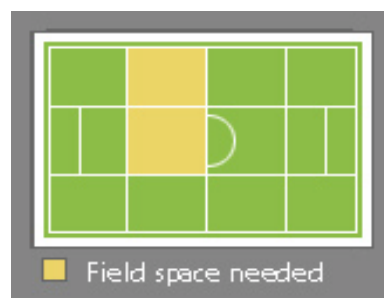
- Fun
- Thigh, foot - eye coordination
- Soft touches
- Preparation Touches

Progressions:

The coach can suggest any combination that is reasonable for this age group. This is used to help develop your players confidence on the ball and develop their foot/thigh - eye coordination.



Materials Needed



20 x 25 playing field

- Group of players
- Cones
- Large supply of balls

Blob (Ball Control)

Description:

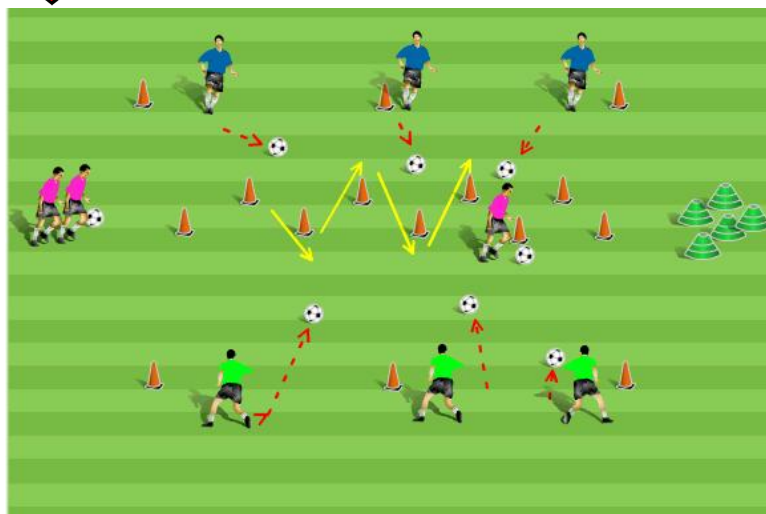
Have all the players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one "Blob" to tag the other players. The players with balls try to avoid getting tagged by the "blob".

Coaching Points

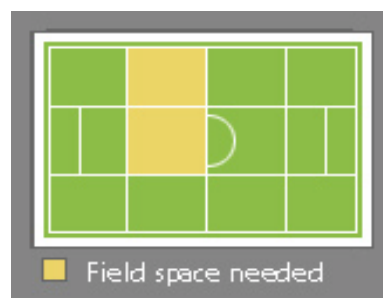
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control
- Head up while dribbling

Progressions:

If they are tagged, they join hands with all the other players making up the "blob". The "blob" can split into smaller "blobs" until only 3 dribblers remain. Then the "blobs" form one big "blob" and attempt to get the remaining players. Play this game a few times and add your own personality to the game.



Materials Needed



Area 20 x 10 yds

- Ball per player
- Cones
- Training vests

The Gauntlet (Dribbling)

Description:

Three teams – One team positioned on either side of the area with a ball each. The other team in two lines at one end of the square. Two lines of cones are staggered down the center of the square and on the command of "GO" the brave Knight will run the Gauntlet by dribbling in and out of the cones to the other side. As the Knights of team 'A' run the Gauntlet, the Knights of team 'B' & 'C' pass their balls along the ground in an attempt to hit the Knight's ball. Once the ball is hit the gauntlet is finished and the Knight sits behind his/her team. If the Knight reaches the end line, he/she collects a cone (treasure) and takes it back through the Gauntlet to the team. The Knight continues until the ball is hit. Count the treasure for each team

Coaching Points

- Keep the ball close
- Move the ball away from the incoming passes
- Change pace to avoid balls

Progressions:

Story – In Medieval England brave Knights of the Round Table had to prove their true courage to the King by entering the Gauntlet!



Match 3 v 3 (Game)

Description:

A small sided game 3v3 is a good way to finish a practice session. Use the opportunity to emphasize the theme of the session - award points for a particular move in addition to scoring a goal. Let the players play with little or no coaching - 15-20 minutes at the end of the session.

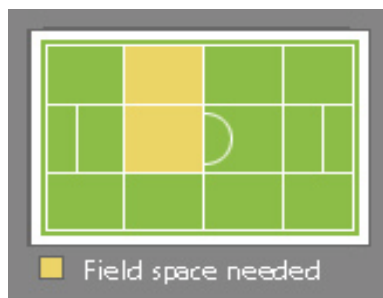
Coaching Points

- Little or no coaching
- Encourage players to try skills practiced during the session

Progressions:

The final activity of most practice sessions should focus on the theme of the session. Conditions can be added by the coach to emphasize the theme. For example, the coach can award a point (goal) if a player performs a turn learned during the session. Other conditions/progressions include: 1 or 2 touches, 1 touch finish, All players must touch the ball before scoring, Add a plus player (an extra player for the team in possession of the ball), 3 goals - one scored with the right foot, one with the left foot and one with the head (or any surface).

Materials Needed



Area 30 x 15 yds

- Balls
- Cones
- Training Vests
- Small Goals