

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™

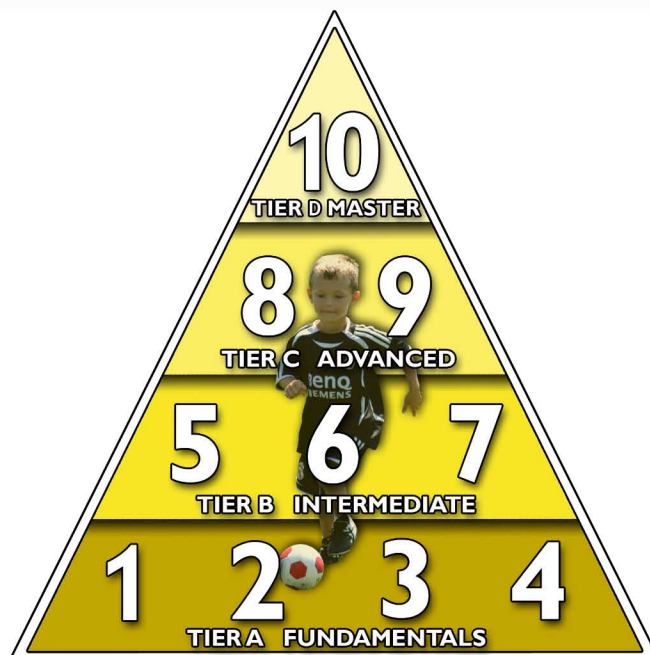
TIER A

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.

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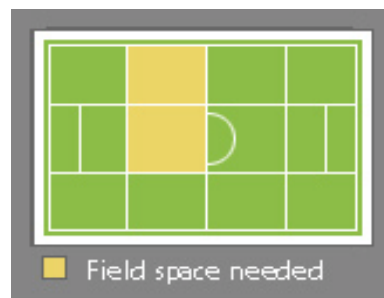
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Materials Needed



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

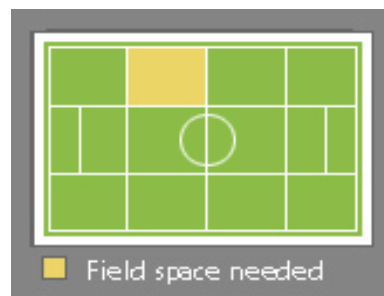
- Keep the ball moving at all times
- Soft touches and keep head up
- Move into the open space

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:

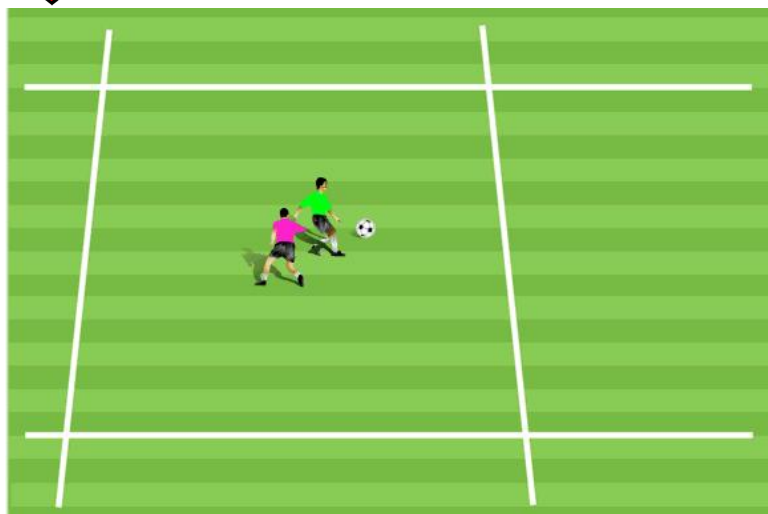
Each player has a ball and dribbles around the inside of the square. The coach challenges the players to complete a variety of tasks within 30 seconds. For example 1) Travel to all 4 sides of the box in any order, 2) How many touches on the ball can you get with your right foot or left foot?, 3) How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

Coaching Points

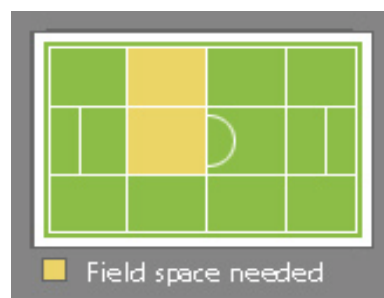
- Keep the ball moving at all times
- Keep your head up
- Move into the open space

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 30 x 20 yds

- Ball per player
- Cones

Take On - Inside Outside (Dribbling, Creating Space)

Description:

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The attacker dribbles the ball towards the defender. As the defender approaches, the attacker starts to dribble at an angle to one side of the defender using the inside of the foot. As the defender commits to the challenge, the attacker uses the outside of the same foot and pushes the ball to the other side of the defender. The attacker can then accelerate away.

Coaching Points

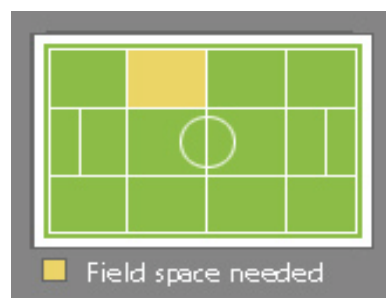
- Determine a speed of approach for each individual
- Realistic movement to unbalance the defender
- Accelerate away leaving defender behind

Progressions:

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. 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 is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Shrek (Movement skills, Dribbling, turns)

Description:

Each player (Shrek) has a ball and moves around the area (Castle) looking for Princess Fiona. The dragon (coach) enters the area and attempts to kick the balls out of the area. If the ball leaves the area, Shrek must collect the ball and go to the 'Swamp' to perform a turn before entering back into the castle. Change the dragon regularly. Story: "Shrek the ogre has been sent by Lord Farquaad to find Princess Fiona - however, the fierce dragon is guarding the castle!"

Coaching Points

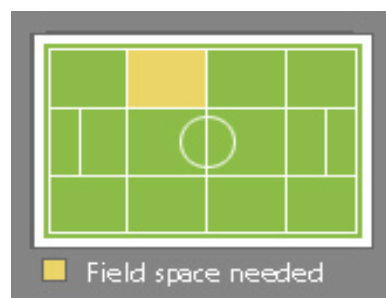
- Become part of the story and have fun
- Protect the ball by moving body between the ball and defender

- Keep balls close by

Progressions:



Materials Needed



Open area

- One ball per player

Controlled Juggling (Relaxation)

Description:

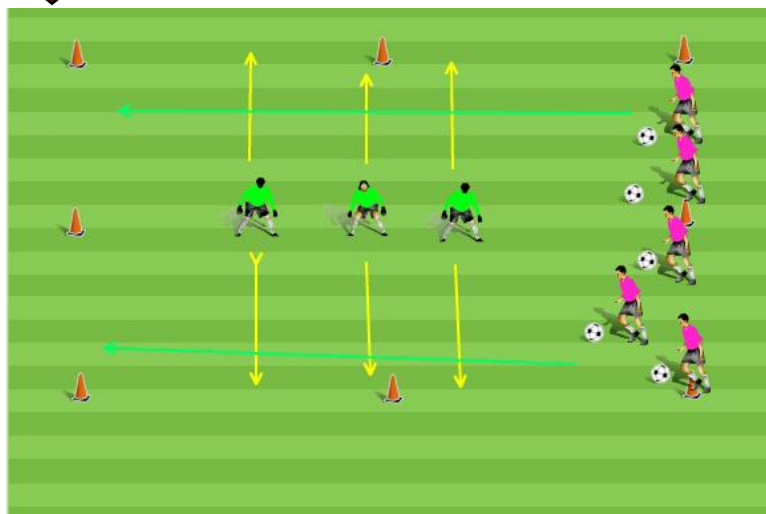
Players start with the soccer ball in their hands. They drop the ball on their thigh (juggle it once), and catch it. As they get better at it, they can try juggling the ball from one thigh to the other thigh and then catch it.

Coaching Points

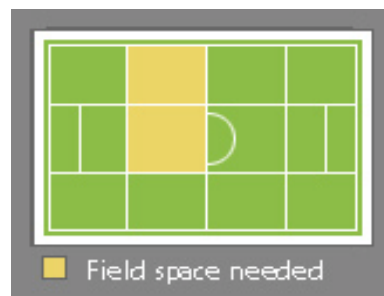
- Fun
- Thigh, foot - eye coordination
- Soft touches
- Preparation Touches

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



Area: 30 x 20 yds

- Ball per player
- Cones
- Training Vests

Crab Soccer (Dribbling)

Description:

Three defenders 'Crabs' in a line move side to side to prevent the attackers 'Fish' from reaching the end line. On the command of "GO", all the attackers move forward with the ball, keeping close control and using turns and body moves to avoid the crabs (who must stay in a crab position – hands and feet). If the fish's ball is kicked out, the fish joins the crabs. Play until the last fish is captured.

Coaching Points

- Encourage players to use body movements to elude the crabs
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:



1 v 1 - 4 Gates (Defending, Attacking)

Description:

Four pairs positioned on each side of the area. Start by alternating - Play games one after another (two teams opposite each other compete). The server sends a ball across the area to the attacker. The attacker attempts to score by dribbling the ball through either of the two gates either side of the server (defender). If the defender wins the ball they can score through the opposite two gates.

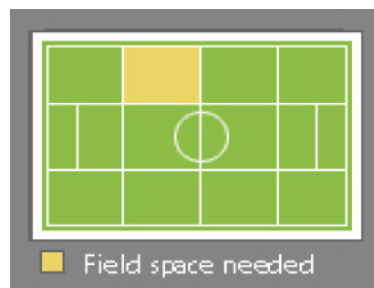
Coaching Points

- Defense - close down space quickly
- Defense - force attacker to their weaker side
- Defense - win possession when the attacker makes an error
- Attack - You have to beat a player to score
- Attack - Realism in the moves
- Attack - Speed to move away from the defender

Progressions:

Play two games concurrently (two teams opposite each other compete).

Materials Needed



Area 20 x 20 yds

- Balls
- Cones
- Training Vests



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.

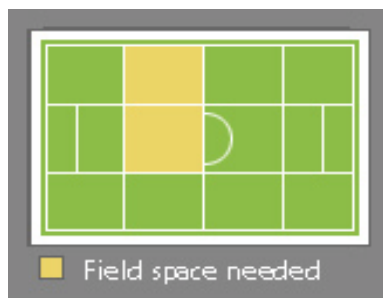
Coaching Points

- 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