

Spencer Soccer Club

Youth Development Program

Weekend Session Plan Guidance

Under 7

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

Time: Each weekend session lasts for 45 minutes followed by a 30 minute 5 v 5 match

Planning:

- 1) Print out and read through Weekend 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) Match 5 vs. 5



*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 1, 5, 6, 7, 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 2, 3 & 4.

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 #2 focuses on defensive tackles; the first activity has been replaced with specific skills to allow coaches to have the time necessary to introduce this concept 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

Match 5 vs. 5: All players play, there are no substitutions. Games will be played against opposing teams as per the schedule. 2 games will run at the same time to accommodate all players from both teams. Games should be played using the full field with a maximum of 6 vs. 6. Games are officiated by older Spencer Soccer players. If an official does not arrive or is unavailable be prepared to have a coach, assistant coach, or parent referee the game (watch and whistle required). Quarters are 6 minutes long. Goalkeepers are used; all goalkeepers must throw the ball back into play, punts and drop-kicks are not allowed. Throw-ins, Corner Kicks, Goal Kicks, and fouls will be called; there are no offside. Coaches should pair players of like abilities in game play (e.g. your top five vs. their top five, etc.).



PLUS I 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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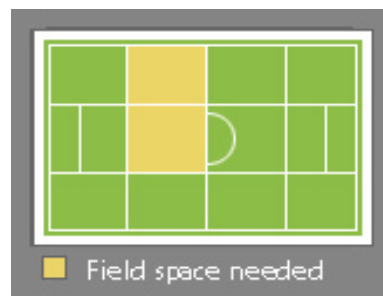
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Materials Needed



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

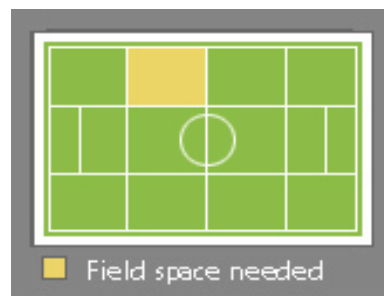
- Keep the ball moving at all times
- Soft touches and keep head up
- Move into the open space

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

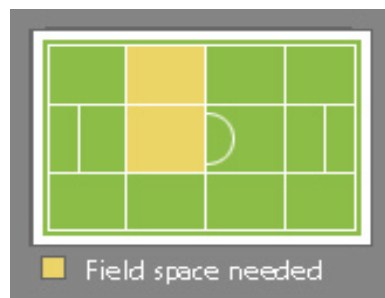
- Keep the ball moving at all times
- Keep your head up
- Move into the open space

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 10 x 10 yds

- Ball per player
- Cones

Short Passing Basics (Passing, receiving)

Description:

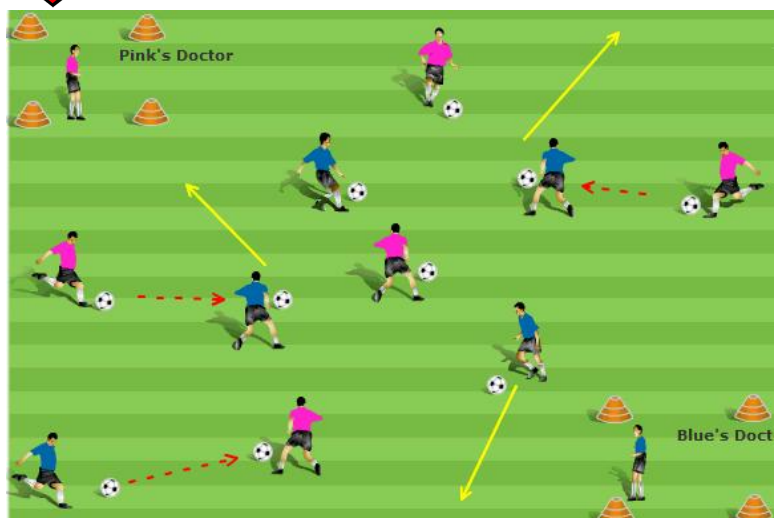
Players passing back and forth (2 or more touches) - Progress to moving side to side along the line.

Coaching Points

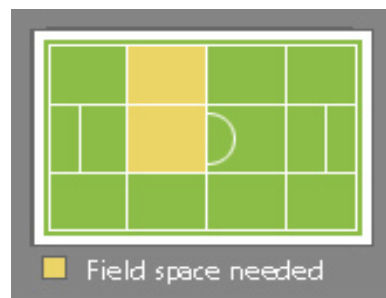
- Lock (firm) ankle
- Inside of foot
- Supporting foot next to ball
- Strike through the center of the ball
- On your toes
- Arms out for balance

Progressions:

This activity, or parts of this activity can be incorporated into most sessions – ideal as a warm-up and for players getting touches on the ball. Start with pairs – 5 yards apart - each person standing between cones (2 yards apart). Pass back and forth taking one controlling touch and a touch to pass.



Materials Needed



Area 20 x 30 yds

- Ball per player
- Cones
- Training Vests

Doctor Doctor (Dribbling, Shooting)

Description:

Players are put into 2 equal teams. All players have a ball each (apart from the doctor of each team) and have to dribble around area looking to pass their ball against an opponent's ball. If your ball gets hit you are injured – shout "DOCTOR DOCTOR" – must be saved with a 'high-five' by the team doctor waiting in safe zone. If the Doctor is hit, the game is over.

Coaching Points

- Be aware of opponents
- Non-kicking foot alongside the ball
- Use the inside of the foot to kick through the center of the ball

Progressions:

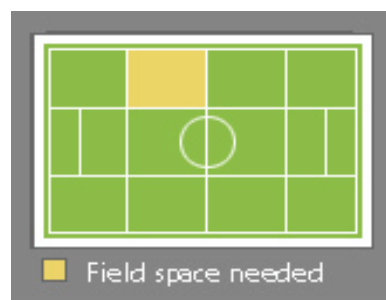
Players are split into two equal teams. All players have a ball each (apart from the doctor of each team) and have to dribble around the area looking to pass their ball against an opponent's ball. If your ball gets hit you are injured so you must sit on your ball and shout "DOCTOR DOCTOR" . Once injured you have to wait to be saved by your teams doctor who will be waiting in a safe zone (the hospital). The doctor will save you by giving you a 'high five'. If the doctor is hit as they travel then the game is over and the opposition are the winners

Variations

You could use this game for teaching the shooting technique . Instead of passing the ball against an opponents ball they must shoot their ball using their laces. For this variation a real Doctor may be needed.



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

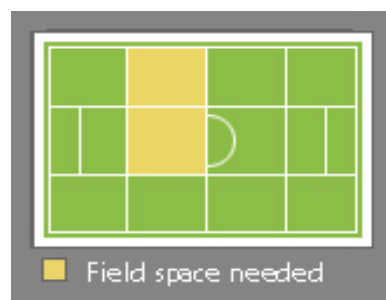
- Fun
- Thigh, foot - eye coordination
- Soft touches
- Preparation Touches

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 30 yds

- Balls
- Cones

Pairs Passing & Moving (Passing, Receiving)

Description:

Players are in pairs. Gates are created with cones and situated randomly in the area. Pairs must pass through a gate then move onto another unoccupied gate. Emphasize firm accurate passing and moving quickly between gates. Start with no time limit, then challenge players to get as many gates as possible in 30 seconds. Change partners & repeat.

Coaching Points

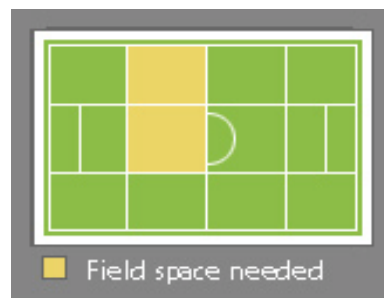
- Proper passing technique
- Pass then move - don't watch
- Communicate with your partner

Progressions:

1) Increase/decrease time. 2) Create a competition amongst pairs. 3) Players must perform a move before passing through the gate.



Materials Needed



40x20

- Balls
- Cones
- Training Vests
- Small Goals

Match 5v5 (Game)

Description:

Small sided games (5v5) are good to finish a practice session. Let the players play with little or no coaching - 15-20 minutes at the end of the session.

Coaching Points

- Stop the game occasionally to coach
- 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)