



U6 & U7 Community Soccer School: Week 7

Category: Technical: Dribbling and RWB
Difficulty: Advanced

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Individual-Adult Member

U6 & U7 CSS Week 7: Warm Up

Lightning McQueen is preparing for a big race but his brakes need a bit of work! Lightning is racing around town and needs to make sure he stops at all the lights

Organisation:

Coach holds red or green cone up for McQueen to see
When it is red he stops and when green he goes

Coaching Points:

Players should keep the ball close to them while dribbling
Keep head up, look for space and keep their eye on the coach for the change of traffic light
Trap the ball when stopping



U6 & U7 CSS Week 7: Fun Game

Captain America and his men are trying to save the world from Red Skull and his Gang. They are both trying to steal the crystal balls from the middle zone and take them back to their base

Organisation:

Players work in two teams, they steal from the middle and take all back to their base

Team with the most crystals wins

Coach can add in more base areas for each team and the teams could steal from each other

Coaching Points:

Players should keep the ball close to them when dribbling
Keep head up and look for space
Be going at a pace which allows them to stop the ball
Be aware of where the other team is



U6 & U7 CSS Week 7: Fun Game

Little Red Riding Hood is trying to make her way across the forest with a basket of fruit hidden in her ball but there is a Wolf in the forest wants the fruit

Organisation:

Wolf stands in the middle of the area with their back to the players. He "Howls" and when the players hear this they shout "whats the time Mr. Wolf?"

If the Wolf shouts 1 o'clock the players move 1 step, 2 o'clock move 2 steps and so on

If they wolf says "Dinner Time" the players run back to their base without being caught by the Wolf

Coaching Points:

Moving with the ball into space
Keep the ball close when dribbling
Have head up at all times
Quick turn when the wolf is hungry



Organisation:

Area - 65ft x 55ft

3 v 3 no GK

No referee, coach drops new ball in every time it goes out

No positions

Matches should be competitive but played in a fun/fair environment, if a team is winning considerably, mix the teams around

Possible Constraints:

Every player must touch the ball before a goal can be scored

Players must perform a "skill" before shooting

Players can only score with their weaker foot

