



U7/U8 #1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

JASA Coastal Surge, Jacksonville, United States of America
Individual-Adult Member

Dribble Tag



In a 15w x 20l grid, all players dribbling a soccer ball will try to tag each other with their hands. If a player abandons their own ball you may tag their ball for extra points. (score is not as important as how they manipulate the ball) Have players keep count of their tags and try to beat their own score each round.

Check for understanding questions:

Coach: what parts of the foot are used for dribbling? **Player:** Laces to dribble forward and inside/outside of the foot to turn/cut

Coach: why is it important to keep your eyes up? **Player:** To avoid getting tagged or to find players to tag.

Ball Tag



In a 15w x 20l grid, all players are dribbling a soccer ball. The players will try to hit another player's ball or feet with their soccer ball. Have players keep count of their hits and try to beat their own score each round. Variation: The coach can play and players can get extra points for hitting the coaches feet.

Check for understanding questions:

Coach: what parts of the foot are used for striking the ball? **Player:** Laces, inside, outside and toe.

Coach: How can players avoid getting hit? **Player:** Change direction change speed jump.

Bandits



In a 15w x 20l grid, select one or two players to be the "bandits". The "Bandits" mission is to get the other players' soccer balls. Once they have a player's ball that player becomes the new "bandit".

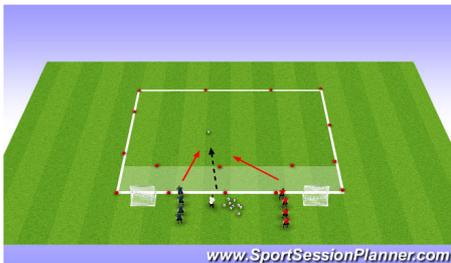
Check for understanding questions:

Coach: What can players do to protect the ball?

Player: Change direction change speed or hide the ball with their body (shielding)

Coach: Where should the ball be when shielding? **Player:** On the foot farthest away from the "Bandit"

Combat 1



In a 20w x 30l grid, players are split into two lines/teams. The coach will feed the ball into the middle of the grid, the next player from each line will race after the ball. Players can attack either goal. Goals must be scored from inside the shaded area.

Checking for understanding questions: **Coach:**

What part of the foot can a player use to change direction? **Player:** Inside outside sole

Coach: When should a player attack the other goal? **Player:** When there is space or the defender has cut off one goal as an option.

4v4 SSG



Skill testing



Toe Taps

How many toe taps can a player do in 20 sec? Let them practice for a minute then test them for 2-3 rounds. Retest at the end of practice and the beginning of the next practice. Ask them to practice at home for "Soccer Homework"