

# FUTURE SOCCER PRO

Grassroots eBook Vol.1 – U7/U8



**Love.Learn.Play**

*'The player must be in the driving seat, coaches are there to provide the map that keeps them driving'  
(Mark Parsons – Future Soccer PRO Founder)*



## Grassroots eBook Vol.1 – U7/U8

This session manual is to support the coaches currently working in the U7/U8 age groups. This manual provides 8 weeks of session plans designed specifically for the U7/U8 soccer player

The session break down for a 60 minute session is the following:

1. Warm up – Technical (10 minutes)
  - Warm and technique should include fun games and practices that prepare the player physically and mentally for the activity ahead. Players are stretching naturally during the technical work.
2. Technique (10 minutes)
  - Technique part that you introduce the skill you are working on, whether it is passing or dribbling this is where you practice this technique with no pressure (no defenders)
3. Multi Skill Activity (10 minutes)
  - Multi skill activity is where we introduce some opposed practice while keeping the focus on the technique. Allowing players to practice this in a more game related environment.

#### 4. Scrimmage (20 minutes)

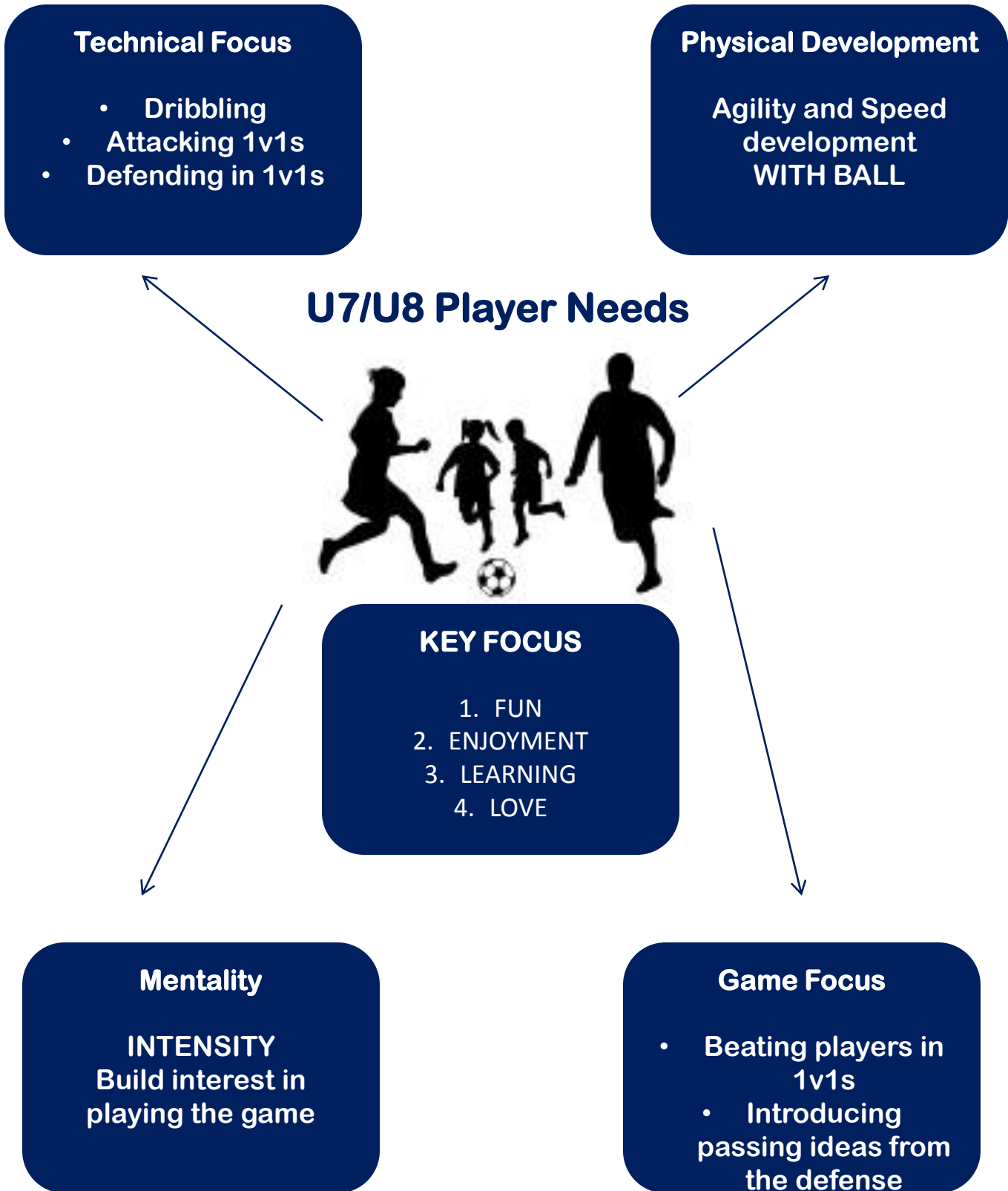
I have not included scrimmages in the session plan, this is the best part please play a game at end of EVERY practice. This is how the players learn and love the game. Please include the following in the scrimmages:

- Goals (cones or sweater or rebounders)
- Multi ball (coaches are ready to serve the next ball in)
- Keep the game flowing (kids will get a good sweat on)
- If ball goes out then coach passes next one in – keep it quick
- Don't stop it too much in the game, let the kids play.

I hope you enjoy this e book, if you have any questions please don't hesitate to ask.

FUTURE SOCCER PRO  
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LOVE.LEARN.PLAY



## Week 1 - Dribbling

	<p style="text-align: center;"><b><u>Warm Up – Technical</u></b></p> <p><b>Set Up</b> Players have a ball each in side marked field</p> <ol style="list-style-type: none"> <li>1. players must dribble around using any part of their foot they want</li> <li>2. Dribble using only one foot and when coach says change, then change to the other foot</li> </ol> <p><b>Look up for space, dribble in to space, use sole to slow ball down, beware of other people</b></p>
	<p style="text-align: center;"><b><u>Technique</u></b></p> <p><b>Set Up</b> Players have a ball each in side marked field and get ready to perform turns</p> <ol style="list-style-type: none"> <li>1. Drag back – player stops ball with sole then drags back behind, then turns and dribbles</li> <li>2. Step over – stop the ball, step over it then turn and dribble away</li> </ol> <p><b>Look behind you, use to get away from defender, accelerate away after turning</b></p>
	<p style="text-align: center;"><b><u>Multi Skill Activity</u></b></p> <p><b>Set Up</b> Players have a ball each, there are two pairs who act as defenders. They have to hold hands and can not break.</p> <ol style="list-style-type: none"> <li>1. Defenders must try to get an attackers ball, can not break hands otherwise it does not count.</li> <li>2. Make it competitive, if they get caught they are out of the game, last person standing</li> </ol> <p><b>Attackers have to use their moves to get away from the defenders, bonus goal if you do a move we learnt today.</b></p>

## Week 2 - Dribbling

### Warm Up - Technical

#### Set Up

Players have a ball each and are dribbling to the cones to perform different dribbling techniques

1. Dribble to cone, stop it then change direction with the inside. Progress to do the same but change with outside
2. Dribble to cone, stop it then lift the ball over the cone with a scoop technique

### Technique

#### Set Up

Players have a ball each and using cones as defenders to learn new skill moves

1. FAKE – stop ball at cone, fake with one foot and then take with the other foot
2. SCISSOR – stop ball at cone, swing one leg all the way round the ball without touching, then take with the other

**Use disguise, move your hips and body to lose defenders when doing skills**

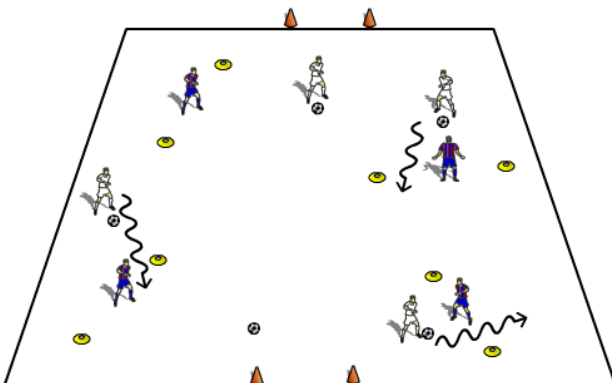
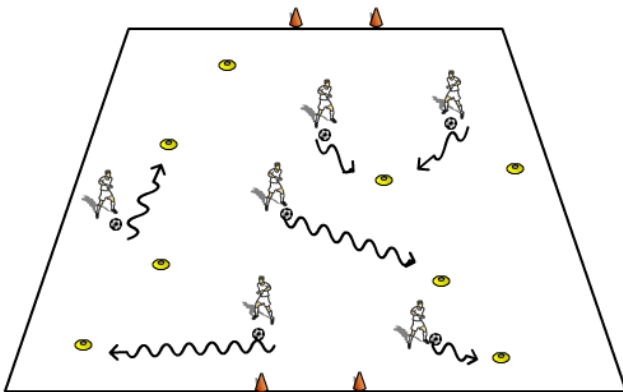
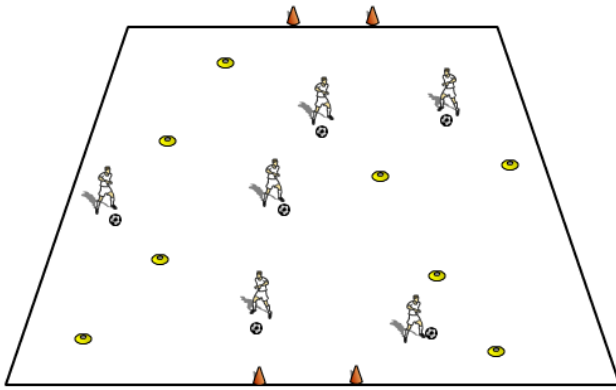
### Multi Skill Activity

#### Set Up

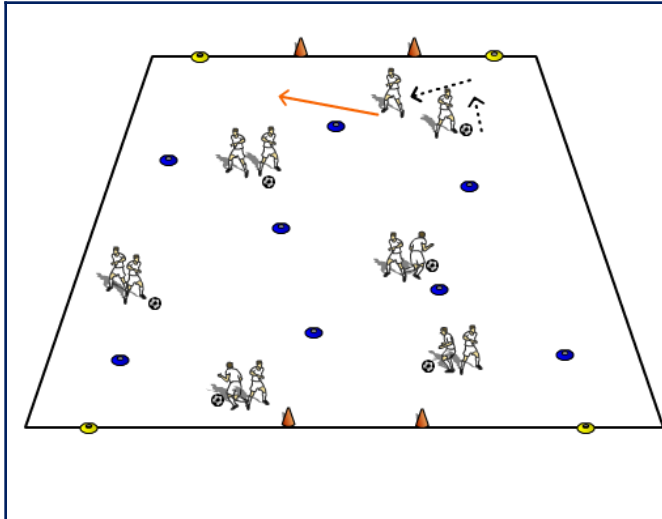
Players have a ball each, defenders in each gate.  
Defender must stay in middle of gate and can not come out.

1. players must dribble through as many gates without defenders stopping them. Rotate defenders
2. Competition, if you get caught then sway immediately with the defender. Don't get caught in the gate at end of game. Play 30 second rounds

**Change direction and change of speed to get past defenders, if you do a skill we learnt its worth double**



## Week 3 - Dribbling



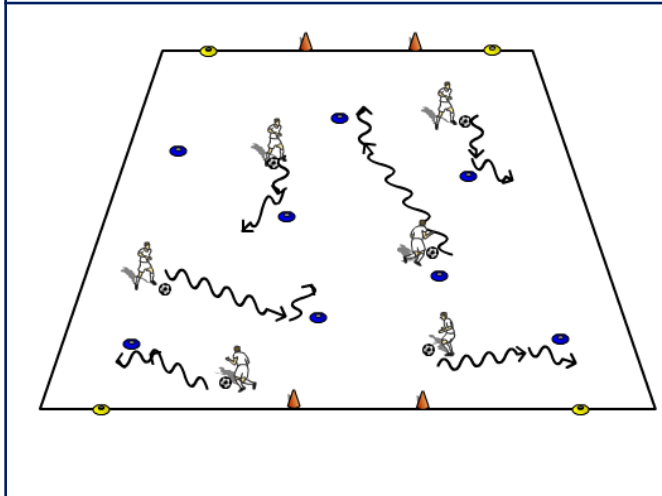
### Warm Up - Technical

#### Set Up

In pairs, one player has ball one player does not, when coach says go the player with has to catch the player without a ball

1. Look at player and look at ball, bigger touches to catch them
2. If coach shouts change, they quickly change. Player with ball leaves it and runs off.

**Great fun, rotate partners to give them access to different skills**



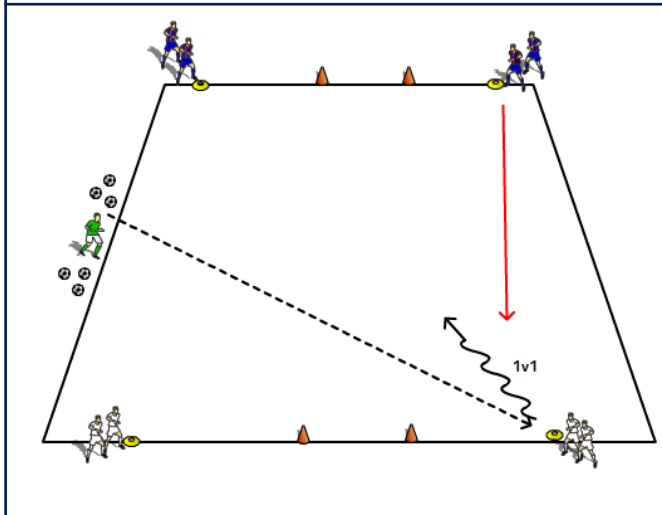
### Technique

#### Set Up

Players have a ball each

1. Players must attack the cones slowly and then speed up to get past
2. Players must approach from one direction then change and accelerate past the cones

**Include different skill moves if you like, build players confidence with the ball at their feet**



### Multi Skill Activity

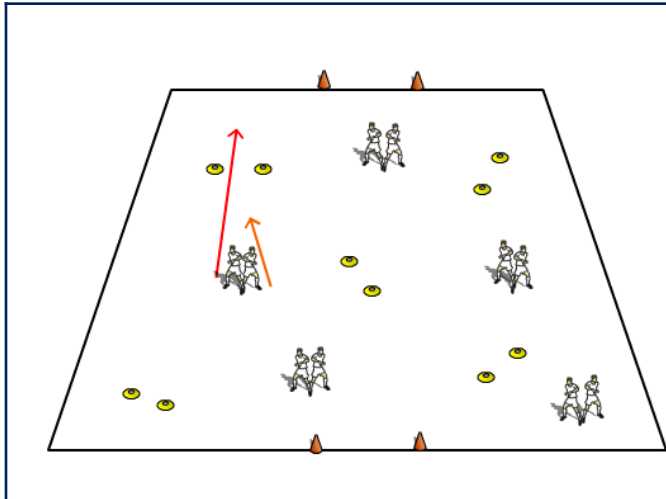
#### Set Up

1v1 Game, two teams half on each cone on their side

1. Coach plays ball in to one player, the opposite player must become the defender, play one v one for 15 seconds or until a goal
2. Encourage skills, change of speed and change of direction



## Week 4 - Passing

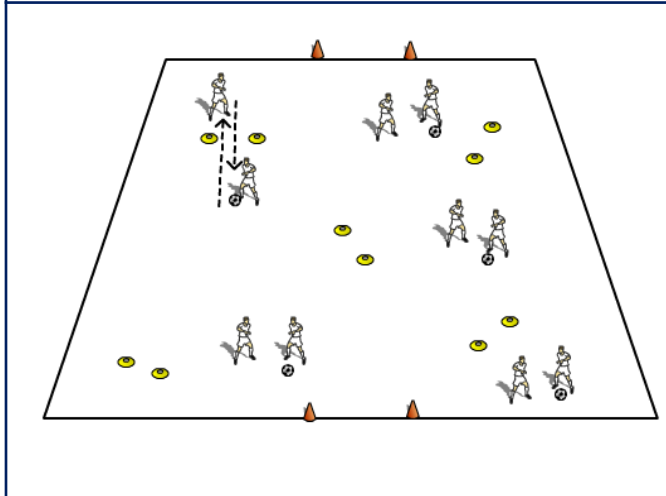


### Warm Up - Technical

#### Set Up

Players in pairs NO BALL,

1. Number one and two, coach shouts a number and that one has to catch the other one. Play tag for 20 second rounds.
2. Same game but get goals for running through a gate
3. Include a ball each, both have a ball each playing tag, get a goal for dribbling through a gate



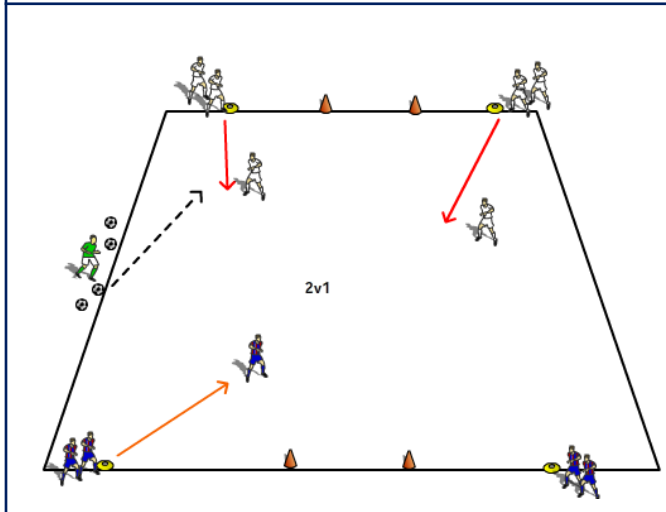
### Technique

#### Set Up

In pairs one ball between two

1. Pairs must find a gate and pass back and forth twice, then find another gate.
2. One partner now leads with the ball and passes through a gate on the move, the other partner has to get to the other side and collect (through ball)

**Make it competitive and set challenges, in there own pairs or against other pairs**



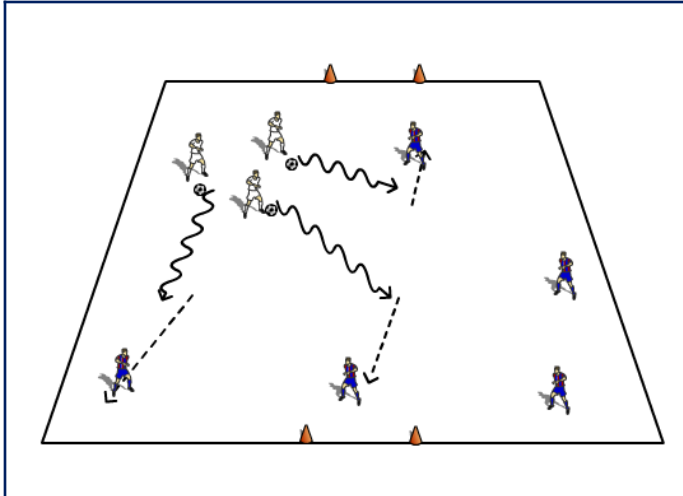
### Multi Skill Activity

#### Set Up

2v1 Game, two teams half on each cone on their side

1. Coach plays ball in to one player, his team mate joins him on the field and the opposite player must become the defender, play two v one for 15 seconds or until a goal is scored
2. Encourage passing between the two attackers, sometimes fake the ball to dribble and shoot

## Week 5 - Passing



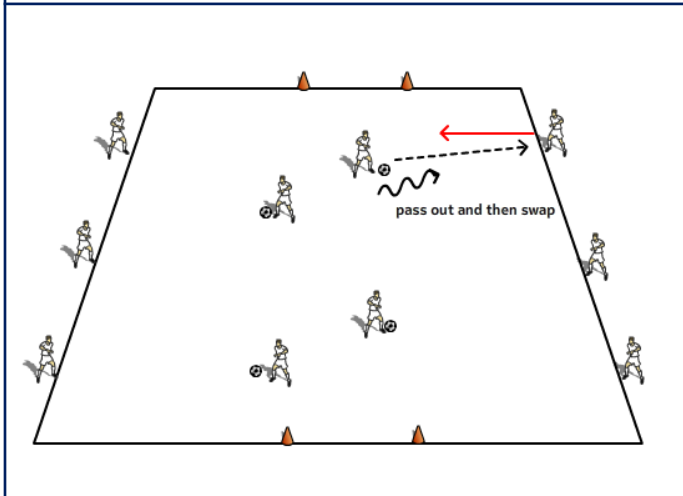
### Warm Up - Technical

#### Set Up

Alien Attack – choose some aliens with a ball, everyone else is without a ball

1. Aliens have to dribble and try to pass in to the humans. If they hit someone they must freeze and open their legs
2. Humans can be freed by other humans who climb under their legs

Warm up game that has passing, running, team work and its fun



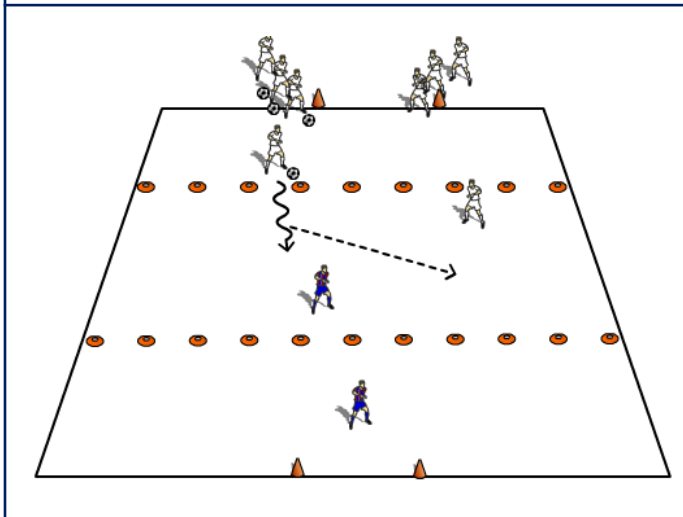
### Technique

#### Set Up

People on the outside each side, players on the inside with a ball.

1. Inside player must dribble to outside player and pass them the ball then swap places
2. Player receiving the ball, dribbles to other side to find someone else to pass the ball

Eye contact, pass with inside, receive with inside



### Multi Skill Activity

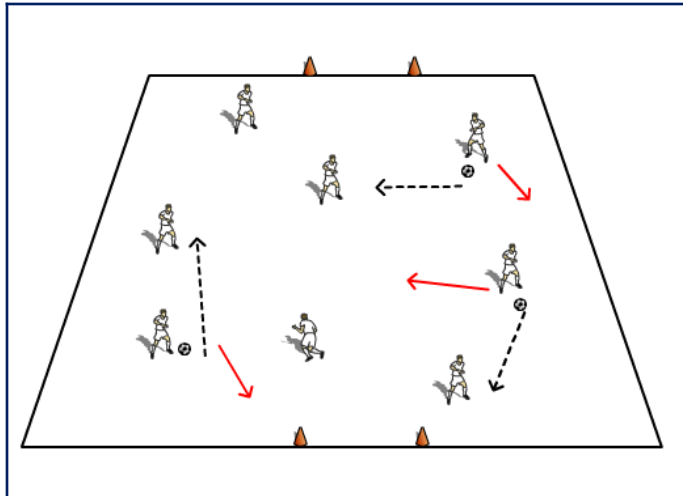
#### Set Up

2v1 game, attackers lined up in pairs, one defender in each zone.

1. Attackers have to work in two's to try get through each zone past the defenders, if they pass one zone they carry on, if they make it to final zone then need to beat the defenders and shoot
2. If defender gets the ball they need to dribble it to the top line. Rotate defenders



## Week 6 - Passing

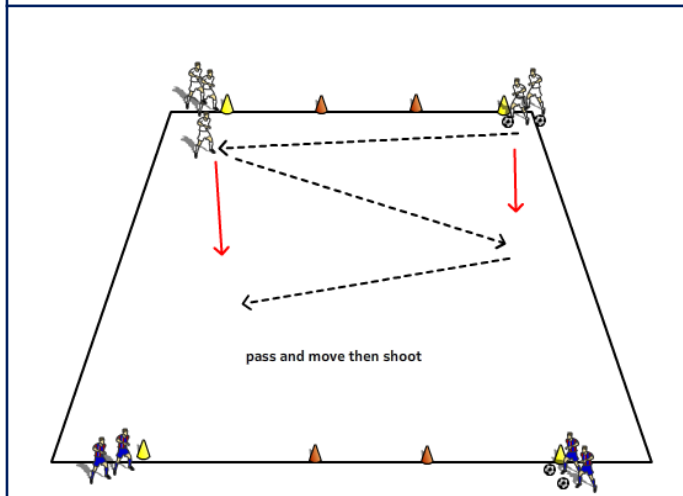


### Warm Up - Technical

#### Set Up

Everyone in the field in a space, 2 or 3 balls out there.

1. Players must pass and move around the area.
2. Challenge them to make 1-2 passes
3. Challenge them to make overlapping runs

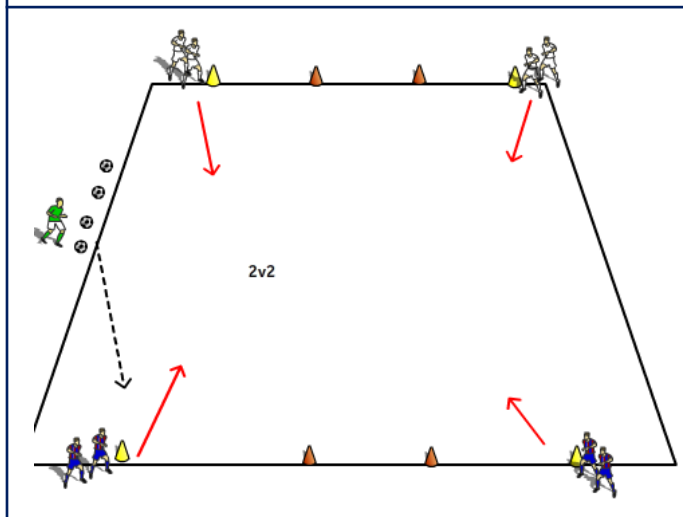


### Technique

#### Set Up

In pairs behind the end cones, one team each end.

1. One team at once, pairs have to pass across to each other down the field and then shoot
2. Progress to have both teams going at once, now they have to keep an eye out for each other
3. Bonus points if they do a one touch pass or a overlap run.



### Multi Skill Activity

#### Set Up

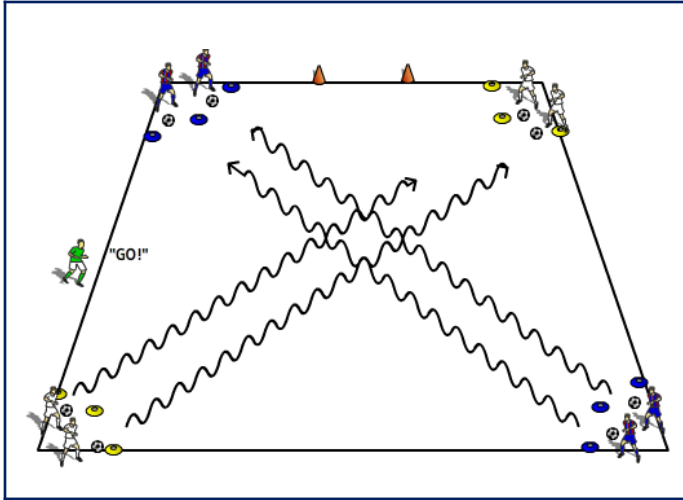
2v2 Game, two teams half on each cone on their side

1. Coach plays ball in to one player, and they play 2v2 until ball goes out or goal is scored out. No longer than 30 second rounds.
2. Bonus goals for 1-2 passes or over lap runs

## Week 7 - Shooting

	<p style="text-align: center;"><b><u>Warm Up - Technical</u></b></p> <p><b>Set Up</b> Each player has a ball, dribbling around and has to perform different skills in the different boxes</p> <ol style="list-style-type: none"> <li>1. Skill 1 is toe tops, when coach says a number they have to get to a box and do that number of toe taps</li> <li>2. Skill 2 is side taps, when coach says a number they have to get to a box and do that number of side taps</li> </ol>
	<p style="text-align: center;"><b><u>Technique</u></b></p> <p><b>Set Up</b> 2 people in a square and they compete against another team</p> <ol style="list-style-type: none"> <li>1. Player has to strike the ball using laces in to other square, if the other team fail to keep the ball in the square then it's a goal to shooting team</li> <li>2. Make it competitive with winners playing winners and changing what part of the foot or which foot they have to strike with.</li> </ol>
	<p style="text-align: center;"><b><u>Multi Skill Activity</u></b></p> <p><b>Set Up</b> WORLD CUP DOUBLES</p> <ol style="list-style-type: none"> <li>1. Players are in pairs and work together against the other pairs</li> <li>2. One coach in each goal, coach kicks ball out and pairs have to fight it out to score</li> <li>3. They can score in any goal, if they score they just keep record.</li> <li>4. First team to 3 goals or 5 goals wins the world cup</li> <li>5. Make each pair call them self a country</li> </ol>

## Week 8 - Shooting

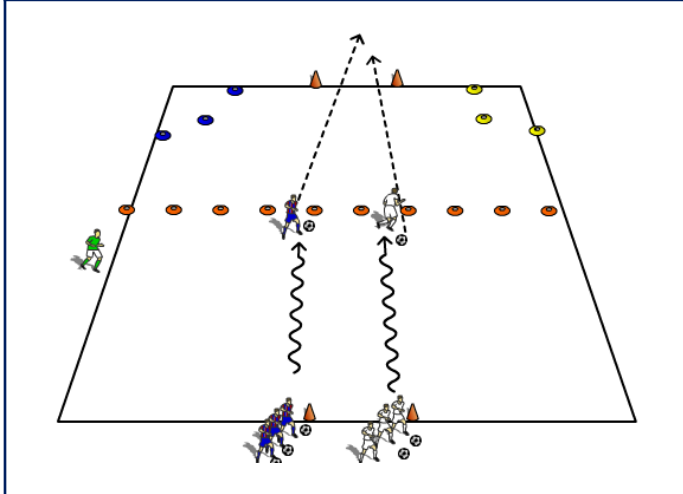


### Warm Up - Technical

#### Set Up

Each team is in opposite corner zones, when coach says go they have to all dribble to opposite zone with out crashing in to any one.

1. Players must dribble with favourite foot across
2. Then change and make them dribble with other foot
3. Dribble with insides
4. Dribble with outsides

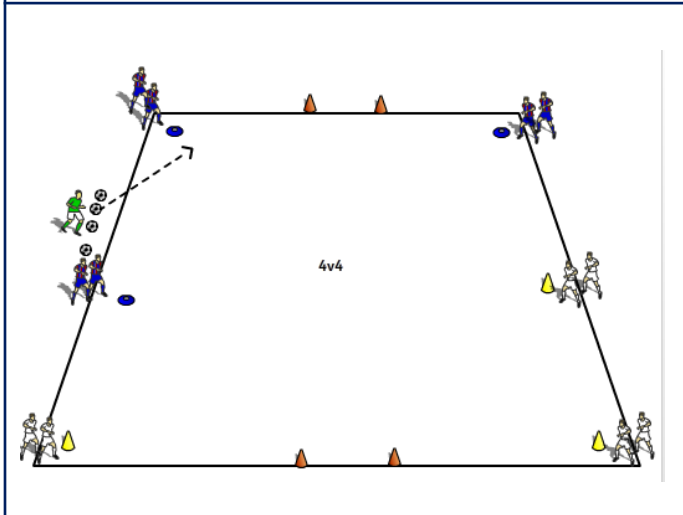


### Technique

#### Set Up

Jail Break – players have to dribble up and shoot from the line

1. If the player misses they have to go to jail and sit in the corner zone.
2. They will be free when a team mate scores a goal
3. If all the team goes to jail then they lose the game



### Multi Skill Activity

3v3 Game, two teams half on each cone on their side

1. Coach plays ball in to one player, and they play 3v3 until ball goes out or goal is scored out. No longer than 30 second rounds.
2. Bonus goals for 1-2 passes or over lap runs

Include goalkeepers for fun if you want



**COACH THE “FUTURE SOCCER PRO WAY”**

**‘LET THE PLAYERS ENJOY THE GAME’**

**‘REMEMBER THEY ARE ONLY KIDS’**

**‘MAKE SURE THEY ARE SMILING’**

**‘LET THEM MAKE DECISIONS’**

Any comments or feedback feel free to email [info@futuresoccerpro.com](mailto:info@futuresoccerpro.com)