



## 7U Week 1 Training Session

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

Reseller-Club: Premier Users' Club  
Dave Roberts, Arvada, United States of America

### Dribbling with different surfaces of the foot (10 mins)

#### Organization

- 20x20 area using disc cones to mark out grid
- 8 to 10 players with ball dribbling in the grid

#### Activity

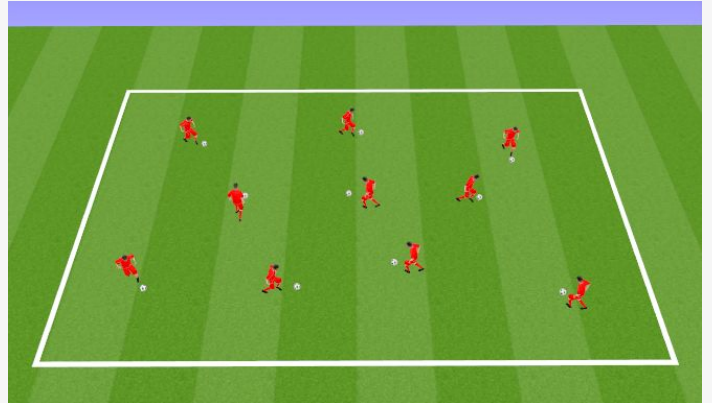
Players are encouraged to be creative in the space dribbling with their ball. Coach will introduce dribbling with different surfaces of the foot. Laces, Sole roll, outside of foot (pinky toe), inside of foot (big toe). Show players how to use one surface of the foot at a time and how to manipulate the ball and then have them practice. Then introduce another surface.

#### Progressions/Variations

- try some different skills/ball mastery

#### Coaching Points

- Head up while dribbling
- agility, balance, changing speeds/directions
- close control, lots of touches
- awareness of space/players around them



### Dribbling Under Pressure (10 mins)

#### Organization

- 20x20 area using disc cones to mark out grid
- 8 to 10 players with ball dribbling in the grid

#### Activity

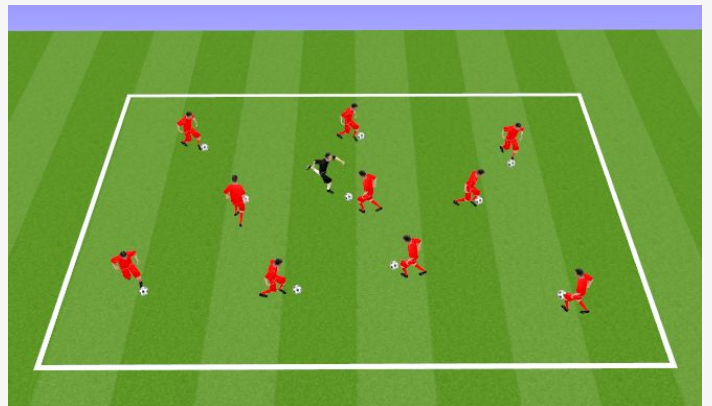
The players are encouraged to be creative in the space dribbling with their ball. Coach(s) will provide low to medium pressure on players trying to win the ball away from them. If coach/player wins the ball away from a player that player now becomes to defender and attempts to win the ball away from another player. If the player under pressure dribbles out of the grid they lose their ball to the defender. If player dribbles the ball out of the grid without being pressured, player must do 10 ball hops or tic tocs before entering the grid.

#### Progressions/Variations

- Add a second defender
- Add a third defender
- half the team with a ball and half without the ball

#### Coaching Points

- Head up while dribbling
- recognize where the pressure (defender) is and get away
- agility, balance, changing speeds/directions
- close control of the ball
- awareness of space/players around them



## 1v1 to Target (coach) (10 mins)

### Organisation

- Large open area
- Players are grouped in pairs with 1 ball.

### Activity

Coach rolls the ball out into space and the two player battle to win possession of the ball. When one player wins the ball the goal is to dribble the ball back to the coach. The defending player tries to win the ball from the attacker so that he/she can win the point by returning the ball to the coach. Players gets one point for every time they return the ball back to the coach.

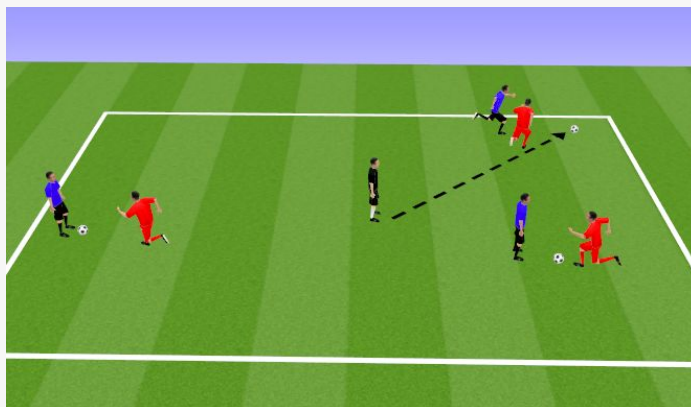
### Progressions/Variations

Switch up the pairs after 3 rounds so players can be challenged by other players.

Players win the ball and dribble to close proximity of coach and then try to complete a pass to the coach.

### Coaching Points

- Head up while dribbling
- Use different surfaces of the foot to beat the defender
- changing speeds and directions to beat the defender
- close control



## Small-Sided Game (20 mins) (20 mins)

### Organization

Small-Sided Game (20 mins)

- 10 players
- see diagram for setup and equipment
- are can be a full field or half field (adapt for age/ability/numbers/field space)

### Activity

-5v5 small-sided game (adapt for numbers). Play with a retreat line - after a goal, if the ball goes out on the end, the opposition must back-up behind the half line. Cannot cross line until first touch is taken.

\*If you have an odd number of players, play one team down a player (could be a good challenge?), or use a magic player (full time attacker) that can help both teams (maybe a player whose confidence seems up to this).

### Coaching Points

- Keep the ball, don't just kick the ball away.
- When is a good time to pass/dribble/shoot?
- How can you find space on the field? How can we use it?

