



## 7U Week 2 Training Session

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Beginner

Reseller-Club: Premier Users' Club  
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### Description

#### 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 through the gates

##### Activity

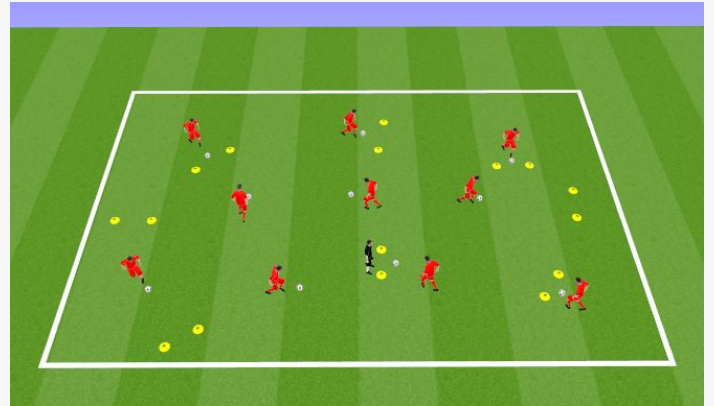
Players are encouraged to be creative in the space dribbling with their ball. Coach will reintroduce dribbling with different surfaces of the foot (see week 1). Laces, Sole roll, outside of foot (pinky toe), inside of foot (big toe). Players are to dribble their ball through as many gates as possible in one minute.

##### Progressions/Variations

- coach becomes a defender force players away from protected gate
- see next activity

##### Coaching Points

- Head up while dribbling
- agility, balance, changing speeds/directions
- close control, lots of touches
- awareness of space/players around the-
- win the ball away from attacker and don't just kick it away



#### Gates w/Partner (10 mins)

##### Organization

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

##### Activity

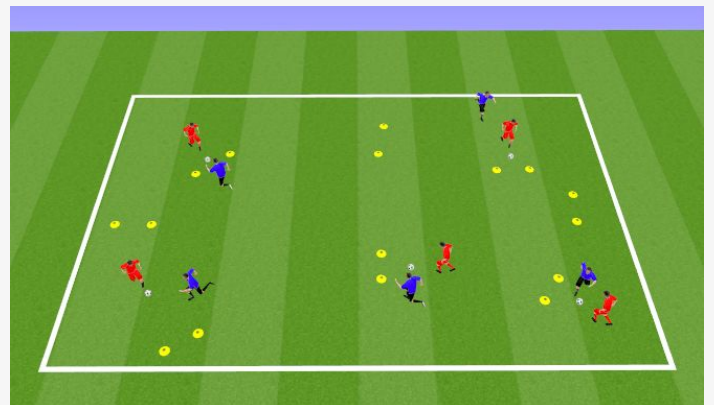
Players are encouraged to be creative in the space dribbling with their ball. Coach will reintroduce dribbling with different surfaces of the foot (see week 1). Laces, Sole roll, outside of foot (pinky toe), inside of foot (big toe). Players are to dribble their ball through as many gates as possible.

##### Progressions/Variations

- Player becomes a defender and can win the ball away from opponent then begin dribbling gates
- 5 players with ball, 5 without ball. Players are assigned pairs and only attack and defend each other. Players with ball try to score through as many gates as possible while defender tries to win the ball away and then attack the gates themselves.
- switch partners.

##### Coaching Points

- Head up while dribbling
- agility, balance, changing speeds/directions
- close control, lots of touches
- awareness of space/players around the-
- win the ball away from attacker and don't just kick it away



## 1v1 to End zones (10 mins)

### Organisation

- Large open area with end zones marked off with disc cones
- Players are lined up in two groups on either side of the coach.

### Activity

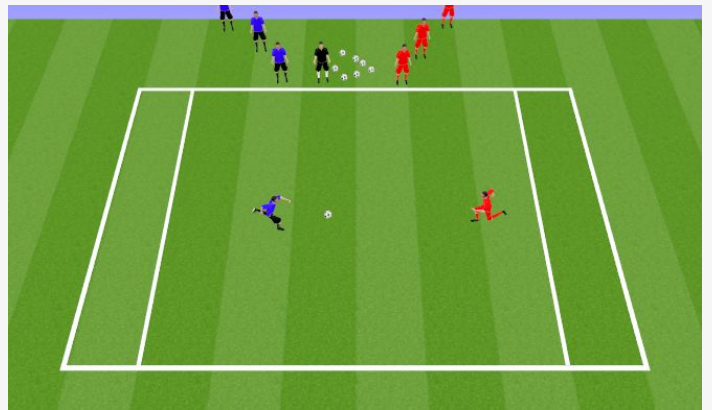
Coach rolls the ball out into space and the two player battle to win possession of the ball. When one player wins the ball the goal is to dribble the ball into the end zone under control and stopping the ball within the endzone. The defending player tries to win the ball from the attacker so that he/she can win the point by dribbling the ball into their end zone. Players gets one point for every time they score in the end zone.

### Progressions/Variations

Switch up the pairs after 3 rounds so players can be challenged by other players. If uneven number of players then this will sort itself out on its own.

### 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
- under control entering the end zone so that player can stop the ball and win the point



## 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?

