



7U Week 3 Training Session

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Reseller-Club: Premier Users' Club
Real CO Edge, Arvada, United States of America

1v1 Channels (10 mins)

Organization

-Create 2 or 3 channels with flat disc cones. Add tall cone in the center of each channel to emulate a defender. Have 2-3 players at the end of each channel. Less players means more reps.

Activity

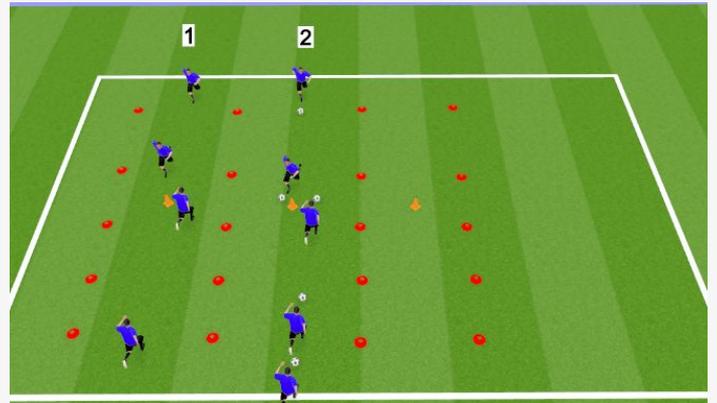
-Players begin without a ball (Example 1) and at the same time run towards the center tall cone and fake to the left and run right. Players at this age will need help with which way to go at first. Players then join the back of the line heading the opposite direction.

Progressions/Variations

-Fake left go right. Fake right go left.
-Add a ball fake left and go right pushing the ball past the cone with the outside of the foot. Do it the opposite way.
-Use other moves like scissors, step over, etc.

Coaching Points

-Head up while dribbling
-Close control, lots of touches.
-Awareness of space as players drawn near to center cone (defender).
-Transfer of weight from left to right or right to left on the fake. Also sell the fake by dipping the shoulder.



1v1 Line Soccer (10 mins)

Organization

-Using disc cones set up enough 10x12 fields to play 1v1.
-Players are paired up (2 players, 1 ball).

Activity

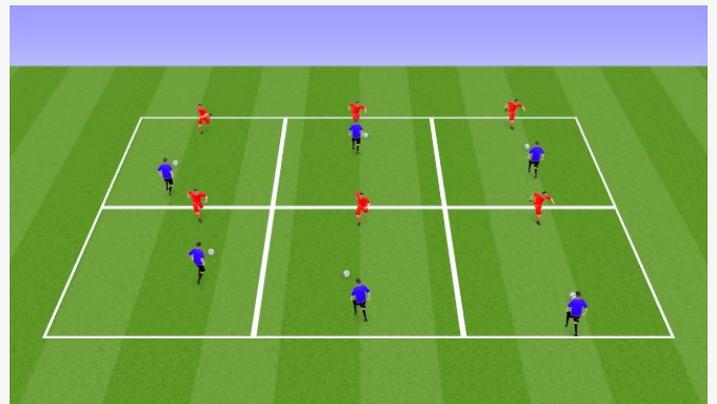
-To start a player plays a pass to their opponent and play begins. The player who passed the ball becomes the defender with the idea of stopping the attacker from scoring (dribbling past the line).
-Defender attempts to steal and dispossess the attacker of the ball. If successful this player can attack the opposite goal. If ball goes out of play the player who is to get possession plays a pass into the defender who serves back and play continues.
-3 attempts each then rotate attacker to defender.

Progressions/Variations

-Switch partners

Coaching Points

-Take a positive first touch forward attacking the space.
-Head up while dribbling.
-Close control of the ball.
-Accelerate and take the space that the defender allows.
-Prepare for 1v1 skill move to unbalance the defender.



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

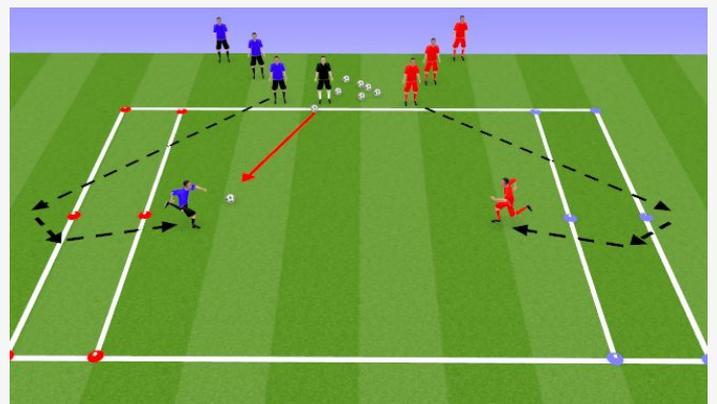
Coach plays a ball into space and the two players battle to win possession of the ball. When one player wins the ball the goal is to dribble the ball into the end zone under control (stopping the ball within the end zone). The defending player tries to win the ball from the attacker so that he/she can win the point by dribbling the ball into their end zone. Players get 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
- 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?

