

DC STODDERT
SESSION PLANS
U7 - 1ST GRADE
4V4





FOCUS: ONE BALL ONE PLAYER - BALL MANIPULATION

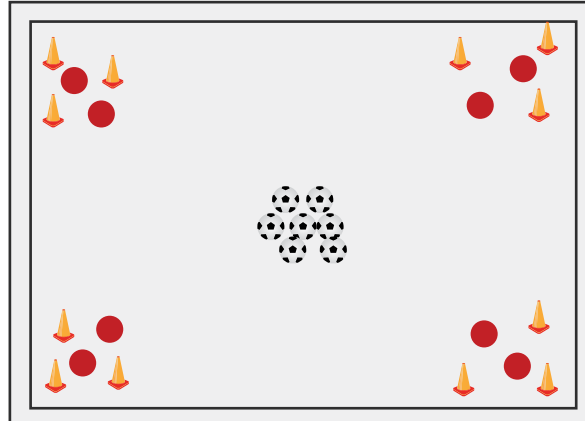
- ▶ Get them started as soon as possible
- ▶ Make it high energy and fun

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- At coach's signal, first player from each corner runs in and dribbles one ball back to their corner
- Other teammate can wait and protect their balls or joint teammate to collect other balls from any other corner
- After 2 mins, team with most balls in their corner wins round

TECHNIQUE:



KEY POINTS:

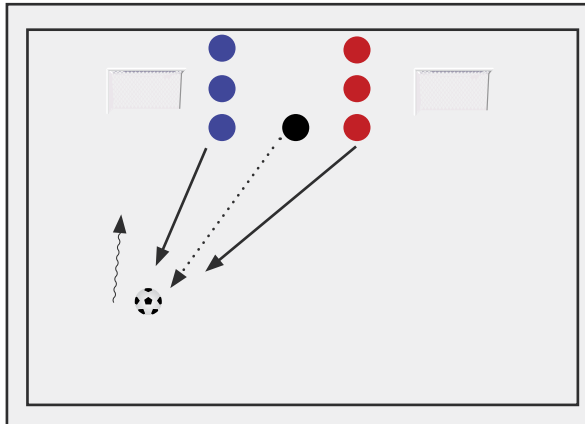
- Dribble with head up
- Quick movement with ball
- Communication with teammate
- Difference in touch between the close turn and the larger touches with big acceleration AKA 'speed dribble'
- Be aggressive to the ball, and aggressive on the dribble

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- Two groups on either side of coach
- Coach sends ball to either field and one player from each team steps in to that field to play 1v1 to goal on that field
- At the same time, coach sends another ball to the other field for 1v1 game on that side
- Two 1v1 games at the same time

TECHNIQUE:



KEY POINTS:

- Run to ball fast
- Turn and take on defender to score
- If defender wins ball they can score as well
- Get your body in front of the player on the sprint out
- Get turned ASAP and attack the goal

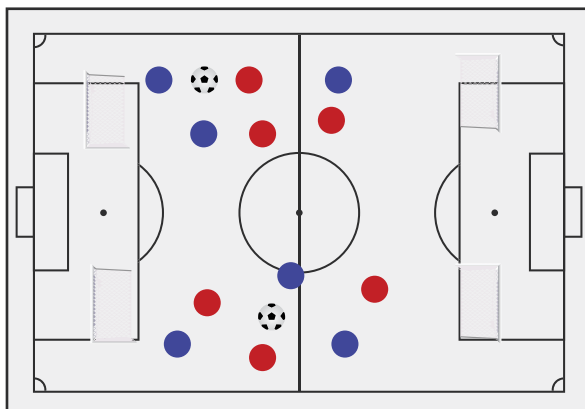
If players take too long to get to goal or get turned, give them a time limit of 5-10 seconds or the next group is on

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 3v3 to goals
- Encourage 1v1 dribbles
- Ask players to be creative and take people on
- If you cannot beat your player, pass or combine to get to goal
- Beat players and explode at SPEED!

TECHNIQUE:



KEY POINTS:

- Move the ball at speed
- Hit the target when in range
- Concentrate on a good connection and timing, not trying to smash the leather off the ball
- Set each other up for better shooting position
- Lay offs to appropriate foot

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: MULTI TOUCH ACTIVITY - TRANSITION DEFENDING

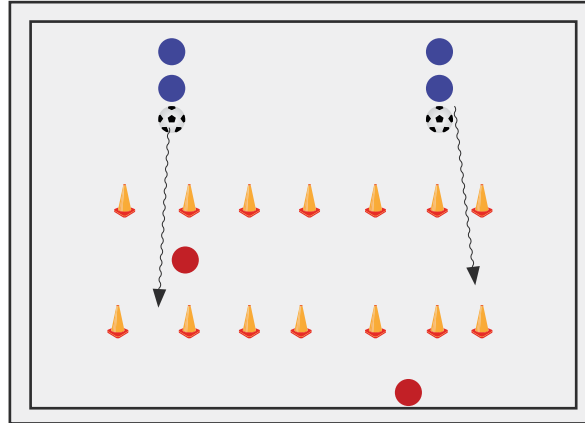
- ▶ First look to goal and aggressive on the dribble (first touch needs to be into space)
- ▶ Foundation moves, skills and passes to create space to then exploit into space

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- Set up the field with two 6 yard zones
- One defender in each zone
- Two players at a time dribble and try to make it across both zones to score on either goal
- Each goal counts as 5 points
- If defender kicks ball out players have to start over

TECHNIQUE:



KEY POINTS:

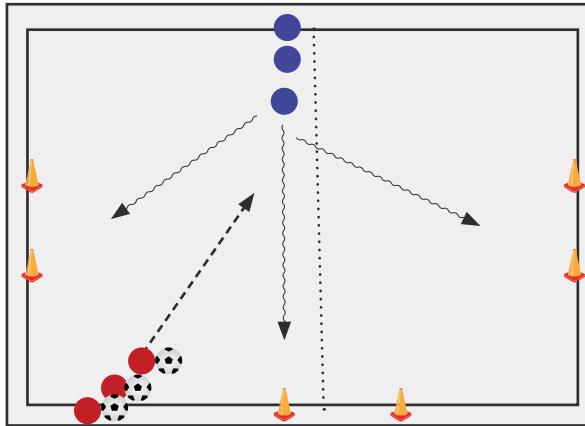
- Keep head up
- Keep ball close to feet
- Don't kick it ahead and run
- Control in both zones
- Use your foundation move to cut the ball across your body then explode into the space at speed with a penetrating touch
- Fake one way, go the other

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- 1v1 to three goals
- Red player passes to blue player and comes out to defend blue player
- Focus can be on the attacking player one week
- Focus can be on the defensive player another week

TECHNIQUE:



KEY POINTS:

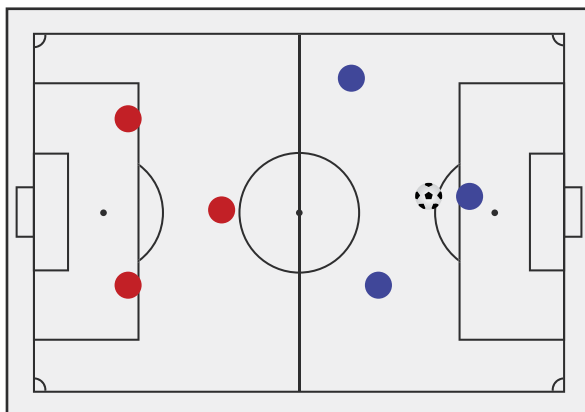
- Speed of play
- Try to use tricks and skills that WORK at SPEED
- Don't be lazy with foot skills or defending
- Once you've attacked a goal, look to swerve to another goal ASAP to find the open opportunity
- Be creative, inventive and use the skills from the first segment in this

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 3v3 free play
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Get the ball wide and let those players take their man on
- Defender is an outlet to maintain possession and switch point of attack
- 1v1 = Dribble at pace

TECHNIQUE:



KEY POINTS:

- Look to isolate wide players 1vs1 and then encourage them to beat their Def
- Back player stay deep as a get out to keep possession
- Wide players and Att dribble to create and score, Def dribble to keep the ball
- 1st touch into space at speed
- Take chances to dribble at people when you're isolated, or can split 2 defenders on the dribble

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: BALL SKILLS ON THE DRIBBLE TO SHARING THE BALL IN PAIRS

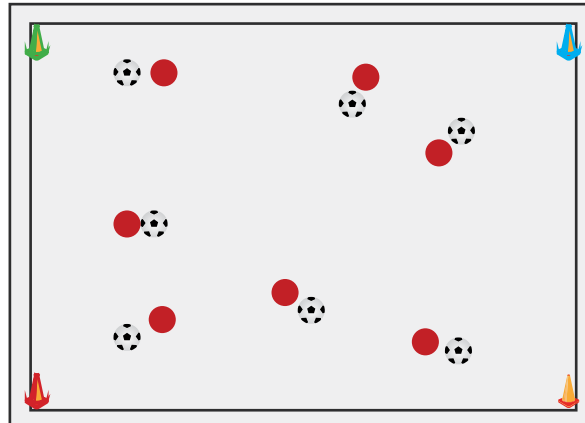
- ▶ Touch into space at speed to create the opportunity to dribble or pass
- ▶ Look at the difference between speed dribble (big touch, acceleration) and skill dribble (close touches, manipulation)

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- Players dribble inside grid each with a ball
- 4 different color cones at each corner
- Coach calls a color and players have to dribble toward the corner
- **BOWLING TAG:** same space as earlier, each player dribble their ball in space. 2 players start as "IT." IT players try to role their ball to hit someone else's ball. The player that gets hit joins and comes another "IT."

TECHNIQUE:



KEY POINTS:

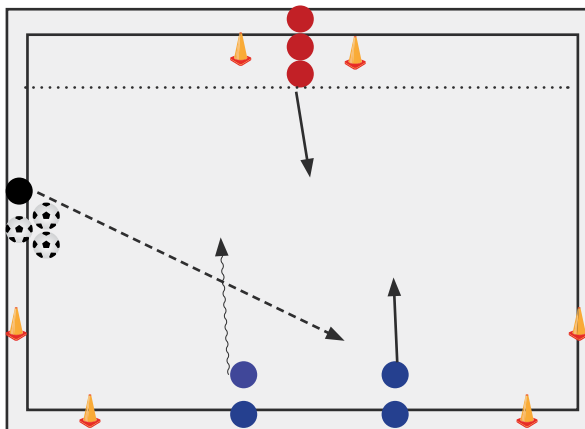
- Keep ball close to foot
- One step one touch
- Keep head up to see the space
- Speed dribble is bigger touches into space at speed
- Cuts and turns need to have the ball close before exploding on the dribble into space and directly to the other cone
- Navigate to the other cones by weaving or cutting through the other players - treat them as defenders

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- 2v1, 2v2 to endzone and counter goals
- Coach serves ball in
- Two blue attack end zone, one red defend and counters on goals
- Look to dribble first, and then pass if you have an open player who can score (or you get stuck)
- Combinations and wall passes can be introduced here

TECHNIQUE:



KEY POINTS:

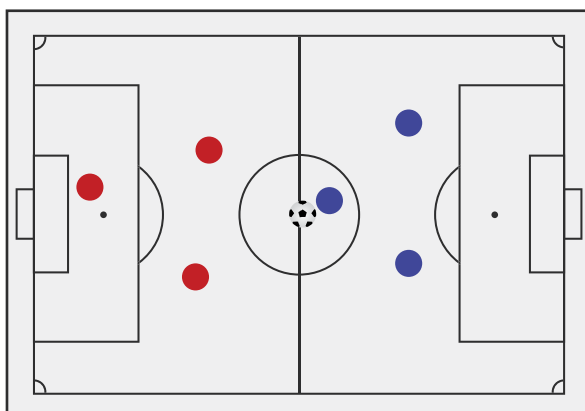
- Attackers work together to beat defender
- One runs to ball the other runs to space
- No offside so make the field as big as possible as quickly as possible
- Go to GOAL
- Be creative and exciting, cutting and swerving to create a chance to unbalance and beat defenders

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 3v3 scrimmage to goals
- No keepers
- Focus on the dribble and using the skills from the rest of the session to showcase here

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- First look always to goal, to be aggressive and exciting
- Score first, think second
- If you cannot beat defender/s on the dribble recycle the ball to a teammate
- Pass if you get double teamed and cannot split players on the dribble

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: 1V1 DEFENDING AND ATTACKING

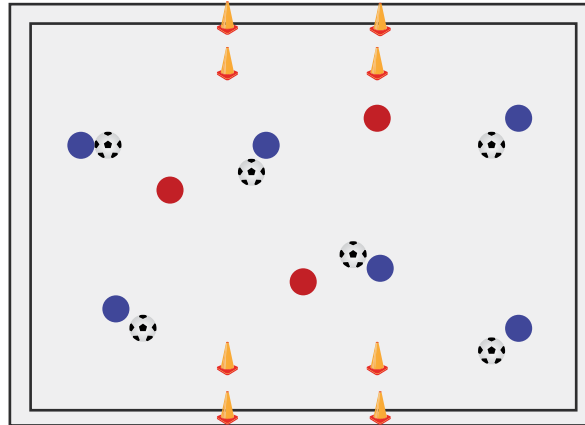
- ▶ You can use this session multiple weeks but focus on either **ATTACKING** or **DEFENDING** for the session to keep points clear
- ▶ Spacing is important, from defensive spot when to step with body, from attacking spot to move defender and drive

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- 3v3 free play for ten minutes with very little to no instructions. Let them play and have fun.
- **BANDIT GAME:** blue players each with a ball dribbling in area
- They try to dribble their ball into a goal box for a point, then go to the other goal
- Bandits try to kick ball out the area
- Play 2 minutes then switch bandits
- Each player keep score

TECHNIQUE:



KEY POINTS:

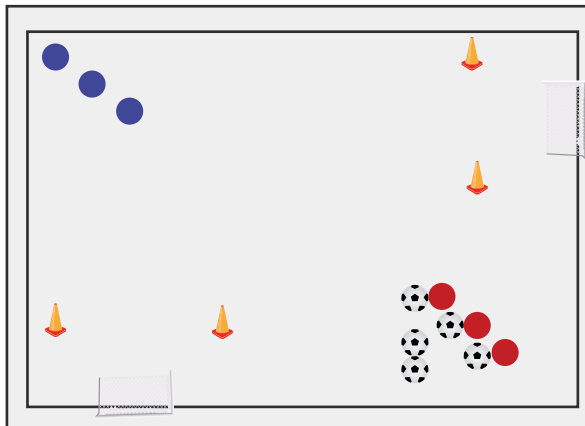
- Encourage players to keep head up
- Dribble away from pressure
- Keep ball close and protect it (shield it)
- Change direction and speed to escape pressure

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- Red players start with ball
- Pass to blue attacker and pressure
- Blue player can score on either goal
- Defenders win ball and can attack either goal as well
- If players are shooting ball from distance, ask them to dribble through gate before shooting
- Award more points for a goal closer if that's your focus
- On defensive side, get the defender out to the attacker and get their head down ASAP

TECHNIQUE:



KEY POINTS:

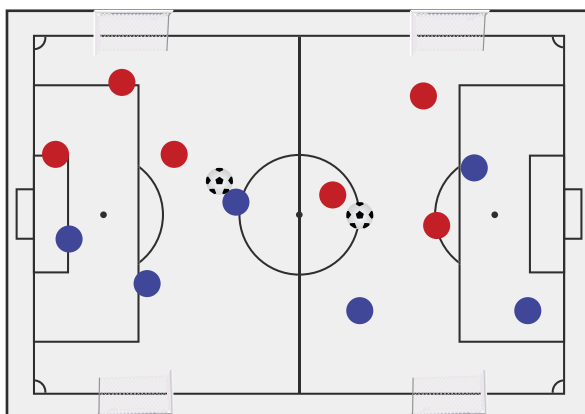
- Ask them guided questions: which goal is more open? How to trick defenders? What would you do to beat defender?
- Draw defender to one goal, cut and explore the other goal ASAP
- Shooting from distance will draw the defender out, then you can cut them and dribble closer to goal for an easier finish

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 3v3 scrimmage
- Same principles as previous stages

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Concentrate on one aspect of the session, head up dribbling when 1v1 -identify space and attack it
- Pass with inside of the foot to find a teammate

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving