



Recreation Coaching Sessions

U7 – U8: Week 1

Dedicated to the Development of Our Youth, Through Soccer
www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 1

Passing - Yes Please



Passing- Yes Please

Purpose- To improve passing technique

Organization

Area 20x20

Split team into two. Half of the team make a circle round the outside and half the team have a soccer ball in the middle of the circle.

On the coaches command, players in the middle dribble around looking for an open player.

When they see a player who is open, he or she calls for the ball "yes please". After receiving the ball they pass the ball back and the player turns and goes off to find another open player.

Ask the players how many passes they can make in 90 seconds?

Swap players around after the 90 seconds has ended.

Progression- Ask outside players to play one touch only.

Coaching Points

Ask players to use all parts of the foot to pass with.

Approach ball from a slight angle and strike through the middle of the ball.

Work on the weight of the pass

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 1

3v3 Plus Two Neutrals



3v3 plus two neutrals

Purpose- To improve passing and movement

Organization

This game is a directional passing game with the objective to dribble the ball over the end line under control to score a point.

Progression

Players limited to two touch only

Floater limited to one touch only

Coaching Points

Encourage players to play quickly

Encourage players moving off the ball, to take up good supporting positions.

Ensure quality of pass

Be aware of options available

Good communication

Good decision making

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 1

Small Sided Possession Game with Direction



Small sided possession game with direction.

Purpose- To improve passing and movement of players off the ball.

Organization

Two teams of six compete inside a 20x20 grid. A 3v3 game is played, with the six other players placed diagonally across from each other. The players around the outside help their team keep possession. To score a goal the ball must be passed between the corner posts under control.

Progression

Players on the outside move in field to support the player on the ball and keep possession, once the ball has been played to them.

Ask players to play two and three touch only.

Coaching Points

Awareness and decision making

Good communication between team

Movement to create options for player on the ball

Decision making, for example when is it right to dribble, when is it right to pass?

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 1

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com