



Recreation Coaching Sessions

U7 – U8: Week 2

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



Recreation Coaching Sessions U7 – U8: Week 2

Unopposed Turning



Turning game 4 Goal game.

Purpose- Small sided game to improve turning.

Organization

Area 25x 25

Divide teams in 2v2 games and have multiple games playing, rather than sitting players to watch. Game is played as a small sided game, with the team in possession trying to score in one of the four goals by dribbling through the gates around the outside of the grid.

Progression

Ask players to be more specific with their moves and attack specific gates.

Coaching Points

Keep your head up and nose in front of the ball so you can see where the free goals are, where the defenders are and where your teammate is.

Turn away from crowded areas and look for the open space

Good communication with teammate

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 2

Dinosaur Turnaround



Dinosaur Turnaround

Purpose- To improve turns under pressure.

Organization

Area 20x20

Each attacking player has a soccer ball. 2 players who are called dinosaurs do not have a ball. The red players run towards a dinosaur and attempt to execute a turn they have previously learnt. Players score a point by turning away from a dinosaur and keeping control of the ball. If players get too close, the dinosaurs can kick the ball away. Play for 90 seconds and see how many points you can score.

Progression

Recap the coaching points and attempt to beat score, also ask players to use specific turns. Add more dinosaurs.

Coaching Points

Dribble slowly towards the dinosaurs (approx 2 yards away)

Keep your head up and nose in front of the ball, so you can see the dinosaur

Bend the knees, turn with the ball and accelerate away from the dinosaurs

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U7 – U8: Week 2

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