



Recreation Coaching Sessions

U7 – U8: Week 6

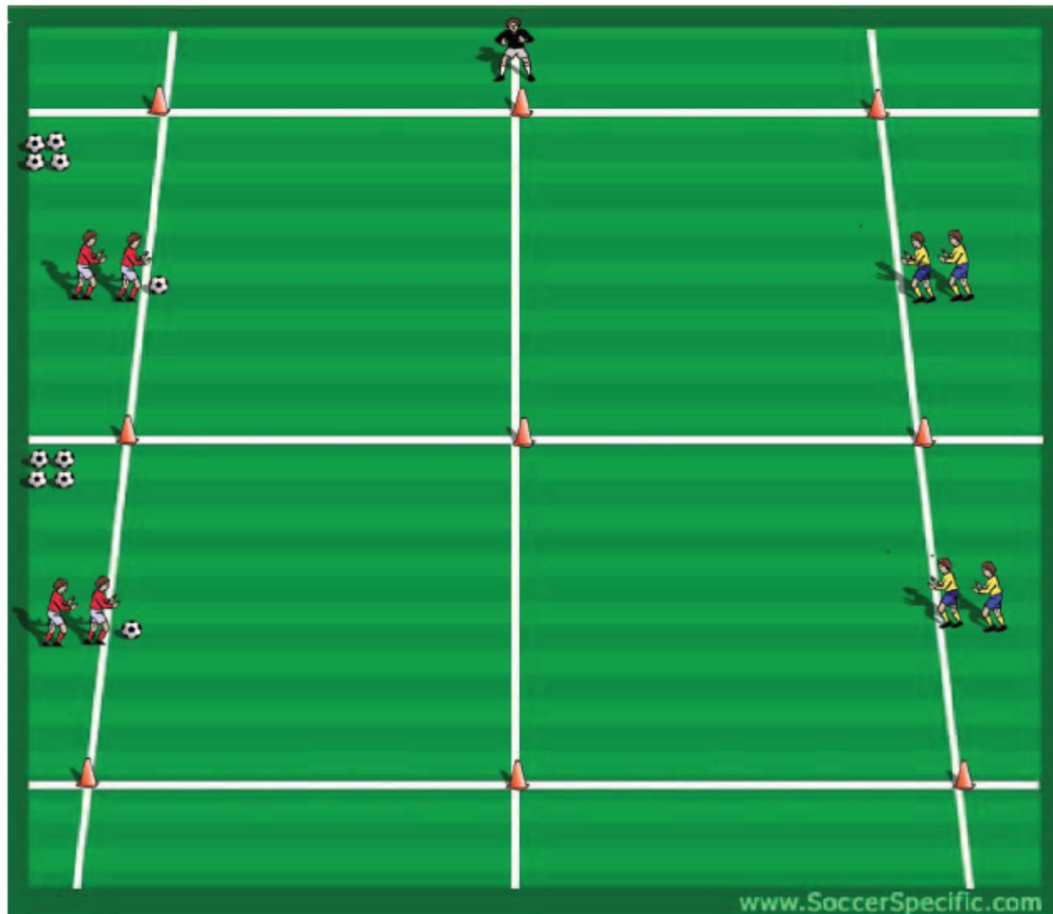
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1v1 League Play



1v1 League play

Purpose- To improve both attacking and defending.

Organization

Area/Set up 12x10

Directions

The red player, plays the ball to the yellow player, with the red player becoming the defender and the yellow player the attacker.

The aim of the exercise is for the yellow attacker to beat the red defender and dribble the ball under control over the opposite end line

Every time an attacker dribbles the ball over the end line, he/she gains 1pt.

Play for 1 minute, change roles and play for another minute.

The player with the most points, moves up a league and the player with the least amount of points moves down a league.

Progression

Ask players to use specific moves

Coaching Points

Attacker

Run at defender with speed.

Use moves to unbalance defender, then explode past.

When past the defender cut back across him/her forcing the defender to make a longer recovery

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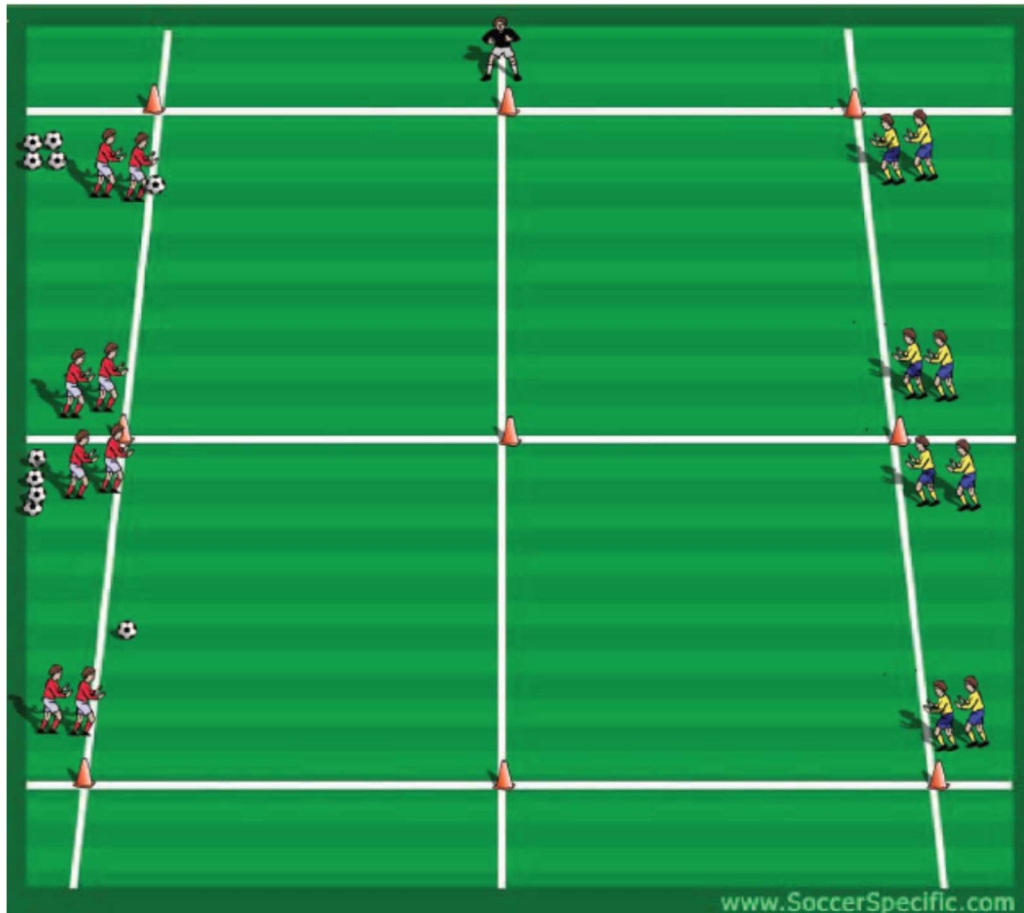
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2v2 League Play



2v2 League play

Purpose- To improve both attacking and defending skills.

Organization

Area/Set up 12x10

The red team, plays the ball to the yellow team, with the red team becoming the defenders and the yellow team the attackers.

The aim of the exercise is for the yellow attackers to beat the red defenders and take the ball over the opposite line under control.

Every time an attacking team gets the ball over the end line, they gain 1pt

Play for 2 minutes, change roles and play for another 2 minutes.

The team with the most points, moves up a league and the team with the least amount of points moves down a league.

Progression

Give extra points for creative runs such as diagonal runs and overlaps.

Coaching Points

Attackers

Be prepared to be creative and use skills and moves to take players on

Can you as a team play quickly to unbalance defenders.

Use diagonal runs and overlaps to confuse and beat defenders.

Defenders

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1v1 with Back to Goal



1v1 with back to goal

Purpose- To improve goalscoring and defending.

Organization

Area set up 12x12

Three teams of players are set up in three different positions around the penalty area.

Team 1 are the attackers

Team 2 are the passers

Team 3 are the defenders

Player 1 runs out and calls for the ball from player 2

As the ball is travelling player 3 runs and defends player 1 from scoring in the goal.

Play for 3 minutes and then change positions, attackers to defenders, defenders to passers and passers to defenders. Play for another 3 minutes and change positions again.

Winning team is the team who scores the most goals.

Progression

Can you take a shot in goal in less than 8 seconds.

Coaching Points

Attacker

Run quickly and be first to the ball

Take a sideways on position, knees slightly bent, low centre of the gravity.

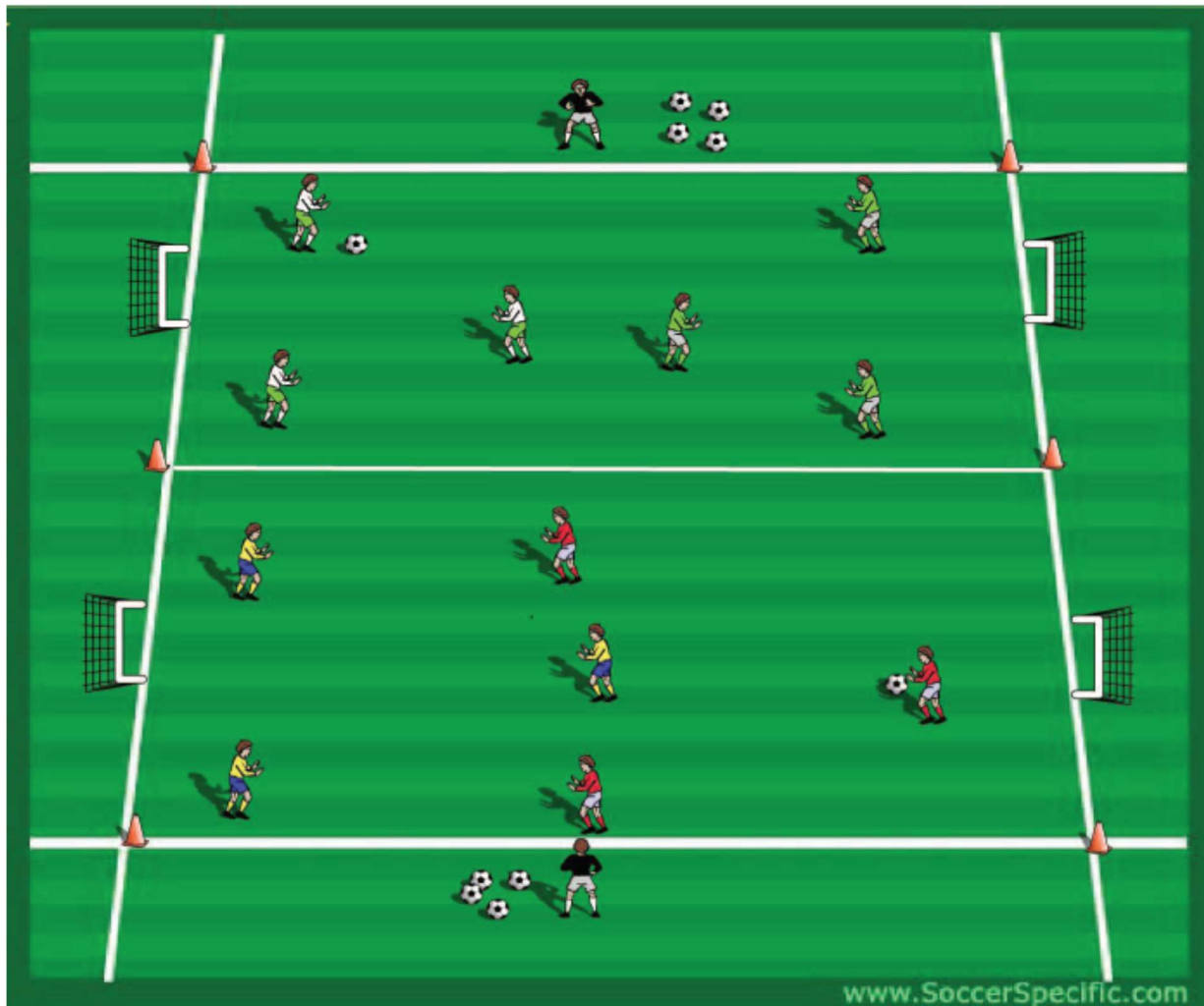
Do not run away from the goal, attempt to stay in the middle of the goal.

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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.

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