



Recreation Coaching Sessions

U7 – U8: Week 7

Dedicated to the Development of Our Youth, Through Soccer
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Recreation Coaching Sessions

U7 – U8: Week 7

3v3v3



3v3v3

Purpose- To improve both passing and movement off the ball.

Organization

Area/set up 12x12

Directions- To maintain possession

The outside players pass the ball around the outside and away from the defenders in the middle.

The outside players are not allowed in the middle, however they can move up and down the outside lines to receive the ball.

If the ball is won by the middle players, they swap with the team on the outside who loses the ball

Play activity for ten minutes

Progression

Ask players to play two touch only

Coaching Points

Keep the ball moving and zipping around the outside

Good communication

When receiving the ball on the outside, receive the ball so you have multiple passing options

Try not to get the ball stuck in your feet, which forces you to take extra touches on the ball

Outside players move up and down the line so the player on the ball have different passing options

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4v4 Plus 2 Goalkeepers Attacking Zone Game



4v4 + 2 Goalkeepers Attacking zone game

Purpose- Small sided activity concentrating on attacking soccer
Area/set up 20x30

Field is split into three zones

One forward from each team is placed in each end zone and has to stay in that end zone. The forward in the end zone is not allowed to score but has to assist by creating shooting opportunities for teammates.

When the opportunity occurs a middle player should pass the ball into their forwards feet and then teammates should surge forward creating angles to receive the ball and make shooting opportunities at the goal

Play for 15 minutes, rotating the forward every 5 minutes
Winning team is the team who scores the most goals

Progression

Ask players to play two touch only.

Coaching Points

Good communication

Players need to look early and often to play the ball into the strikers feet.

Striker needs to move into a passing lane early and pick out a pass to a teammate

Encourage midfield players to make forward runs

Encourage combinations (give and goes) to beat defenders

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4v4 Corner Game



4v4 Corner game

Purpose- To improve possession and finishing skills.

Organization

Area/set up 20x30

4v4+2 goalkeepers

Players are asked to play a normal scrimmage with certain rules applying to the game

To score a goal a player must dribble into one of the corner grids and set up a goal scoring opportunity by passing to an open teammate.

If a player receives a ball in a corner grid in their own half, then passes or dribbles with teammates to the attacking grid on the other side of the field and a goal is scored 2pts are awarded

The only person allowed in one of the four grids is the person who is receiving the ball. You are not allowed to defend inside the grid.

Progression

Add a neutral player so teams get to play numbers up and down.

Coaching Points

Good communication

Ensure players spread out, using the whole field, giving players opportunities to get into the end zone.

When in the end zone, look up and pick up a player who can score.

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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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