

U7 SESSION #1, Ball and Body Awareness

Date: Jun 02, 2016 | Team: MSYSA | Duration: 45-60 Minutes

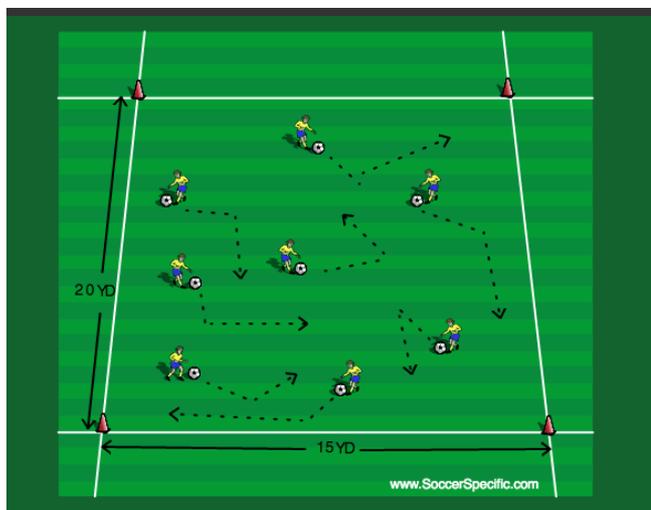


Setup: Each player dribbles their ball throughout a 15 x 20 yards grided area. Structure grid size smaller or larger based on the numbers of players present. Ideally you want enough space available to run into as the exercise progresses.

Instructions: 1.) The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2.) Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points: * Keep close control of the ball
* Eyes up seeing ball and space
* Keep arms out for balance
* Avoid running into each other
* Develop a comfort level between the ball and the player

1 ⌚ 6-10 Minu ↗ 20yds x 15



Setup: Each player dribbles their ball throughout a 15 x 20 yard grided area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.

Instructions: 1.) Players try to tag the other players within the grid.
2.) Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3.) As the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4.) When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

Coaching Points: * Keep the ball tight to the foot
Eyes up seeing ball
* Avoid running into each other
* Be deceptive - try and sneak up on players from behind
* Utilize the outside of the feet, pushing the ball away from the opposition
* Lower your center of gravity

2 ⌚ 6-10 Minu ↗ 20 Yds by



Setup: One ball per person.
Grid size should be approximately 20 x 20 yards

Instructions: 1.) Each player wants to kick the other players' ball out of the grid.
2.) Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3.) Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4.) If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points: * Keep close control of the ball
* Eyes up seeing ball and man
* Keep arms out for balance and shielding
* Find the space to move into
* Be strong in the tackle
* Be determined to hold onto your ball



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Setup: Two Teams play 4v4 in a 30yd by 20yd Grid with No Goalkeepers

Instructions: 1.) Allow the players to experience the game

2.) All the game to be the teacher

3.) Coach may help to keep the ball in bounds if necessary

Coaching Points: 1.) All players play offense

2.) All players play defense

3.) Encourage risk taking

4.) Players must celebrate all goals

5.) Find open space and have fun!

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⌚ 15-20 Min ↗ 30yds by 20yds

