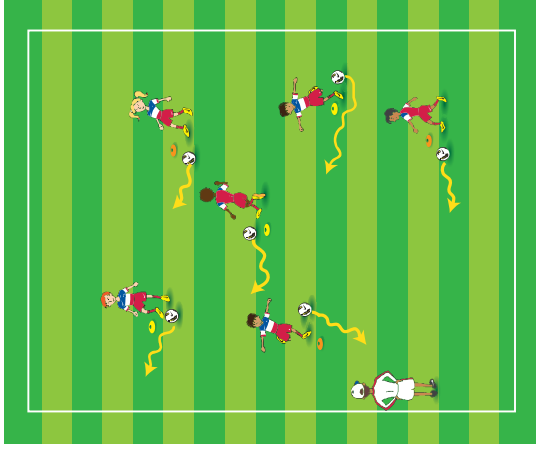




F LICENSE (7-8 YEAR OLDS) – WEEK 1

TRAINING OBJECTIVES: DRIBBLING WITH THE HEAD UP

- To improve dribbling and ball familiarity.
- To work on dribbling with the head up.



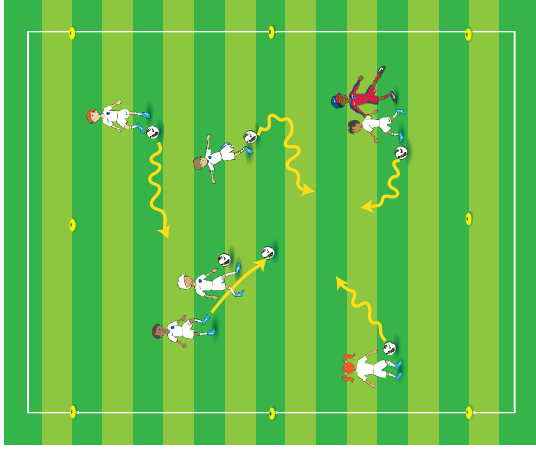
I. Warm-up: The Network

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Place different colored cones within a playing area. Each player has their own ball. At first, perform the activity without the ball. A) Run and touch cones with hands, B) Run and touch cones with feet, C) Run and hop over cones with two feet, D) Run and hop over cones with one foot. Then add a ball. Have the players dribble from cone to cone. A) Dribble around a cone, B) Dribble to a new color.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).



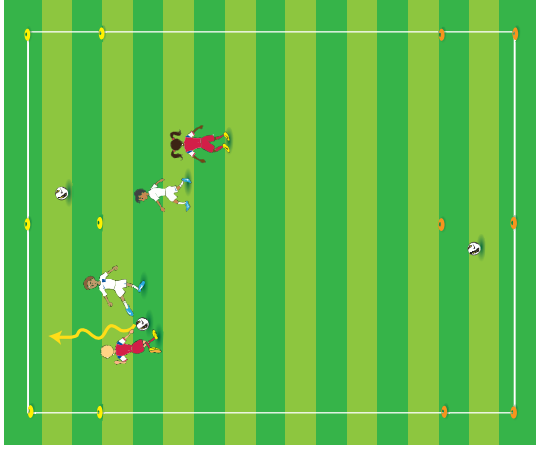
II. Main Part: Small-Sided Activity (Freeze Tag)

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 2 minute
DURATION: 12 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): To start, have players run with balls in their hands. If player gets tagged then 5 touch-ups to get unfrozen. Then progress to dribbling a ball. If player gets tagged by the coach then a teammate has to unfreeze them by passing ball under the legs or dribbling around them. Play for a period then make the boundaries smaller.

Coaching Points / Key Concepts: Dribbling with the head up. Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged.



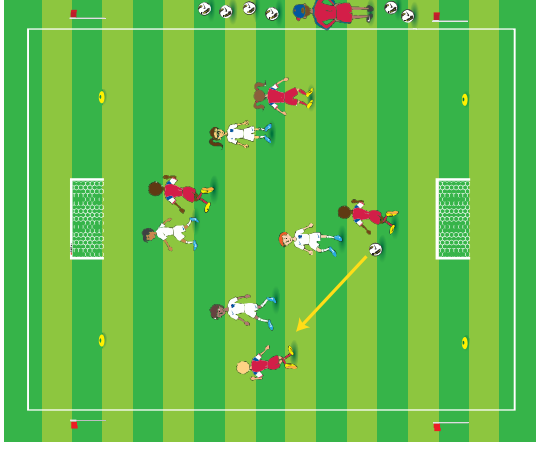
III. Main Part: Expanded Activity (2v2 / 3v3 / 4v4 to an end zone)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 2 minutes
DURATION: 12 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Create two endzones and put a ball in each. There is also one game ball. Play 2v2, 3v3 or 4v4. The objective is to dribble the ball into the other team's endzone. When a team is successful, they retrieve another ball from their defending endzone and try again. The first team to get all three balls in the other team's endzone wins.

Coaching Points / Key Concepts: Introducing how to dribble around an opponent. Ask players to show you how they go around someone.



IV. Game: 4v4

ACTIVITY INTENSITY: High
ACTIVITY TIME: 3 minutes
DURATION: 10 minutes
REPETITIONS: 2
RECOVERY TIME: 2 minutes

Organization (Physical Environment /

Equipment / Players): Play 3v3 to small goals. At first play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. After that show what occurs after the ball goes out of bounds (kick-in, goal kick, corner kick, etc.) End with "Super High Fives." Make them jump in the air to slap the coach "five."

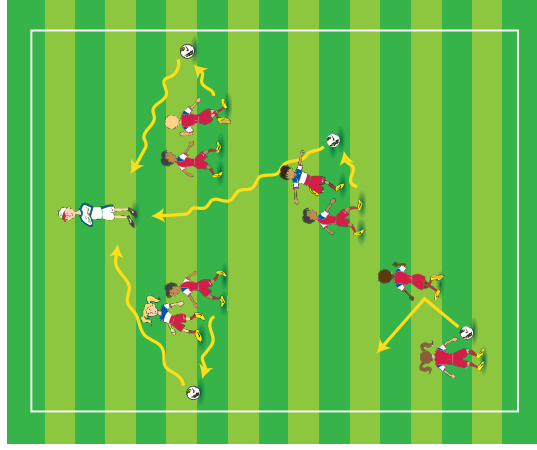
Coaching Points / Key Concepts: Play and enjoy!

F LICENSE (7-8 YEAR OLDS) – WEEK 2



TRAINING OBJECTIVES: PUSH PASS

- To improve passing the ball. Specifically the push pass.
- To develop working with a teammate.



I. Warm-up: “Back to Coach - Pairs”

ACTIVITY INTENSITY: Low-Medium

ACTIVITY TIME: 1-2 minutes

DURATION: 8 minutes

REPETITIONS: 4

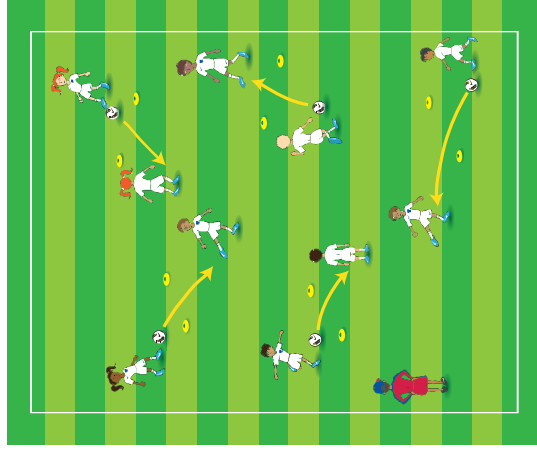
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Players are in pairs. Coach tosses ball and each pair brings the ball back to the coach by passing it back to each other. A) Get it back to coach B) make a specific amount of passes. C) Coach walks away. Now can they find the coach?

Coaching Points / Key Concepts: Dribbling

with the head up. Striking the ball with the biggest part of the foot, which is the inside.



II. Main Part: Gates

ACTIVITY INTENSITY: Medium

ACTIVITY TIME: 2 minutes

DURATION: 12 minutes

REPETITIONS: 4

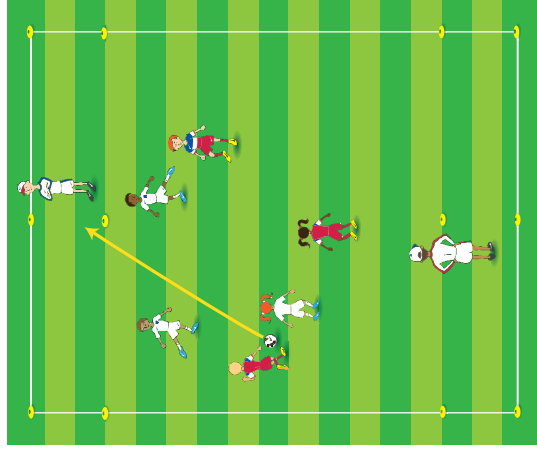
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Each pair has a ball. Make small gates. Progression: A) Players pass ball back and forth through gate. See how many they can get in 20 seconds. B) Pass through gate and go to a new one. C) Pass through gate two times then go to a new one. D) Coach and assistants walk around and block a gate. E) Challenge them to make a longer pass. Can they pass the ball through two gates?

Coaching Points / Key Concepts: Push pass.

What part of the foot do you use to pass the ball? (Inside, instep, or outside).



III. Main Part: Expanded Activity (2v2, 3v3 to a target)

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 2 minutes

DURATION: 12 minutes

REPETITIONS: 4

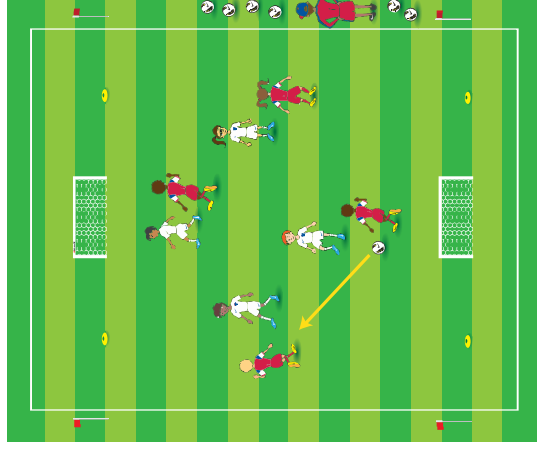
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Play 2v2, 3v3 with a parent or assistant coach inside each endzone. The object is to try and pass the ball to one of the coaches in the endzone.

Coaching Points / Key Concepts:

What part of the foot do you use to score? What if you can't pass? Then what? (pass the ball to a teammate)



IV. Game: 4v4

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 3 minutes

DURATION: 10 minutes

REPETITIONS: 2

RECOVERY TIME: 2 minutes

Organization (Physical Environment /

Equipment / Players): Play small-sided game to goals.

Coaching Points / Key Concepts:

Play and enjoy!