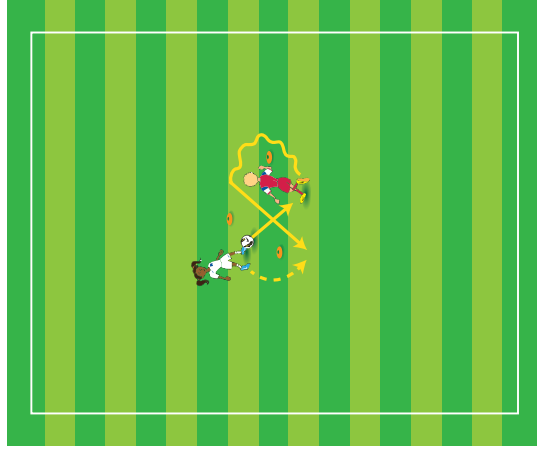


F LICENSE (7-8 YEAR OLDS) – WEEK 3



TRAINING OBJECTIVES: REDIRECTING THE BALL

- To improve how to redirect or receive the ball. “Take it somewhere new.”
- To develop how to work with a teammate.

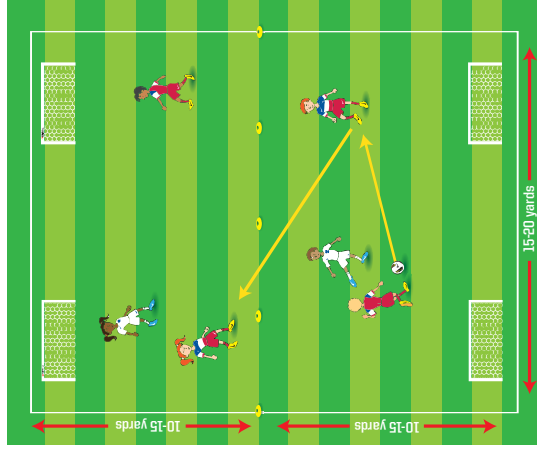


I. Warm-up: The Triangle

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 and share one ball. Each pair makes a triangle with cones. Triangles should be around 2 yards apart. The player with the ball passes the ball through the triangle. The player receiving the ball tries to redirect the ball around a cone and then pass the ball back through. A) See how many times they can pass the ball back through the triangle without hitting the cones. B) See which pair can make the most passes back through the triangle without touching the cones.

Coaching Points / Key Concepts: Redirect the ball with the inside of the foot. Can they do it with the outside of the foot? First touch sets up their next touch.

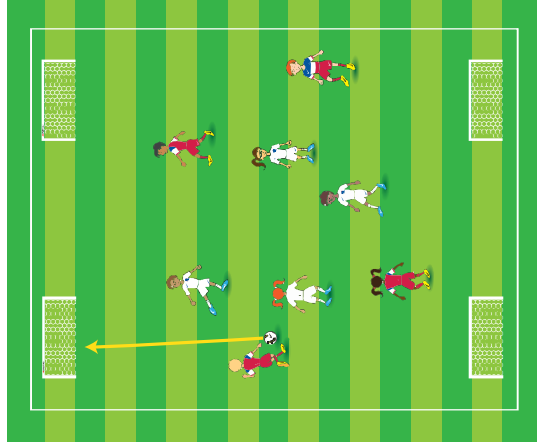


II. Main Part: 2v1 4 goal game

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

Organization (Physical Environment / Equipment / Players): Divide the field in half. Two players from the attacking team each go to a half. They stay in that half. The object is to receive the ball from a pair in the back half and score in one of the two side goals. One player from the defending team also goes into a half. They stay in their half. If they win the ball they try to score in one of the other two side goals. If they win the ball they can go into either half. Rotate the players around each round.

Coaching Points / Key Concepts: Focus on how they redirect the ball. What part of the foot do you use to redirect the ball? Can they take it somewhere new?

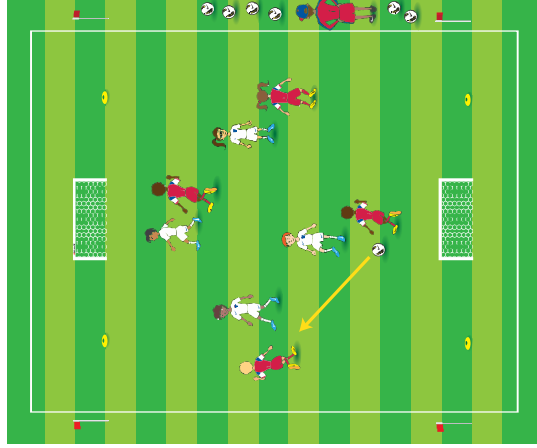


III. Main Part: Expanded Activity (3v3 / 4v4 Game to 4 goals)

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

Organization (Physical Environment / Equipment / Players): Play 3v3 / 4v4 to 4 goals. Each team attacks two goals and defends two. Rotate the players to a new role and let them experience redirecting the ball in a different part of the field.

Coaching Points / Key Concepts: What part of the foot do you use to redirect the ball? Where should you redirect the ball if the opponent is coming at you? (away from pressure)



IV. Game: 4v4

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

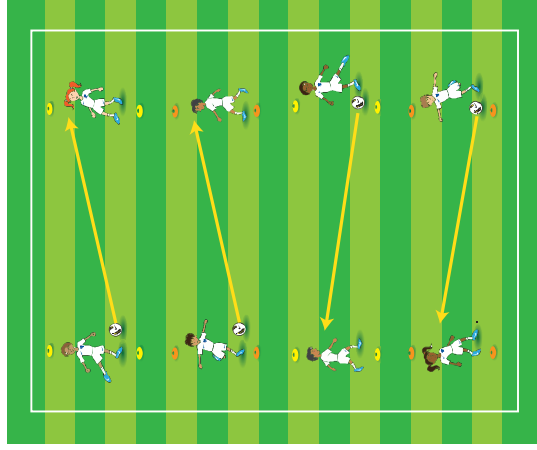
Organization (Physical Environment / Equipment / Players): Play small-sided game to goals.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: STRIKING THE BALL

- To improve striking the ball.
- To continue to work on dribbling with the head up and striking the ball.

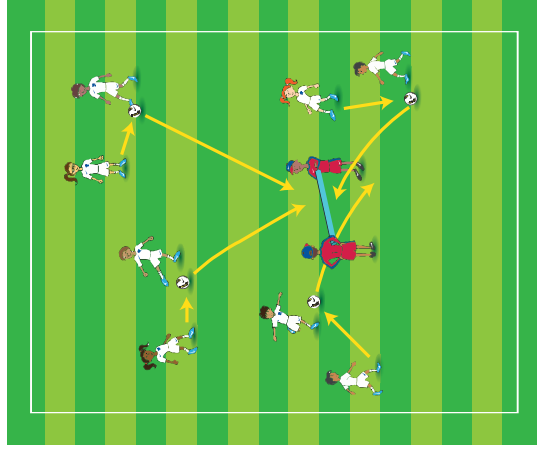


I. Warm-up: “Goal to Goal”

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

Organization (Physical Environment / Equipment / Players): Players pair up with one ball. They both make a goal. The object is to score a goal.
Rules: 1. The player not striking the ball can not use their hands unless for safety reason. 2. If a ball is controlled by the player not striking the ball they have two touches to shoot the ball back. 3. Progress to they can only hit a ball that is moving.

Coaching Points / Key Concepts: Striking the ball with their instep. The non-striking foot should be next to and slightly ahead of the ball. Keep the head and shoulders forward. Try to land on their shooting foot.

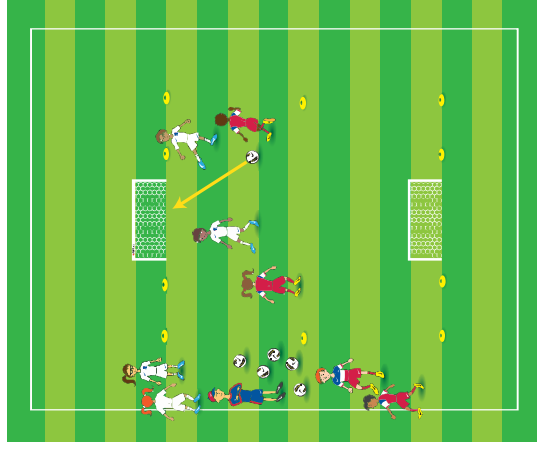


II. Main Part: Moving Goal

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

Organization (Physical Environment / Equipment / Players): Coach and Assistant (Parent) hold a pool noodle or tie bibs together. Players pair up and are instructed to dribble their soccer ball and try to score on the “Moving Goal”!
Coaches lower the goal to encourage shooting (lower.

Coaching Points / Key Concepts: Dribbling with the head up. What part of the foot can they use to score a goal. Playing with a teammate.

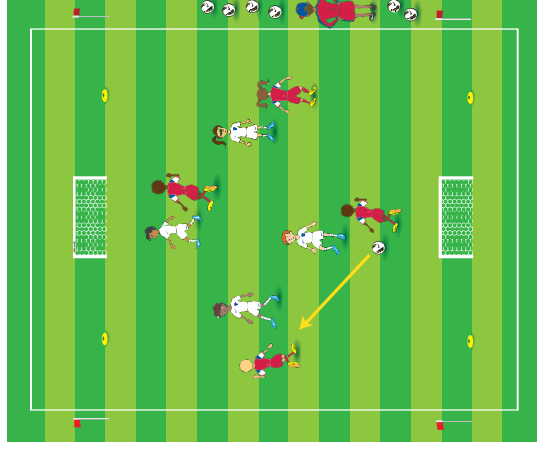


III. Main Part: Expanded Activity (2v2 / 3v3 Get out of here!)

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

Organization (Physical Environment / Equipment / Players): Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells “Get outta here” and the players on the field run off. A new pair runs on. Note: Make the field smaller so the ball goes out of bounds and the players aren’t waiting too long in line.

Coaching Points / Key Concepts: What part of the foot do you use to score? What if you can’t shoot? Then what? (pass the ball to someone who can)



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!