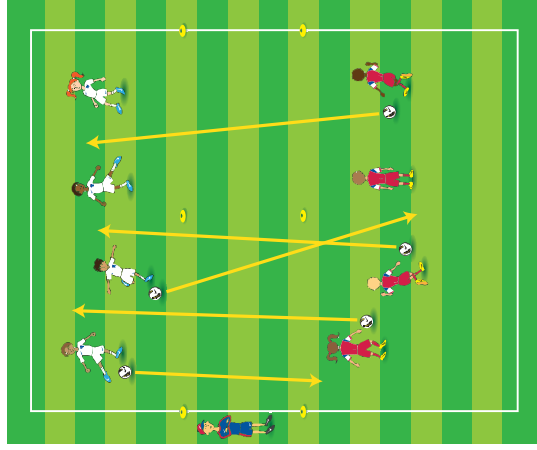


F LICENSE (7-8 YEAR OLDS) – WEEK 5



TRAINING OBJECTIVES: IMPROVING INTERMEDIATE-LONG PASSES

- To improve intermediate range passes (8-12 yards).
- To improve long range passes for the U8 player (15-20 yards).



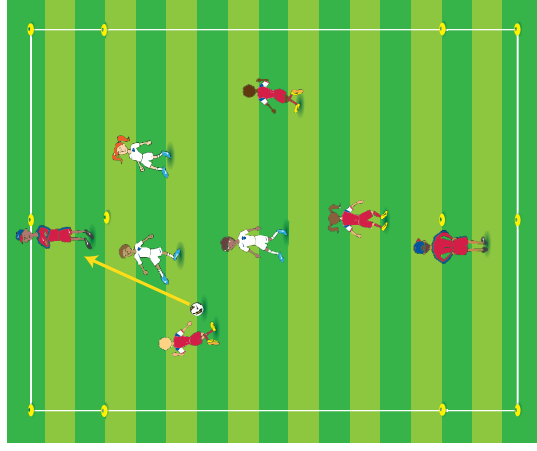
I. Warm-up: Clean The Yard

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

Organization (Physical Environment /

Equipment / Players): Divide into two teams. Each team goes to a half. Use an odd number of balls. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Progress: Require a pass to be made to a teammate before the ball can be struck back to the other half.

Coaching Points / Key Concepts: Striking the ball with their instep. The non-striking foot should be next to and slightly away of the ball.



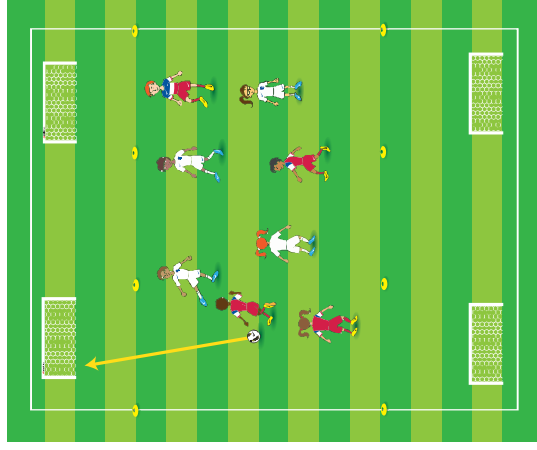
II. Main Part: 2v2 / 3v3 to a target

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minutes
DURATION: 12 minutes
REPETITIONS: 6
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 make a longer pass? What if you can't pass? Then what? (pass the ball to a teammate)



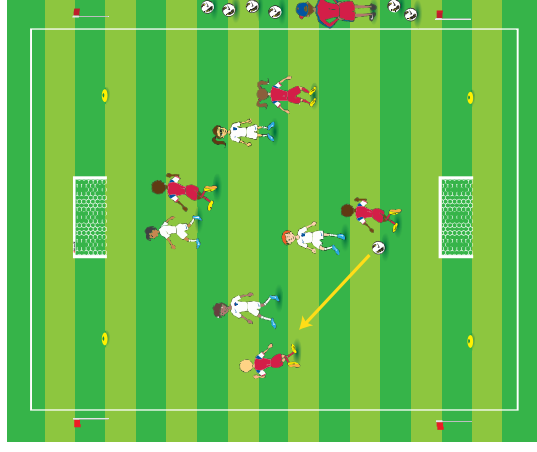
III. Main Part: Expanded Activity (Outside Goals)

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

Organization (Physical Environment /

Equipment / Players): Play 4v4 game. Each team has two goals they can score on and two goals to defend. The goals are placed 10-15 yards outside of the playing area. Play a normal game except in order to score in one of the two goals, the ball must be passed from inside the playing area.

Coaching Points / Key Concepts: What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass 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 /

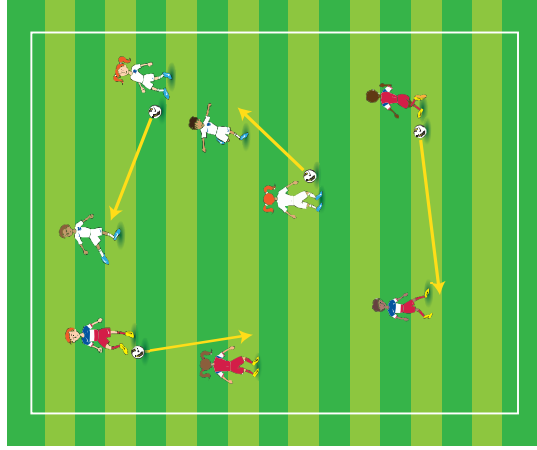
Equipment / Players): Play small-sided game to goals.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: TEACHING WITH SMALL-SIDED GAMES

- To work on teaching technique within a small-sided game.
- To work on teaching simple principles of play (Attacking: penetration and depth / Defending: pressure and cover).

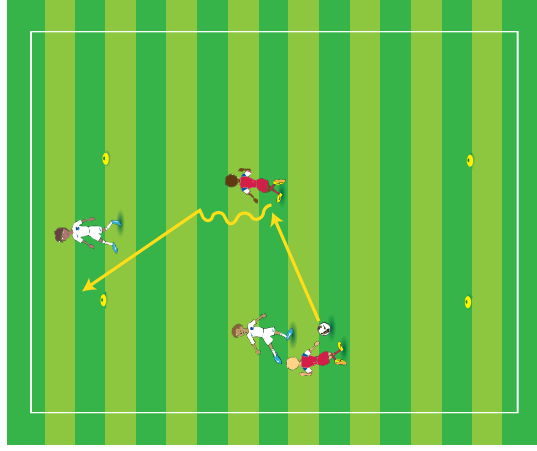


I. Warm-up: Paint The Grass

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. Each pair shares one ball. Pairs try to pass the ball in an area. Instruct players that they should try to paint the field with the ball by passing. Try to paint the whole playing area.

Coaching Points / Key Concepts: Push pass
 Redirecting the ball – Can they take it somewhere new?
 Working with a teammate Spatial awareness. They may run next to each other. Can they find a space away from their partner?

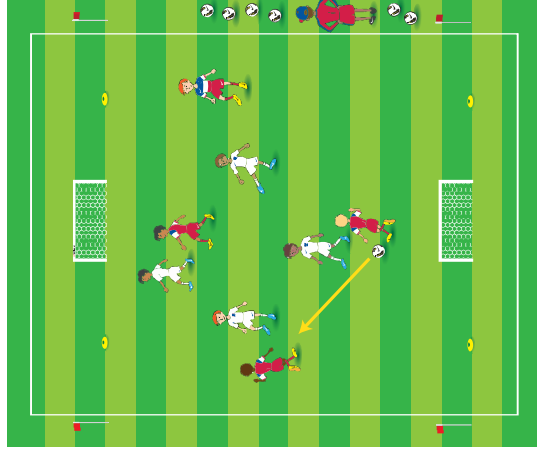


II. Main Part: Last Player Back

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1 minutes
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Players are in pairs or groups of 3. Play a game to goals. The team that has the ball must always attack with everyone. The team that is defending, sends someone back to stand on the goal line. They become a goalkeeper. When the team that is defending wins the ball that player that was in goal now come out and the team that was attacking sends someone (usually the last player) back to stand on the goal line.

Coaching Points / Key Concepts: What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass the ball to a teammate) How do you win the ball back?

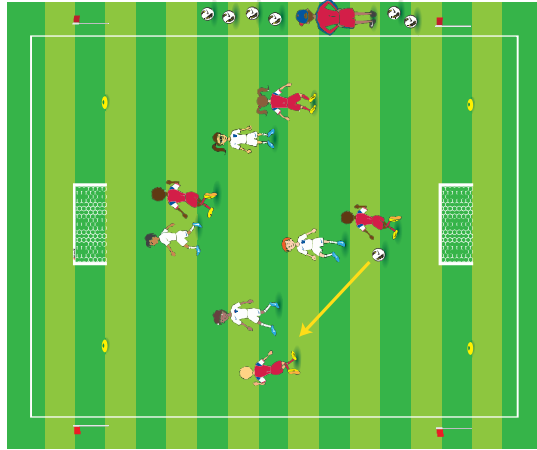


III. Main Part: Expanded Activity (More to Score)

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

Organization (Physical Environment / Equipment / Players): Play 4v4 game. The game is a normal game excepts each team attempts to get more of their teammates to score. The team that has more teammates score after 4 repetitions wins the game.

Coaching Points / Key Concepts:
 Technical objectives: Dribbling, passing, redirecting the ball. This activity also promotes teamwork as they have to attempt to include more players in the scoring process.



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!