

## U7 & U8 TRAINING SESSION 1

<b>CYCLE 1</b> <b>WEEK 1</b>	<b>PHASE:</b> Defending	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>● Run to attacker with the ball</li> <li>● Run after the attacker with the ball</li> </ul>	<b>EQUIPMENT:</b> Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	<b>AREA:</b> 40y x 25y	<b>TIME:</b> 60 min.
<b>AGE: U7/U8</b>					

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<p><b>Dribbling and Turning</b></p> <p><b>Area:</b> 12y x 12y</p> <p><b>Organization:</b> Set up five cones as shown on the diagram, with players at each outside cone. The first player dribbles to the center cone, turns just before the cone and dribbles back. Then the next player starts. Use a variety of turns.</p> <p><b>Variation:</b> Players turn and dribble back three times in a row before the next player starts.</p> <p><b>Game:</b> Relays.</p>		<ul style="list-style-type: none"> <li>● Dribbling skills</li> <li>● Turning skills</li> <li>● Passing skills, Inside foot</li> <li>● Receiving skills</li> </ul>
<p><b>ACTIVITY 2 - <a href="#">Link to Activity</a></b></p> <p><b>1v1, Straight On</b></p> <p><b>Area:</b> 12y x 12y</p> <p><b>Organization:</b> Set up a small field with small goals in each corner. The teams start on the end lines. One team starts the 1v1 with a pass to the other side. The coach could also start the 1v1s from the sideline. After each turn, the players switch sides.</p> <p><b>Game:</b> The player scoring the most goals wins. Keep team scores.</p>		<ul style="list-style-type: none"> <li>● Run to the attacker with the ball</li> <li>● Dribbling skill</li> <li>● Turning skills</li> <li>● Passing skills, Inside foot</li> <li>● Receiving skills</li> </ul>
<p><b>ACTIVITY 3 - <a href="#">Link to Activity</a></b></p> <p><b>Steal the Bacon</b></p> <p><b>Area:</b> 12y x 12y</p> <p><b>Organization:</b> All but three of the players start with a ball at their feet. The players without a ball try to steal from the others. When a player loses the ball, they become a defender. All players must dribble around the area constantly. After 90 seconds, give the players one minute of active rest with juggling or ball mastery.</p> <p><b>Variation:</b> After 90 seconds, take a ball away and add another defender. Play until half of the players are defenders.</p>		<ul style="list-style-type: none"> <li>● Run to the attacker with the ball</li> <li>● Run after the attacker with the ball</li> <li>● Dribbling skills</li> <li>● Turning skills</li> </ul>
<p><b>ACTIVITY 4 - <a href="#">Link to Activity</a></b></p> <p><b>1v1 Chase</b></p> <p><b>Area:</b> 12y x 12y</p> <p><b>Organization:</b> Set up a narrow field with small goals facing the opposite direction, away from the players. The coach passes the ball from between the two players to start the 1v1. Attackers can score on either small goal.</p> <p><b>Game:</b> The player scoring the most goals wins. Keep team scores.</p>		<ul style="list-style-type: none"> <li>● Run after the attacker with the ball</li> <li>● Dribbling skills</li> <li>● Turning skills</li> </ul>
<p><b>ACTIVITY 5 - <a href="#">Link to Activity</a></b></p> <p><b>3v3 or 4v4 Games</b></p> <p><b>Area:</b> 20y x 20y</p> <p><b>Organization:</b> Two teams of three or four try to score on the small goals. When the ball is played over the sideline or endline, players can dribble or pass the ball back in.</p> <p><b>Game:</b> Keep track of the score.</p>		<ul style="list-style-type: none"> <li>● Run to the attacker with the ball</li> <li>● Run after the attacker with the ball</li> <li>● When the opponent is in possession, make the field small</li> <li>● When your team is in possession, make the field large</li> </ul>