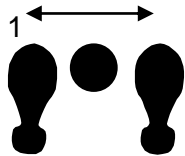


**HVFC Rec Soccer
U7/8 – Focus: Dribbling & Passing Review
Week 7**

(Set-Up: Large square grid for warm up / 4 squares for Multiple Squares / Large grid and gates for Skiing)

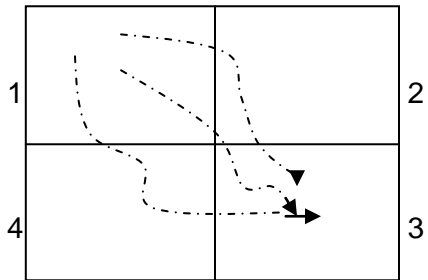
Warm Up – Dribbling Review (10 mins)



Ball Gymnastics/Dribbling Movement

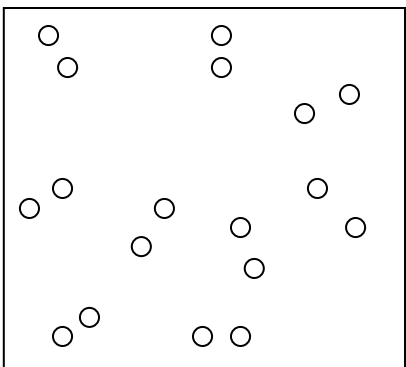
1. Tick-Tock – Pass the ball from inside of left to inside of right continuously (See Diagram)
2. Hot Dance - Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.
3. Movement - Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hot dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.
4. Commands - Move ball inside square. Coach gives commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc. Other commands: Body Parts. Touch ball with knee.

Dribbling Technique - Multiple Squares (10 Mins)



1. Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.
2. Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.
3. Have players from 1 square on command try to go and steal balls. Set time and see who can steal the most balls.

Dribbling Technique – Downhill Skiing (15 Mins)



1. Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts “ Lets go Skiing” then players try to ski through as many different gates as possible in the time coach allows.
2. Request different parts of the feet only: rights only, lefts only, insides only, outsides only.

BREAK (5 Mins)

(Set-Up: 25x25 grid)

Basic Passing – Tunnel Game (10 Mins)

Tunnel Game - In pairs players have a ball. 1 player stands with his/her legs shoulder width apart. Player tries to pass ball through the legs. They take it in turns to try and score points. Scoring: 3 pts if it goes through without touching. 2pts if it touches a leg and still goes through, 1 pt hits leg but doesn't go through. 0 pt if misses. Progression: As ball goes through legs the tunnel player, turns and runs and receives it dribbles back towards partner and passes. The partner moves to let the ball pass through legs, turns and runs to receive it.

Teaching point: For the progression it gets the receiver into getting their body behind the ball.

Basic Passing – Stuck in the Mud Game (15 Mins)

Stuck in the Mud - In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On "go" the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball up and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through the stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.

BREAK (5 Mins)

(Set-Up: field, goals)

Small-Sided Game (20 Mins)

4v4 with no Goalkeeper