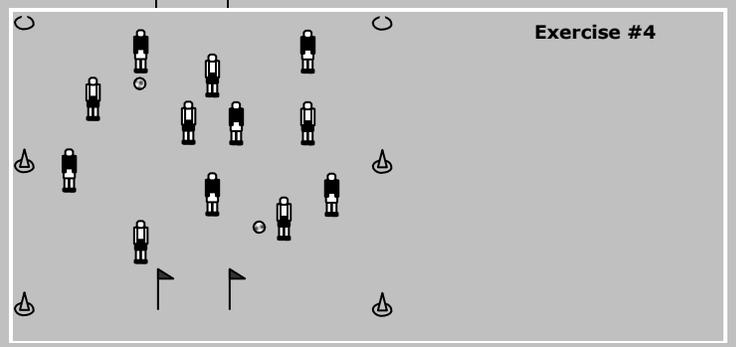
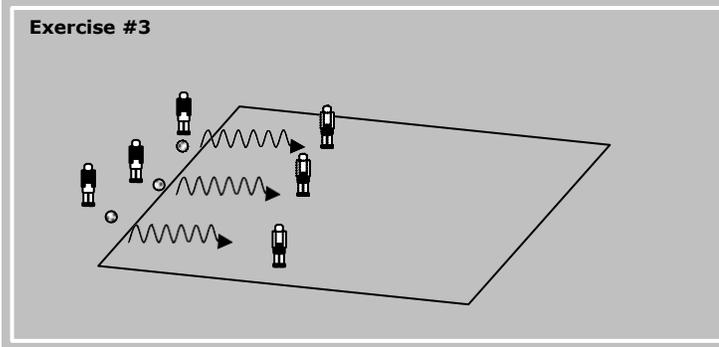
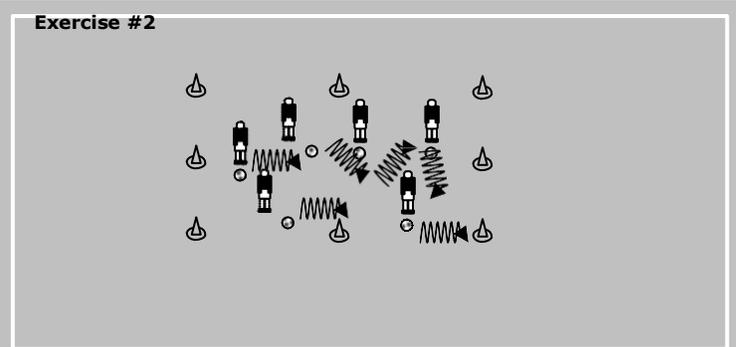
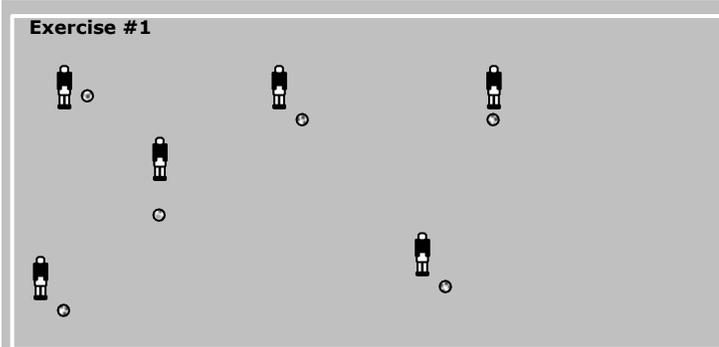




PROGRESSION

U7 BALL CONTROL SESSION (FOOTWORK)

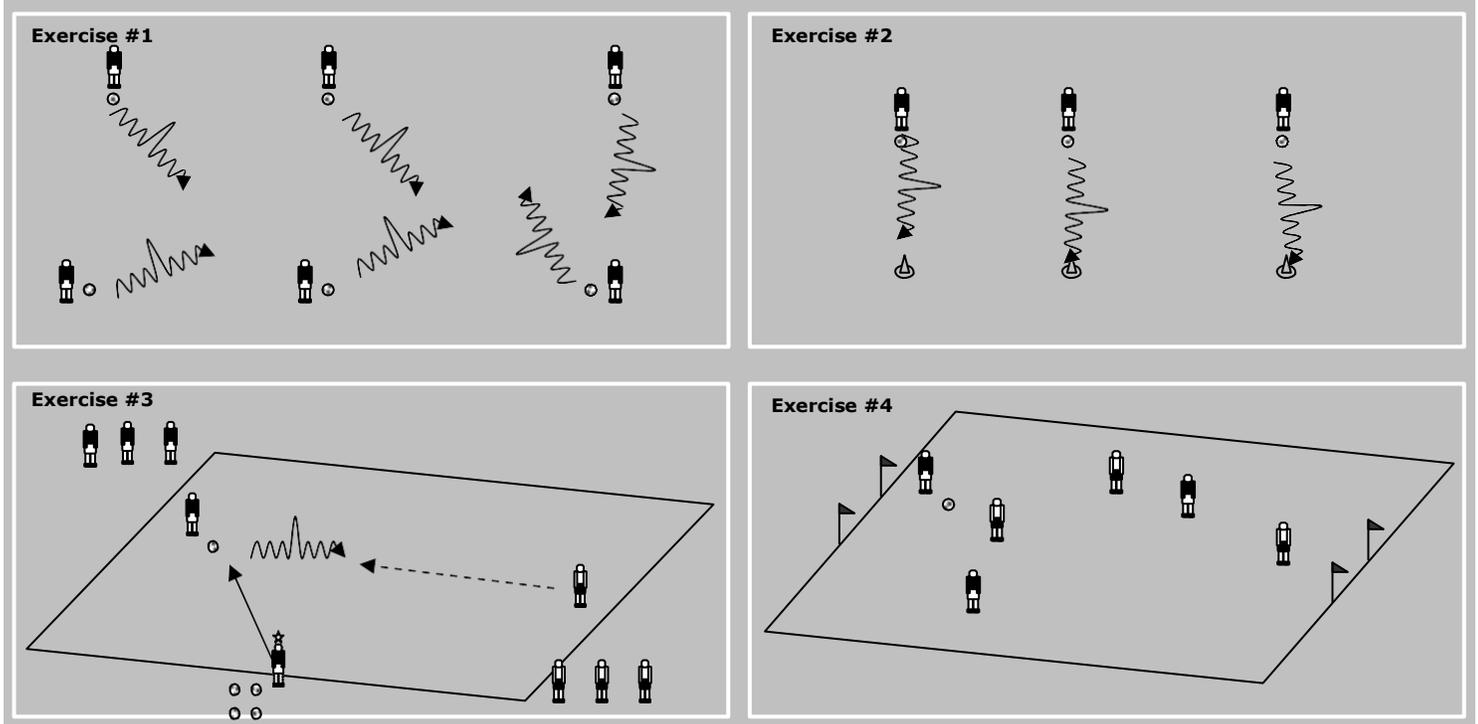
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U7	Micro	U7A
Exercise #1	Organization	Coaching Points		
Juggling U7: (see pg. 23; doc 310 96) 5 Right Kick Catches, 5 Left Kick Catches, Head Catch, Feet Twice, Thigh Twice, Head Twice, Thigh Foot Catch, Head Thigh Catch, 3 Juggles, Inside of Foot. Perform these touches in an open area. Each player has a ball and attempts the above touches. <i>Time: 10 min.</i>		Laces/Foot, toe out ankle locked. Thigh, make platform with thigh. Head, head ball below hairline (hardest part of the head). Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Footwork 5, 6, 7, 8: (see pg. 21; doc 310 95) Foundation 2, Top Touches, Top Touches 2, Top Touches 3. Each player has a ball and executes the above touches in a grid. Grid size is 20 x 30 yards. <i>Time: 10 min.</i>		Foundation 2, same as foundation only add a job, ie. "freeze", or "switch balls", etc. Top Touches, alternating touching on top of a stationary ball with the sole of the foot in a hopping motion. Top Touches 2, same as top touches only add movement to the ball. Top Touches 3, same as top touches only pull the ball backwards. Be positive.		
Exercise #3	Organization	Coaching Points		
Crab Soccer: One team lines up between the cones, each player with a ball. The other team assumes the crab position (face up). The crabs attempt to kick the ball out of the area as players try to dribble to the other side. A player having his/her ball kicked away joins the team in the crab position. Grid size is 20 x 30 yards. <i>Time: 10 min.</i>		Keep the ball under control (touch ball every step). Use all surfaces of the feet. Keep head up. Find space. Change direction and speed. Laugh and have fun with the players.		
Exercise #4	Organization	Coaching Points		
6v6 Game w/ 2 Balls: Field size is 35 x 40 yards. Two balls are used at the same time; normal rules of the game apply. <i>Time: 30 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 DRIBBLING SESSION (MOVES)

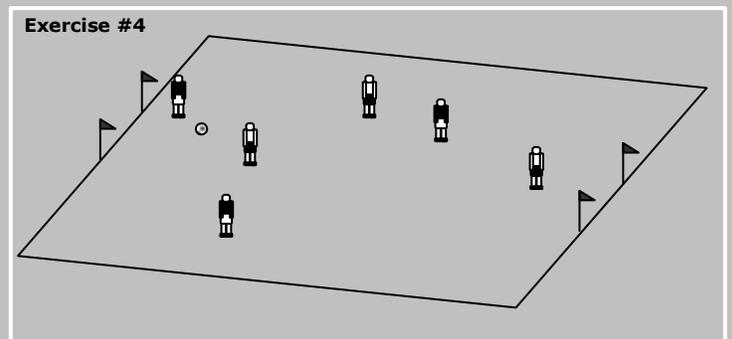
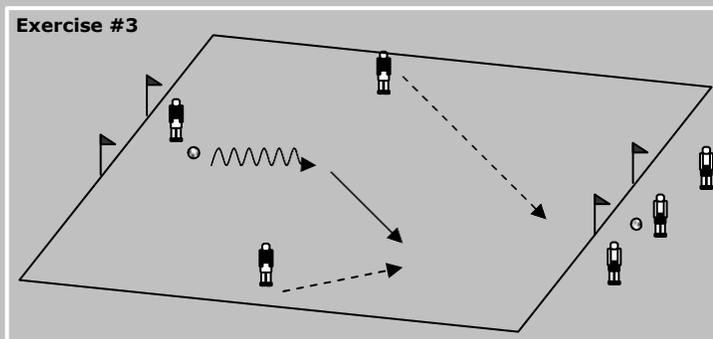
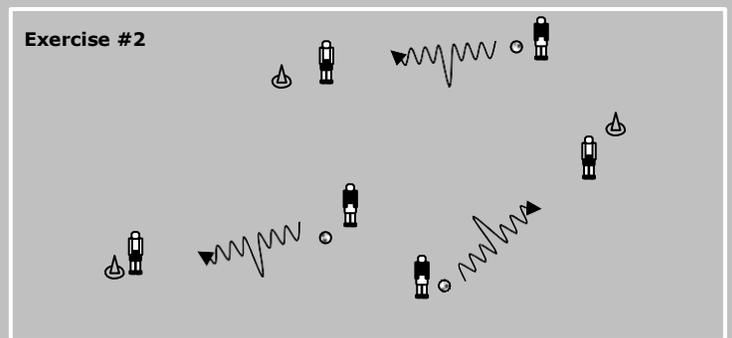
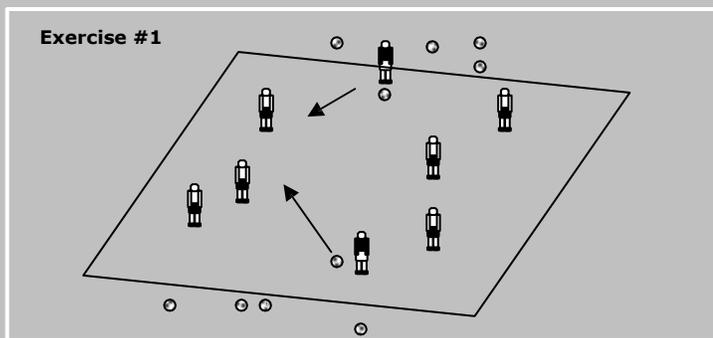
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Moves	U7	Micro	U7B
Exercise #1	Organization	Coaching Points		
Footwork 5, 6, 7, 8: (see pg. 21; doc 310 95) Foundation 2, Top Touches, Top Touches 2, Top Touches 3. Each player has a ball and executes the above touches in a grid. Grid size is 20 x 30 yards. <i>Time: 10 min.</i>		Foundation 2, same as foundation only add a job, ie. "freeze", or "switch balls", etc. Top Touches, alternating touching on top of a stationary ball with the sole of the foot in a hopping motion. Top Touches 2, same as top touches only add movement to the ball. Top Touches 3, same as top touches only pull the ball backwards. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Move on Cone: Dribble at cone and use moves from above. Repeat process for each move. <i>Time: 10 min.</i>		When dribbling at cone work on timing, change of Direction, and change of speed. Be positive.		
Exercise #3	Organization	Coaching Points		
4v4 Line Soccer: Coach serves a ball out and calls a number (1-4) the number that is called that is how many players come out and play. First player or team to dribble across the line is awarded a point. <i>Time: 10 min.</i>		Encourage players to dribble at players to beat them. Use moves. Same coaching points as above. Laugh and have fun with the players.		
Exercise #4	Organization	Coaching Points		
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yard grid; use one ball per field. <i>Time: 30 min.</i>		Encourage players to dribble at players, use moves, and play the game. Same coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 FINISHING SESSION (SCORING)

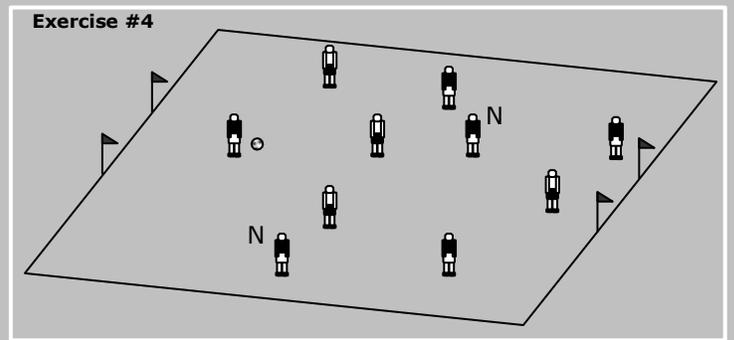
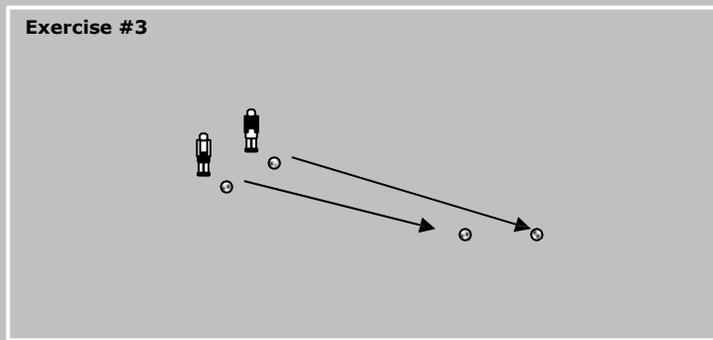
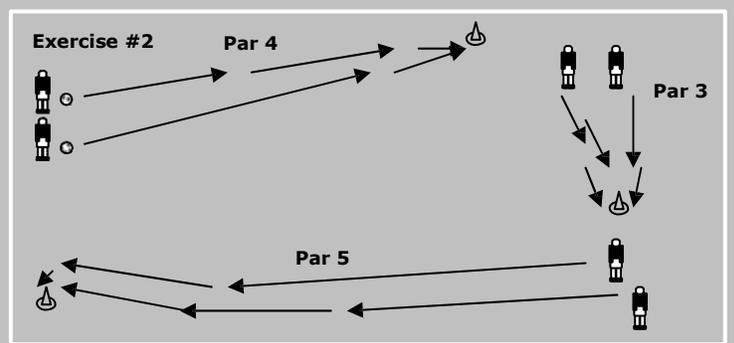
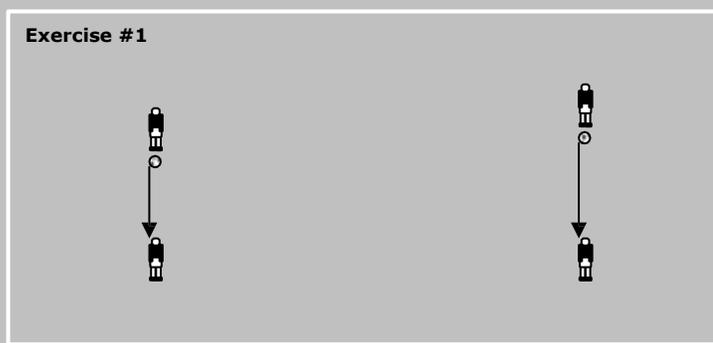
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Scoring	U7	Micro	U7C
Exercise #1	Organization	Coaching Points		
<p>Pac-man: One player with a ball begins as the Pac-man (add second player if it is too difficult). He/she attempts to swallow the ghost by hitting them with their ball below the knees. If a player is hit with the ball, they also become Pac-man. They must get a ball from outside the grid. Play continues until one player is left. Grid size is 20 x 30 yards. <i>Time: 10 min.</i></p>		<p>Technique of kicking foot, laces; toe down ankle locked, inside of foot; toe above heel ankle locked. Contact on ball. Plant foot even with ball and pointed at target. Follow through. Weight, timing and accuracy of pass/shot. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players.</p>		
Exercise #2	Organization	Coaching Points		
<p>Fortress: Players pair up with a ball and a tall cone (or another ball). One player has the ball and tries to hit or knock over the cone (awarded a point every time they hit the cone), while the player without the ball defends the cone (fortress). After 30-90 seconds have players switch roles. Perform exercise in open space. <i>Time: 10 min.</i></p>		<p>Beat opponent with dribble and score. Same coaching points as above in regards to shooting. Be positive.</p>		
Exercise #3	Organization	Coaching Points		
<p>3v0 to goal: Players going to goal with no pressure working on scoring, they must pass the ball a minimum of 3 times. Field size is 25 x 35 yards. After the players have success try two groups going at once in opposite directions. <i>Time: 10 min.</i></p>		<p>Encourage players to score as quickly as possible. Each player must touch the ball before they can score. Same coaching points as above.</p>		
Exercise #4	Organization	Coaching Points		
<p>3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yards; use one ball per field. <i>Time: 30 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above. Become a fan (good job, well done, keep it up, etc.)</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 PASSING SESSION (TECHNIQUE)

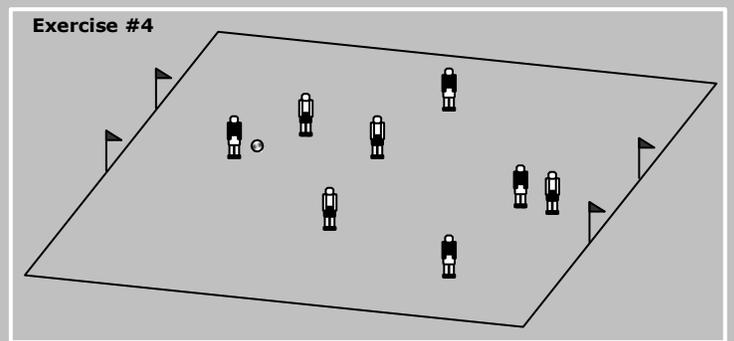
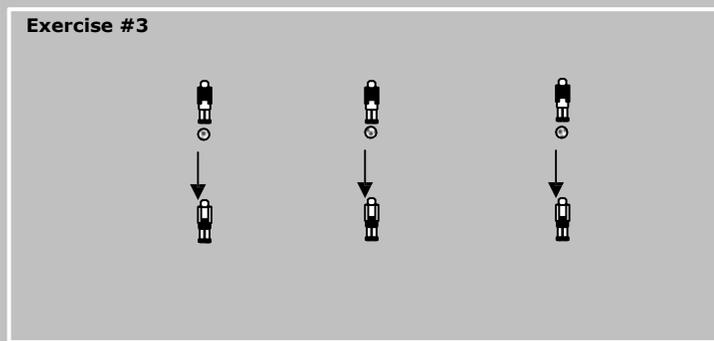
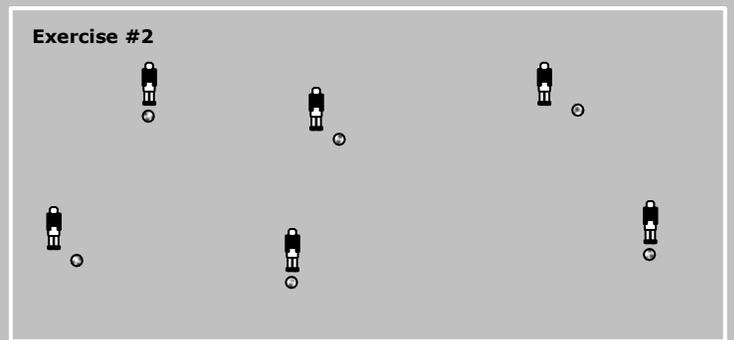
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Technique	U7	Micro	U7D
Exercise #1	Organization	Coaching Points		
<p>In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches in between passes, 2 touches in between passes. <i>Time: 10 min.</i></p>		<p>Pass with the inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Introduce instep and heel pass. Instep, toe straight down ankle locked, keep ankle locked through contact. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>Golf: Coach sets up cones like a golf course or you can have players use objects on the field (trees, benches, trash cans, etc.), coach determines if holes are par 5s, 4s, or 3s, (5 for longer holes, 4 for medium holes, 3 for shorter holes). The player with the least number of passes wins the game or hole, pending how you are scoring the game. Coach needs to assist players in scoring the game. <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Talk to players about the weight of their passes and what part of the foot to use in certain situations (farther distances, drive the ball with the instep, closer distances, use the inside of the foot and finesse the ball). Have fun with this exercise. The players will really enjoy this session. Be positive and have fun.</p>		
Exercise #3	Organization	Coaching Points		
<p>Marbles: 1st player passes his/her ball out. 2nd player passes his/her ball in an attempt to hit the 1st player's ball. Both alternate attempting to hit the other player's ball. For a hit the player receives a point. The first player to ten points wins. Perform exercise in an open space <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Weight, timing, and accuracy of passes. Laugh and have fun with the players.</p>		
Exercise #4	Organization	Coaching Points		
<p>4v4 + 2: Play 4v4. Plus the 2 players are neutral and are on the team that has the ball. Field size is 30 x 40 yards. <i>Time: 30 min.</i></p>		<p>Encourage players to pass, find the extra players, and play the game. Same coaching points as above. Become a fan (good job, well done).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 RECEIVING SESSION (1ST TOUCH)

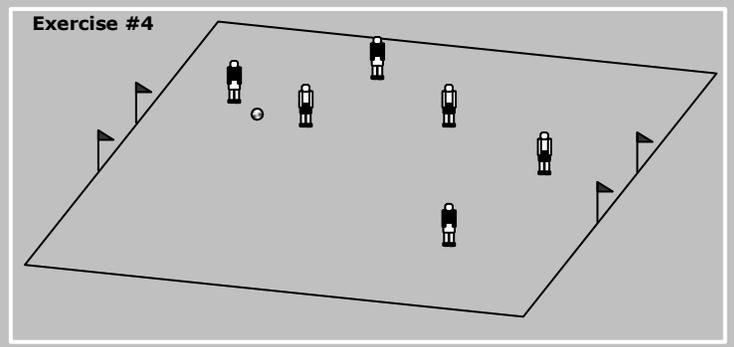
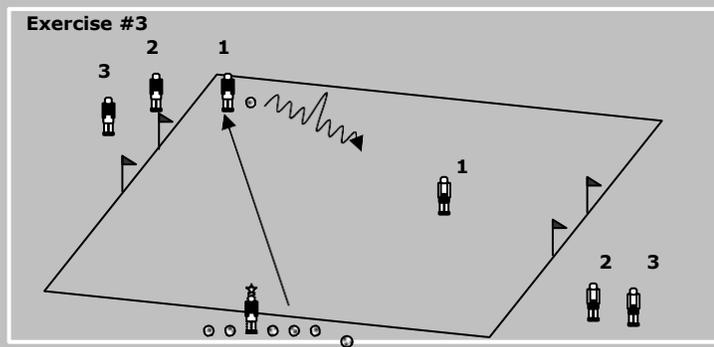
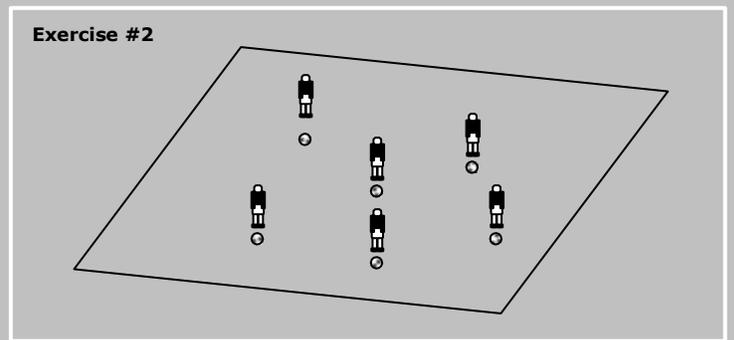
CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	1 st Touch	U7	Micro	U7E
Exercise #1	Organization	Coaching Points		
<p>In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches in between passes, 2 touches in between passes. <i>Time: 10 min.</i></p>		<p>Receive with the inside of the foot, toe above heel. Make contact on center of ball. Cushion/give with the ball as it travels into your foot. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>Self-Toss: Players receive balls out of the air. Perform exercise in an open space. Players should be in their own space. Toss ball in the air 5-10 feet and receive ball out of the air with the laces, thigh, and chest. <i>Time: 10 min.</i></p>		<p>Receive ball with laces, thigh, and chest. Get body part into or under the flight of the ball. Cushion/give with the ball. Laugh and have fun with the players.</p>		
Exercise #3	Organization	Coaching Points		
<p>In 2's Toss: Players receive balls out of the air. Players should be 5 yards apart. Player with the ball tosses ball under hand to partner that player receives the ball out of the air with the laces, thigh, and chest. <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Be positive.</p>		
Exercise #4	Organization	Coaching Points		
<p>4v0/4v4: Players play to goal with no pressure. Players must pass the ball 3 times before they can score. Play a 4v4 game. For a group of 10 - 12 players use subs. Field(s) size 25 x 35 yards; use one ball per field. <i>Time: 30 min.</i></p>		<p>Encourage players to work on receiving the ball and playing the game. Same coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 CHALLENGING SESSION (SHIELDING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Shielding	U7	Micro	U7F
Exercise #1	Organization	Coaching Points		
Shielding: Perform exercise in open space. One ball for every two players. One player shields the ball away from the other player for 30-60 seconds and then switches. <i>Time: 10 min.</i>		Keep body between ball and defender. Body positioning is side on (turn body sideways). Forearm out to protect space. Use Inside foot to manipulate ball. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Knockout: Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must juggle "x" number of times to get back into the box. Use a 20 x 30 yard grid. Each player has a ball. <i>Time: 10 min.</i>		Same coaching points as above. Control the ball. Keep head up. Make game-like decisions. Laugh and have fun with the players.		
Exercise #3	Organization	Coaching Points		
Numbers Game: Split players into two teams assign a number to each player 1-4. When a player's number is called that number from each team runs out to play 1v1. Field size is 20x30 yards with two goals. <i>Time: 10 min.</i>		Beat opponent with dribble. When situations present themselves use the shielding technique. Same coaching points as above. Be positive.		
Exercise #4	Organization	Coaching Points		
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yards; use one ball per field. <i>Time: 30 min.</i>		Encourage players to shield and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 HEADING SESSION (INTRO TO HEADING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Intro to Heading	U7	Micro	U7G
Exercise #1	Organization	Coaching Points		
Ball Gymnastics & Heading: (see pg. 20; doc 310 94) Before heading do ball gymnastics, see above document for details. For heading, coach provides a nerf ball or beach ball for each player. This is a great way to take away the fear factor. Perform exercise in open space. <i>Time: 10 min.</i>		Head the ball off the shelf (out of your hands). Throw ball to self. Use below hairline (hardest part of head), keep neck locked. Use waist to generate power. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Juggling Circle: Coach provides a nerf ball or beach ball for each player. Coach (Juggling Master) has players follow them. Foot catch, thigh catch, head catch etc. If ball hits ground player must do an exercise to get back in the juggling circle. Perform exercise in open circle. <i>Time: 10 min.</i>		Same coaching points as above. Laugh and have fun with the players.		
Exercise #3	Organization	Coaching Points		
Head Catch Game: Coach provides a nerf ball or beach ball for each player. If coach says head it players catch the ball. If coach says catch it players head the ball. Perform exercise in circle. <i>Time: 10 min.</i>		Same coaching points as above. Be positive.		
Exercise #4	Organization	Coaching Points		
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yards; use one ball per field. <i>Time: 30 min.</i>		Encourage players to play the game. If heading presents itself use same coaching points as above. Become a fan of the players (good job, well done, etc.).		

Exercise #1

Exercise #2

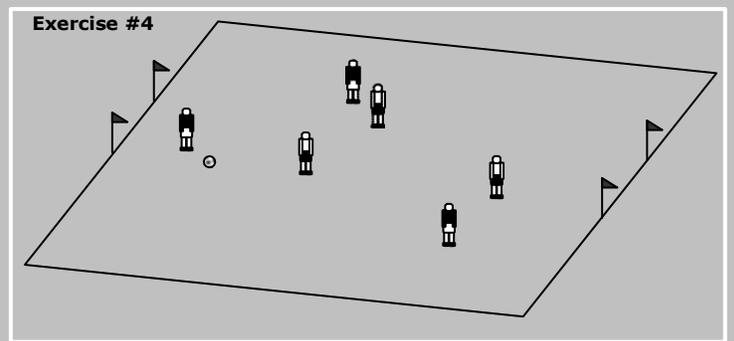
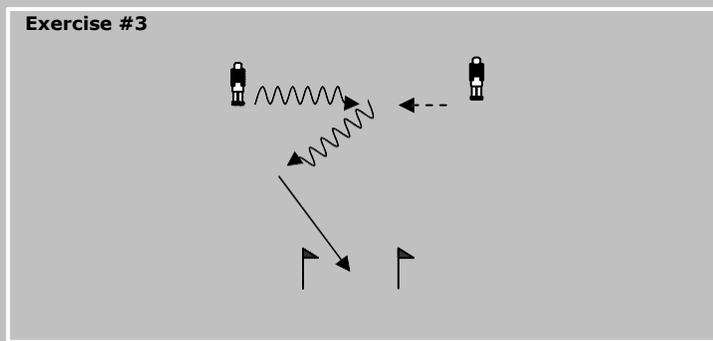
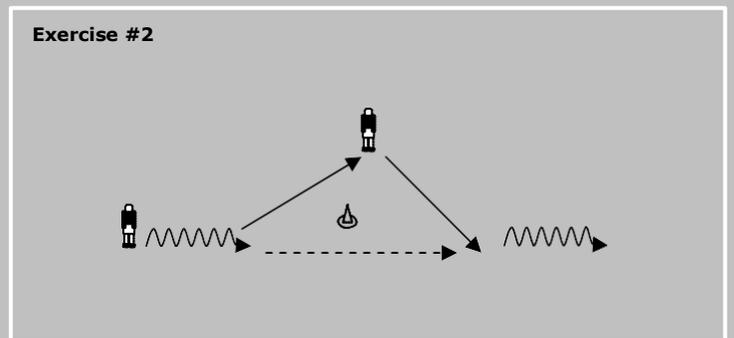
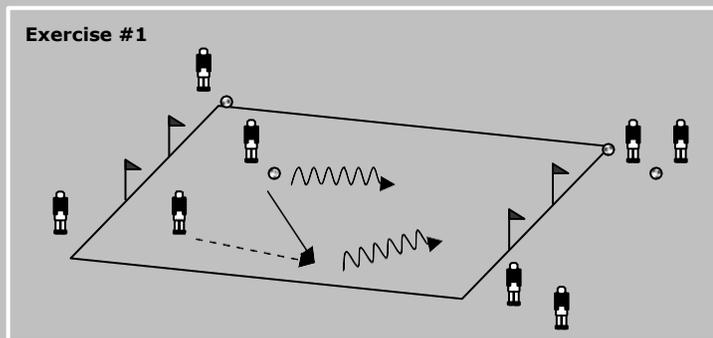
Exercise #3

Exercise #4

Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 ATTACKING SESSION (INTRO TO COMBINATIONS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Intro to Combinations	U7	Micro	U7H
Exercise #1	Organization	Coaching Points		
2v0 to Goal: Two players go to goal they must pass ball twice before scoring. Immediately after shot is scored or missed the next two players from the other side go to goal. Repeat process. Field size is 20 x 30 yards. <i>Time: 10 min.</i>		Dribble or pass and score as quickly as possible. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Wall Pass Around Cone: Split players into groups of 4 with one cone and a ball. Two players perform exercise once and then switch with the group that is resting. <i>Time: 10 min.</i>		Dribble. Support. Pass with the outside or inside of proper foot. Return pass with the inside of the proper foot. Receive ball on other side at pace.		
Exercise #3	Organization	Coaching Points		
Take-Over & Go to Goal: Two lines 18 yards away from the goal. First two players perform a take-over and then go to goal and score. If you have 10-12 player set up exercise going to two goals. This will allow the players to get more repetitions. <i>Time: 10 min.</i>		Dribble at teammate. Verbal and Visual Communication. Take-over with same foot. Change speeds after take over. Score.		
Exercise #4	Organization	Coaching Points		
3v3 Walk Soccer/3v3: 3v3 game, one team is only allowed to walk while the other team can play at full speed. After two minutes switch roles. Play a 3v3 game. For a group of 10 - 12 players set up two fields for two 3v3 games. Field(s) size 25 x 35 yards; use one ball per field. <i>Time: 30 min.</i>		Encourage players to use teammates and play the game. Same coaching points as above. Laugh and have fun with the players. Be positive. Become a fan of the players (good job, well done etc.).		

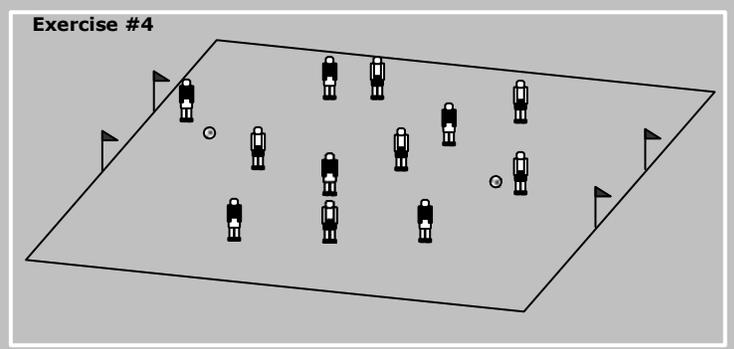
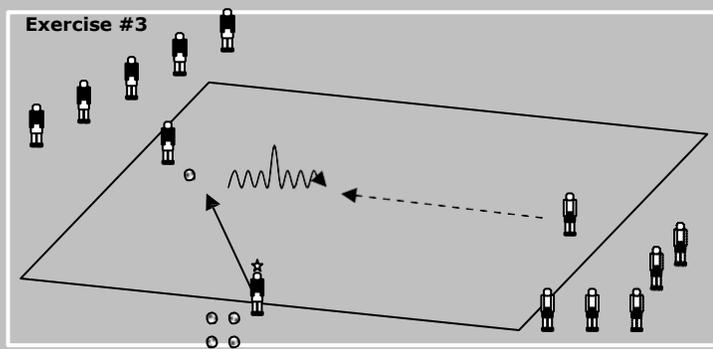
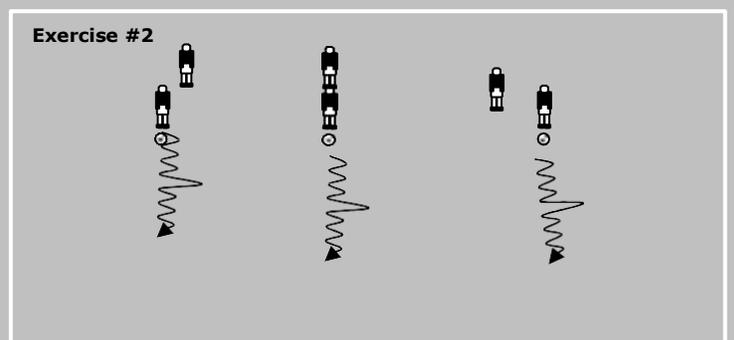
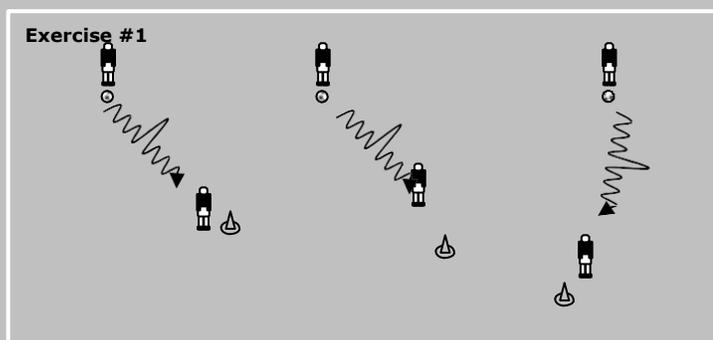


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7 DEFENDING SESSION (GAMES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Games	U7	Micro	U7I

Exercise #1	Organization	Coaching Points
Fortress: Have players pair up with a ball and a tall cone (or another ball). One player has the ball and tries to hit or knock over the cone (awarded a point every time they hit the cone), while the player without the ball defends the cone (fortress). After 30-90 seconds have players switch roles. Work on these moves in an unrestricted space (open space). <i>Time: 10 min.</i>		Player with ball must work on deception, changes of direction and weight, timing, and accuracy of passes. Player protecting cone must win the ball when possible. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
1v1 Keep Away: Players pair up with one ball. For one minute players try to challenge and win the ball and keep it away from their partner. The player with the ball at the end of the minute wins. For this exercise use a grid. Grid size is 20 x 30 yards. <i>Time: 10 min.</i>		Encourage players to challenge, win, and keep the ball away from their partner. Be positive.
Exercise #3	Organization	Coaching Points
6v6 Line Soccer: Coach serves a ball out and calls a number (1-6) the number that is called that is how many players come out and play. First player or team to dribble across the line is awarded a point. <i>Time: 10 min.</i>		Encourage players to dribble at players to beat them. Use moves. Encourage players to challenge and win the ball from their opponent. Same coaching points as above. Laugh and have fun with the players.
Exercise #4	Organization	Coaching Points
6v6 2 Balls: Play a 6v6 game. Use 2 balls at the same time during the game. Field(s) size 30 x 40 yard grid. <i>Time: 30 min.</i>		Encourage players to dribble at players, use moves, challenge, win the ball from their opponent, and play the game. Same coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION