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TRAINING PROGRAM

U7

U8



OUTLINE

This program will provide coaches with a 5 week detailed training program for U7 (under 7 years of age) and U8 (under 8 years of age) soccer players.

OBJECTIVE:

- To give coaches some basic tools and guidance for running **structured** training sessions for this age level.

GOALS:

- To give the players the best opportunity to learn the basic fundamentals of the game of soccer
- To go over the program with coaches before the season starts
- To give new coaches some confidence when running the 5 training sessions
- To provide a link between the head coach and coaches to resolve any issues that may arise
- To provide some structure to U7 and U8 program

CONTACT INFORMATION:

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WEEK #1

9:30 AM - WARM UP

● In a third of the field have all the kids with a ball. When instructed, the kids will dribble the ball in the area provided. The coach will yell out a part of the body and the kids will stop the ball with that part of the body. (left foot, right foot, left knee, right knee, elbow , head, etc.)

KEY POINTS

- All players will dribble with their heads up
- Keep the ball close at all times
- Look to dribble into open spaces

9:40 AM - Drill # 1 Traffic lights

● In the same area provided the coach will have all the kids dribbling. The coach will then either yell out **red, yellow, or green**. Red means they have to stop. Yellow means they have to change direction and go another way. Green means accelerate for five yards.

KEY POINTS

- All players will dribble with their heads up
- Keep the ball close at all times
- Look to dribble into open spaces

9:50 AM - Drill #2 Zigzag dribbling

● Partner the kids up, one ball per group. Using a third of the field have one partner slowly jogging without the ball. Have the other partner with the ball dribble staying about five feet behind. After about one minute ask the jogger to start making some zigzag runs and see if the dribbler can keep pace. Switch after about three minutes.

KEY POINTS

- The jogger must maintain a jogging pace
- The dribbler must maintain their distance not getting to close or to far away.

10:00 AM - SCRIMMAGE

WEEK # 2

9:30 AM - WARM UP

- All players need to have a ball. In one half of the field players will dribble on coach's command. While players are dribbling the coach will yell a variety of commands. Stop with left foot, dribble with right foot only etc.

KEY POINTS

- Encourage the players to keep moving during the warm up.
- Encourage players to obey the commands as quickly as they can, listening is key here.

9:40 AM - Drill #3 Line dribbling

- Have all the kids spread out along the goal line with a ball. The coach will ask the kids to start dribbling towards the other goal line. The coach will position themselves about fifteen yards in front of the kids also jogging towards the other goal line. After about five seconds the coach will yell stop. At this point the kids will put their foot on the ball immediately stopping it. When all the kids reach the goal line repeat going back the other way

KEY POINTS

- Encourage players to stop the ball as soon as the coach yells stop
- Keep ball as close at all times

9:50 AM - Drill #4 Throw ins

- Partner all the players up (one ball per group). Have the players stand facing each other about ten yards apart. The coach will now demonstrate how to do a proper throw in. Have one partner do a throw in to the other partner's feet. The receiving player should control the ball with his or her feet (Switch).

KEY POINTS

- Proper technique is critical
- Ball behind the head feet on the ground at all times
- Speed of the throw is very important

10:00 AM - SCRIMMAGE

WEEK #3

9:30 AM - WARM UP

- In a third of the field have all the kids with a ball. When instructed, the kids will dribble the ball in the area provided. The coach will yell out a part of the body and the kids will stop the ball with that part of the body. (left foot, right foot, left knee, right knee, elbow , head, etc.)

KEY POINTS

- All players will dribble with their heads up
- Keep the ball close at all times
- Look to dribble into open spaces

9:40 AM - PASSING WITH THE INSTEP

- In groups of two with one ball have the players face each other about fifteen yards apart. The coach will demonstrate with another coach the proper technique used when passing with the instep. One player will pass to the ball to the other using the instep of his or her foot. The other player will then trap the ball and pass it back also using the instep.

KEY POINTS

- Make sure the non kicking foot is planted beside the ball
- Emphasize properly weighted passes

9:50 AM - PASSING IN GROUPS OF THREE

- Have two of the three players with a ball facing each other approximately 20 yards apart. The third player faces one of the two players about 7 yards away. On the coaches call the player in the middle will call for a pass. The player in the middle will then trap the ball and pass it back. The player in the middle will then turn and run towards the other player calling for another pass. After receiving the pass the player will then trap the ball and pass it back. After about three minutes switch the players in the middle.

KEY POINTS

- **Player in the middle has to be square to the player with the ball when calling for a pass**
- Encourage proper instep passing
- Speed of the pass is crucial

10:00 AM - SCRIMMAGE

WEEK # 4

9:30 AM - WARM UP

● In half of the field give all the players a ball and have them dribbling. Three of the players will be it and don't have a ball. If they tag someone that person is frozen. To become unfrozen someone with a ball has to pass the ball between the frozen player's legs. Switch after about two minutes.

KEY POINTS

- Players are encouraged to dribble with their head up so they can free the frozen players.

9:40 AM - TURNING WITH BALL

● Groups of three one ball per group. Two players will face each other 15 to 20 yards apart, one of them will have a ball. The player in the middle faces the player with ball about 7 yards away. On the coaches call the player in the middle will call for the ball. After receiving the pass the player will touch it to one side about a yard away. The player will turn with the ball and pass it to the opposite side where the other player will pass it back and the player in the middle will do another turn. Switch the middle player after about 2 minutes.

KEY POINTS

- Speed of all passes is critical
- Player in the middle needs to be in control of the ball at all times
- Encourage the players to talk to one another

9:50 AM - PASSING IN A CROWDED AREA

● All players will partner up with one ball per group. The game takes place in half of the field. On the coaches command players with ball will start to dribble. Player without the ball will jog in the area. When the coach yells pass the player with the ball will look for their partner and pass the ball to them. Start the process over.

KEY POINTS

- Encourage players without the ball to know where their partners are and stay within 10 yards.
- Dribbling players need to keep their heads up and be aware of the other players.

10:00 AM - SCRIMMAGE

WEEK #5

9:30 AM - WARM UP

- In a third of the field have all the kids with a ball. When instructed the kids will dribble the ball in the area provided. The coach will yell out a part of the body and the kids will stop the ball with that part of the body. (left foot, right foot, left knee, right knee, elbow , head, etc.)

KEY POINTS

- All players will dribble with their heads up
- Keep the ball close at all times
- Look to dribble into open spaces

9:40 AM - PASSING NUMBERS GAME

- This game is played in half of the field. Split the players up in to two teams and give each player a number starting at number one all the way to however many there are on each team. If there are seven per team then number them one through to seven. The two number ones start dribbling with the ball as the rest of the players are jogging in the square. When the coach yells pass number one will look for number two on their team and pass them the ball. Number two will now dribble until the coach yells pass, and then will pass the ball to number three.. and so on.

KEY POINTS

- It is important for each player to know who is the number lower than them so that when that player has the ball they will be ready for the pass.
- Encourage players to always be moving, players will not help their team by standing still, this can be said for almost any drill.

9:50 AM - NUMBERS GAME

- Keep the same teams and same numbers as in the previous drill. One team will line up on one sideline and the other on the other sideline. The coach will start by yelling a number, the two players with that number run onto the field as the coach throws the ball. One team is attacking one net and the other team attacks the other net. As the drill progresses add more and more players until eventually everyone plays.

KEY POINTS

- Encourage lots of passing when there is more than one player on the field.
- Encourage lots of talking in the game. Explain early on that communication in all drills will make their jobs on the field easier. Examples of good communication are telling the person you pass to that he or she has time, or if there is a man on. If there is open space behind the player you may want to tell them to turn.

10:00 AM - SCRIMMAGE