







Holden Youth Soccer --- U7 --- Week Eight

Activity 1	Activity Description	Coaching Considerations
	<p>Gate Passing: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Dribbling Technique • Decision Making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 6 minutes</p>
	<p>Team Freeze Tag: Divide the group into two teams. In a 20x25 yard grid, one team (Dribblers) is dribbling their soccer balls while the other team (Taggers) tries to tag the dribblers, who then freeze with the soccer ball above their head. Dribblers can unfreeze their team-mates by kicking the ball through their legs. Coach: First play the game making the Taggers tag with their hands and then play it making the Taggers tag the dribbler's soccer ball or below the dribbler's knee with their soccer ball.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p>
	<p>Catching Robbers: All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says "let's catch some robbers", the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>