

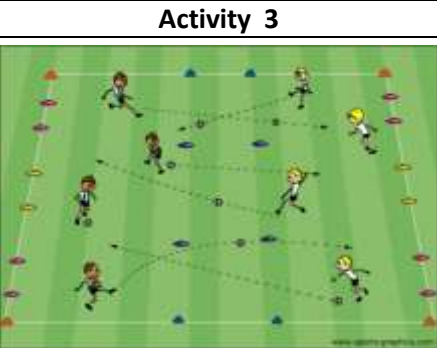
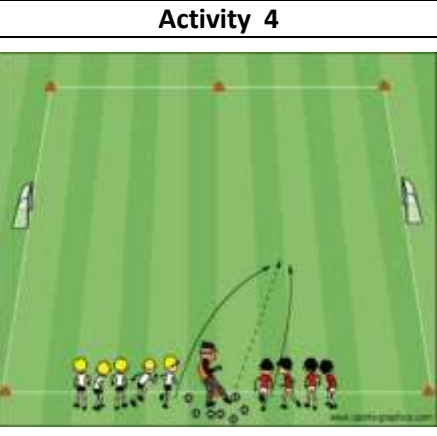


Holden Youth Soccer ... U7 ... Week Four

Activity 1	Activity Description	Coaching Considerations
	<p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their head up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p>
	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> • Dribbling Technique • Protect the ball • Passing technique • Wight and accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p>
	<p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making • Shoot, Shoot, Shoot! <p style="text-align: right;">Time: 8 minutes</p>
	<p>"Get Outta There" with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making <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>



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