





Holden Youth Soccer --- U7 --- Week Seven

Activity 1	Activity Description	Coaching Considerations
	<p>Cone Kicking (in 2's) 15x20 yard grid. Opposing players are positioned across from each other about 5 yards from center cone. The center cone has a soccer ball placed on top of it. One player starts with the soccer ball and tries to knock the soccer ball off the center cone with a pass. Player receives one point if she can knock the cone down. Opponent must place the soccer ball back on the center cone before taking her turn. Game is played to 3 then switch opponents.</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>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.</p> <p>Coach: Can help taggers adding their points.</p> <p>Version 2: Taggers can only tag the dribblers' 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>1v1 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them, If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to 4 Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <p>Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • 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>