







# Holden Youth Soccer --- U7 --- Week Six

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use the other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 6 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, he/she becomes a "bulldog". <b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. <b>Version 2:</b> Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Keep the ball close</li> <li>• 1v1 defending</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>Doctor, Doctor:</b> 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 "<b>Doctor, Doctor</b>". 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"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Weight and accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goal. <b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there. <b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time



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4v4 - Dual Field Scrimmage

Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.

30 minutes