


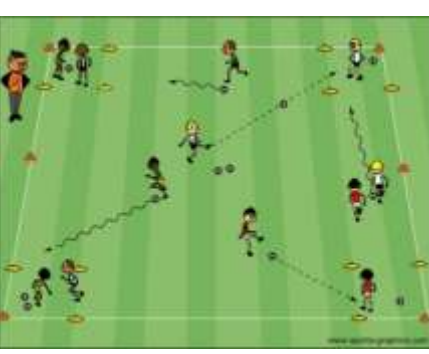


Holden Youth Soccer ... U7 ... Week Three

Activity 1	Activity Description	Coaching Considerations
	<p>Paint the Field- Passing: 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 to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p style="text-align: right;">Time: 8 minutes</p>
Activity 2	Activity Description	Coaching Considerations
	<p>Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p>
Activity 3	Activity Description	Coaching Considerations
	<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>
Activity 4	Activity Description	Coaching Considerations
	<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.</p> <p>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>
Scrimmage	Activity Description	Time
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