

WEEK ONE

FOCUS- BASIC BALL SKILLS

The first week is time you should spent getting to know your players and acquainting them with you and soccer.

The first few minutes of the first meeting should be spent organizing uniforms (jerseys, shorts and socks, if provided by your community league) and learning names.

If this is completed, proceed with the practice plan.

PRACTICE PLAN 1.1: BASIC BALL SKILLS

START 1 min

Collect players at an identifiable and routine location (ex. stand on the BLUE cones).

WARM-UP GAME 3-5 mins

Example: Freeze-Tag

- Have players skip or gallop while moving around the defined area.
- Rotate "IT(s)" every 30 seconds- 1 minute.

STRETCH 2-3 mins

Have players stand in a circle, and lead them in gentle stretches and movements.
(ex: touch toes, calf stretch, quad stretch, hamstring stretch, hip circles, arm circles)

BALL INTRODUCTION 1 min

(Ball bag has been closed up until this point for your own sanity)

Have players sit/ line up and hand out balls to them one by one.

SKILLS & DRILLS 20-25 min approx.

Set-up: 5m x 5m square. *(Modify as needed).*

- | | |
|----------------------------------|-----------|
| ▪ Bum Ball | 5 mins |
| - Reinforce ball control skills. | |
| ▪ Pirates | 5-10 mins |
| ▪ Shark Attack | 5 mins |
| ▪ Red-Light, Green-Light | 5 mins |

BREAK 5 mins

- Clear the field of play. Clean up balls, cones, etc.
- Organize game

MINI GAME 30 mins (2 x 15 min halves)

See "EWZSA Modified Laws for U7" for rules and set up

PRACTICE PLAN 1.2: BASIC BALL SKILLS

START 1 min

Collect players at an identifiable and routine location (ex. stand on the BLUE cones).

WARM-UP GAME 3-5 mins

Example: Freeze-Tag

- Have players skip or gallop while moving around the defined area.
- Rotate "IT(s)" every 30 seconds- 1 minute.

STRETCH 2-3 mins

Have players stand in a circle, and lead them in gentle stretches and movements.
(ex: touch toes, calf stretch, quad stretch, hamstring stretch, hip circles, arm circles)

BALL INTRODUCTION 1 min

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SKILLS & DRILLS 20-25 min approx.

Set-up: 5m x 5m square. *(Modify as needed).*

- Bum Ball 5 mins
 - Reinforce ball control skills
- Shark Attack 5 mins
- Red-Light, Green-Light 5 mins
- British Bulldog 5 mins

BREAK 5 mins

- Clear the field of play. Clean up balls, cones, etc.
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MINI GAME 30 mins (2 x 15 min halves)

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APPENDIX

BUM BALLS 3 mins

SETUP:

- Each player needs one (1) ball
- A 5m by 5m box marked out by discs or cones.
(adjust size as needed)

GAMEPLAY/RULES:

- Players begin spread out inside the box, with a ball in their feet.
- They are to dribble around inside the box.
- Coach calls out a body part, which players are to touch to the ball (ex: head, shin, stomach, hair, ear, bum – which is the funniest, of course).
- Players should use feet to stop the ball before putting the required body part on the ball.

PROGRESSION

- Have players use a specific part of their foot.
 - Only the insides of feet.
 - Only the outsides of feet (Note: remind players to keep their toes pointed down).
 - Only the left foot.
 - Only their right foot.



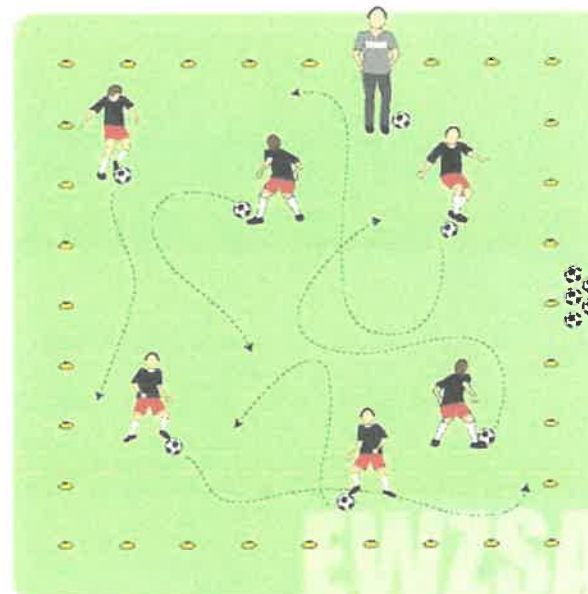
PIRATES 5-10 mins

SETUP:

- A 5m x 5m square area marked off by discs or cones.
(adjust size as needed)
- One (1) ball per player

GAMEPLAY/RULES:

- The goal of this game is to kick the other players' balls out of the square while protecting their own ball.
- You may explain that the players are "PIRATES" and pirates love to steal treasure – they do this by kicking other player's treasure (their ball) out of the box. Caution them about leaving their own "treasure" unattended while attacking others.
- Once their ball has been kicked out, they are to retrieve it and return to the game.
- Play for 1-2 minute intervals and give them a rest.
- If the game stalls (they are standing and only protecting their balls), as the coach, join in and attack players' balls to get them moving. You can also count down from 10 and that usually gets them moving.



PROGRESSION:

- To add consequence to the ball being kicked out, each player must do a task (e.g. 5 push-ups or sit-ups) before returning to the game.

SHARK ATTACK 5 mins

SET UP:

- A 5m x 5m square area marked off by discs or cones. (adjust size as needed)
- One (1) ball per player (one or two do not need a ball)

GAMEPLAY/RULES:

- Select two players to be "IT," they are the "SHARKS." These players (2) do not need a ball.
- All other players each need one ball; they are "FISHIES."
- The goal is for the sharks to kick all the FISHIES balls out of the box within a time limit.
- FISHIES are to protect (*shield*) their ball and not let the SHARKS kick their ball out.
- When a ball is kicked out, the FISHIES are to retrieve it and return to the game
- When the time limit is reached, switch "IT'S."



PROGRESSION:

- To add consequence to the ball being kicked out, each FISHIE must do a task (ex. 5 jumping jacks, sit-ups, etc.) before returning to the game.

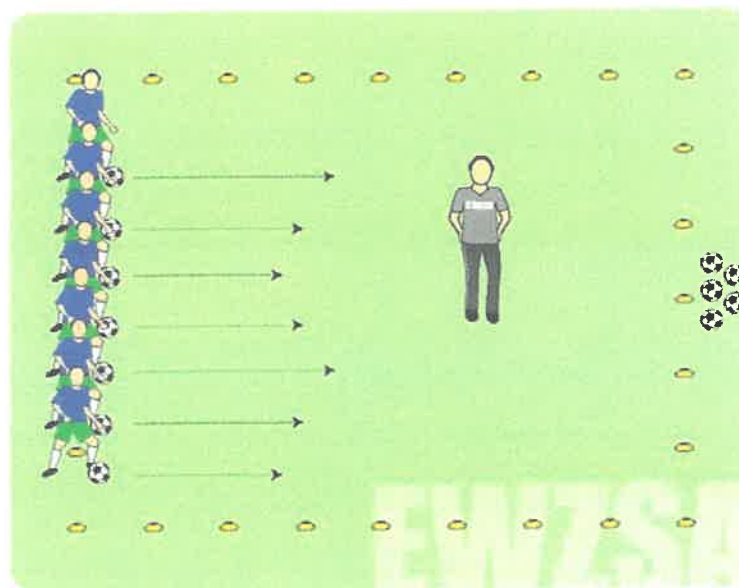
RED-LIGHT, GREEN-LIGHT 5 mins

SET-UP:

- A 5m x 10m rectangle, marked out by discs or cones. (adjust size as needed)
- One (1) ball per player

GAMEPLAY/RULES:

- Line up all players at one short (5m) end of the box with a ball.
- Explain objective and rules to players:
 - Objective is to reach the other side of the box first.
 - When coach says "Green-Light!" that means go. When coach says "Red-Light!" that means stop.
- Caution them that if their ball rolls too far away, they will have to go back to the beginning (or the coach might kick it away...)
- Once all players have reached the end, restart and play game



PROGRESSION:

- Assign different skills to different color lights. Be Creative!
Example:
 - "Purple-Light!" - switch directions.
 - "Orange-Light!" - stop the ball, and do a 360° turn. (with or without ball)

BRITISH BULLDOG

SETUP:

- A large rectangular area marked off by discs or cones (*adjust size as needed*). Penalty area on a large field is a good size.
- One (1) ball per player (one "BULLDOG" to start, does not need a ball)

GAMEPLAY/RULES:

- The goal is to be the last player with a ball
- Line all players up on one short end of the box, each with a ball.
- Select one "it" to be the "Bulldog". Position this bulldog in the center of the box, facing the players with the ball
- When ready, the bulldog shouts "BRITISH BULLDOG!" This is the signal for the players with the ball to dribble to the opposite side of the box - if they get past the other side of cones they are "safe."
- The bulldog will attempt to strip players of the ball and kick it out of the playing area.
- If a player's ball is kicked out of bounds, they join the bulldog in the middle of the box for the next round.
- Remaining players line up on the end line they have just arrived at.

REPEAT STEPS:

- Bulldogs call out "British Bulldog"
- Players dribble to the opposite end of box
- Bulldogs kick balls out
- Players stripped of balls become bulldogs

Last player standing becomes the new bulldog for the next round.



LESSON PLAN: 2

FOCUS- BALL CONTROL & PASSING

PRACTICE PLAN: BASIC BALL SKILLS

START 1 min

Collect players at an identifiable and routine location (ex. stand on the BLUE cones).

WARM-UP GAME 3-5 mins

Example: Freeze-Tag

- Have players skip or gallop while moving around the defined area.
- Rotate "IT(s)" every 30 seconds- 1 minute.

STRETCH 2-3 mins

Have players stand in a circle, and lead them in gentle stretches and movements.
(ex: touch toes, calf stretch, quad stretch, hamstring stretch, hip circles, arm circles)

BALL INTRODUCTION 1 min

(Ball bag has been closed up until this point for your own sanity)

Have players sit/ line up and hand out balls to them one by one.

SKILLS & DRILLS 20-25 min approx.

- | | |
|--------------------------|--------|
| ▪ Shark Attack | 5 mins |
| ▪ Passing in Partners | 5 mins |
| ▪ Mosquito | 5 mins |
| ▪ Red Light, Green Light | 5 mins |

BREAK 5 mins

- Clear the field of play. Clean up balls, cones, etc.
- Organize game

MINI GAME 30 mins

See "EWZSA Modified Laws for U7" for rules and set up



PRACTICE PLAN: BALL CONTROL & PASSING

START 1 min

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WARM-UP GAME 3-5 mins

Example: Freeze-Tag

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STRETCH 2-3 mins

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BALL INTRODUCTION 1 min

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Have players sit/ line up and hand out balls to them one by one.

SKILLS & DRILLS 20-25 min approx.

- | | |
|---------------------|--------|
| ▪ Basic Ball Skills | 5 mins |
| ▪ Pirate's | 5 mins |
| ▪ Mosquito | 5 mins |
| ▪ British Bulldog | 5 mins |

BREAK 5 mins

- Clear the field of play. Clean up balls, cones, etc.
- Organize game

MINI GAME 30 mins

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Basic Ball Skills

1. FORWARD TAPS/HOPS SETUP:

- Each player needs one ball
- 5m by 10m rectangle (adjust as needed)
- Line players up along the long edge of the box, each with a ball

DRILL PROGRESSION

(Demonstrate each step before instructing players to try) Step 1 (Taps)

- Have players lightly place the sole of one foot on top of the ball
- Have them hop, and switch feet, so the other foot is now resting on the ball.
- Repeat 10 times

STEP 2 (STEP-ROLL)

- This step adds forward movement
- Starting with one foot on the ball, players give the ball a gentle roll forward.
- They take a step, and switch feet so now the other foot is on the ball.
- Repeat at a walking pace.

STEP 3 (HOP-ROLL)

- Same progression as Step 2, however, they are to hop to switch feet instead of walking
- Too easy? Make it faster.

CAUTION - the ball is to remain within reach of feet at all times. The goal of this is not to be a race, but to work on ball control (in feet).

2. BACKWARDS TAPS/HOPS SETUP:

DRILL PROGRESSION

(Demonstrate each step before instructing players to try) Step 1

- Teach Forward Taps/Hops

STEP 2 (STEP-ROLL)

- Start with one foot on the ball, leg extended (this is important, as the ball needs to be rolled towards the player and needs room to move)
- Roll the ball towards the player with the foot on top of the ball
- Step back with the same foot that was on the ball, place weight on this foot and switch feet.
- The ball is to be kept IN FRONT of the player at all times (it is not to be rolled behind them)

STEP 3 (HOP-ROLL)

- Hopping instead of walking

British Bulldog

■ SETUP:

- One (1) ball per player (one "BULLDOG" to start, does not need a ball)

GAMEPLAY/RULES:

- The goal is to be the last player with a ball
- Line all players up on one short end of the box, each with a ball.
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REPEAT STEPS:

- Bulldogs call out "British Bulldog"
- Players dribble to the opposite end of box, Bulldogs kick balls out
- Players stripped of balls become bulldogs

Last player standing becomes the new bulldog for the next round.



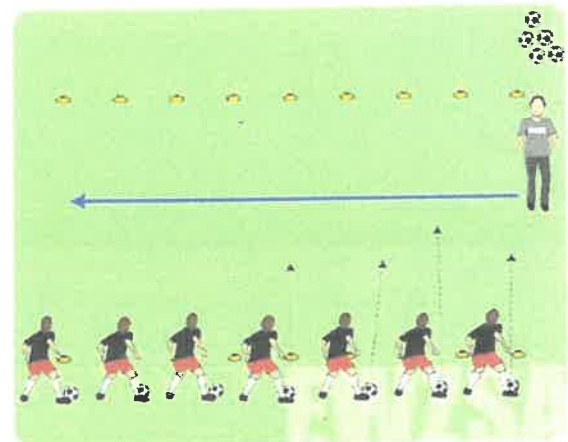
Mosquito

SETUP:

- Each player needs one (1) ball

GAMEPLAY /RULES:

- The goal is to "hit the mosquito" with the ball - they are to use correct passing/shooting technique when kicking the ball at you.
- Line all players up facing you, each with a ball.
- At your signal, you will run/ jog slowly in front of all the players, who will kick the ball at you.
- If they hit you, they score a point.
- Once all balls have been kicked, then they may retrieve them and line up again.



CAUTIONS:

- They are to keep the ball on the ground; no points if they hit you above the knee (you may even choose to have a deterrent such as push-ups).
- Players are not to move off the line to retrieve balls until all the balls have been kicked.

Passing in Pairs

SETUP:

- One ball per two players
- Pair players off, have them face each other about 3m apart

DRILL PROGRESSION

- Demonstrate correct technique:
 - "Step-kick" i.e., players take a step and plant their non-kicking foot before executing the pass with their kicking foot
 - Usage of the inside of the foot (not laces or toes). You may have to assist and manually manipulate players' leg to "get" the feeling of leg turn-out
- To make the drill more difficult after technique is established, move the players farther apart

Red-Light, Green-Light

SET-UP:

- One (1) ball per player

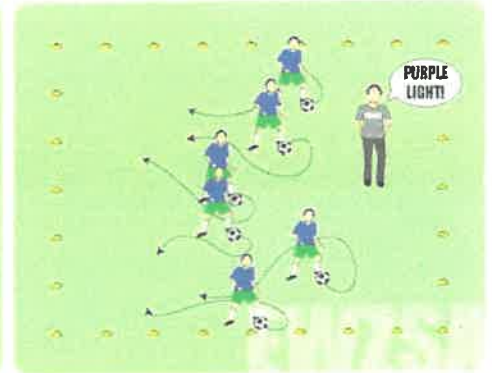
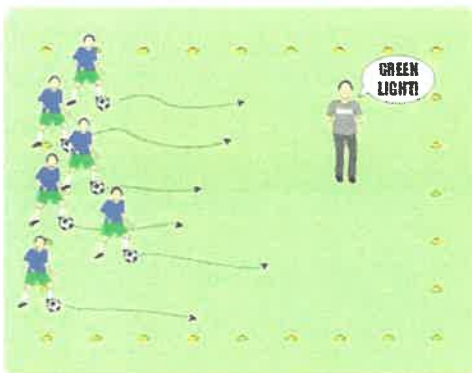
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PROGRESSION:

- Assign different skills to different color lights. Be Creative!

Example: ("Purple-Light!" - switch directions. "Orange-Light!" – stop the ball, and do a 360° turn. (with or without ball))



Shark Attack

SET-UP: ■

- One (1) ball per player (one or two do not need a ball)

GAMEPLAY/RULES:

- Select two players to be “IT,” they are the “SHARKS.” These players (2) do not need a ball.
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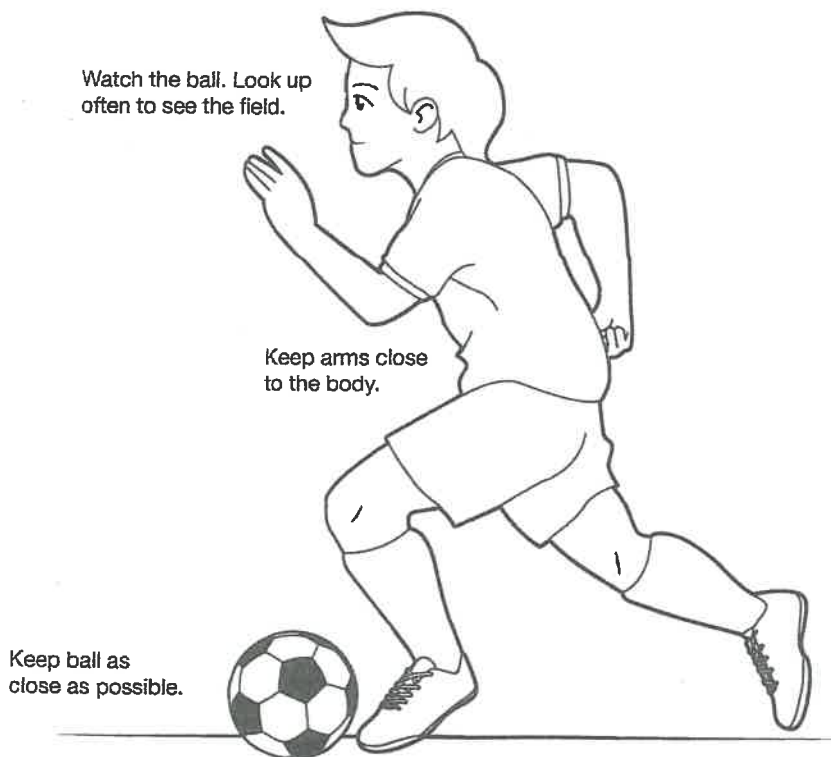


PROGRESSION:

- To add consequence to the ball being kicked out, each FISHIE must do a task (*ex. 5 jumping jacks, sit-ups, etc.*) before returning to the game.

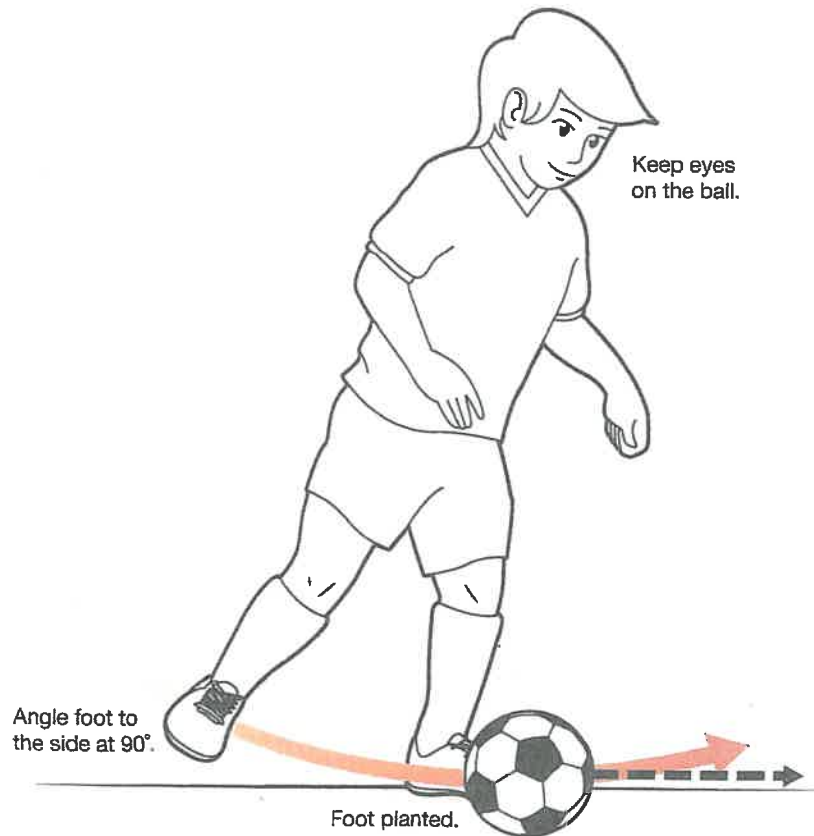
DRIBBLING

“DRIBBLING” MEANS MAKING FRIENDS WITH THE BALL AND USING YOUR FEET TO MOVE IT IN A CONTROLLED WAY.

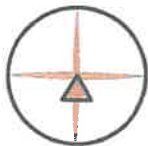


PASSING

“PASSING” MEANS USING YOUR FEET TO SHARE THE BALL WITH YOUR TEAMMATES IN A CONTROLLED WAY.



Contact near the centre of the ball.

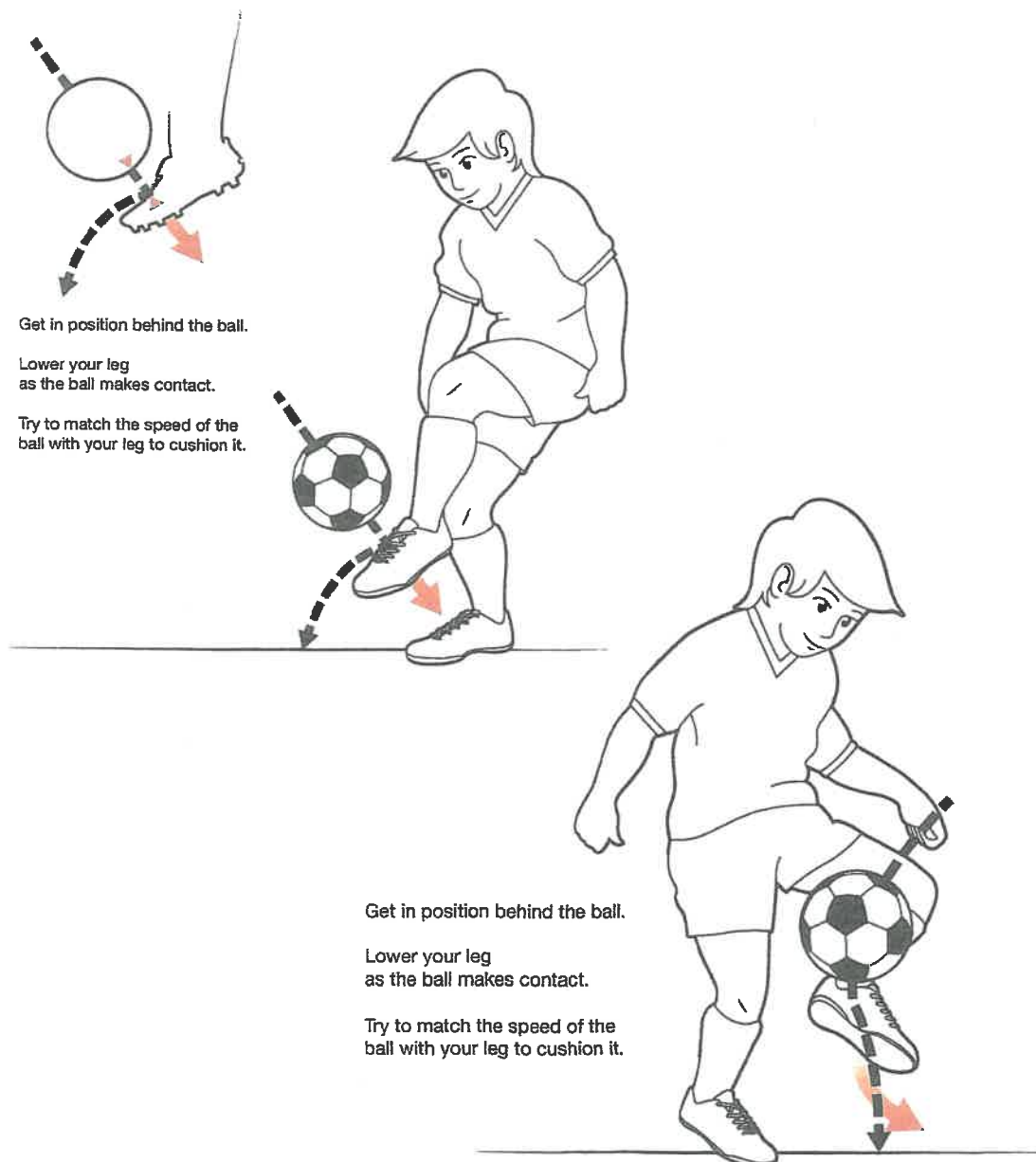


Angle your foot to contact the ball with the inside of the foot. Kick past the ball towards the target.



CONTROL

“CONTROL” MEANS USING YOUR FEET AND OTHER PARTS OF YOUR BODY (EXCEPT YOUR ARMS AND HANDS) TO KEEP THE BALL CLOSE.



SHOOTING

“SHOOTING” MEANS USING YOUR FEET TO GET THE BALL INTO THE NET.

