



Soccer Association of Boca Raton

Under 7 & Under 8 Coaches Handbook
Weekly Lesson Plans & Activities
2010 – 2011

SABR Lesson Plans - Under 7 & Under 8

As a club, SABR believes that an attacking style in possession of the ball is the best way to play the game. The best club teams like Barcelona FC and Manchester United play this way, as do the top national teams like Brazil, Spain, Italy, and – yes – the U.S. And we want our kids to play with that style not just because they see it, but also because – most importantly – it's the most exciting and fun for the players!

The Small Sided Game program we use from Under-5 to Under-12 allows our coaches to teach this playing style in age appropriate increments to our players. The weekly lesson plans devote about half of each practice session to individual technical skills for each player. The other time at each practice is the opportunity for each coach to teach the players how to make decisions, communicate with each other, and play the game.

Under 7 & Under 8

At Under 7 & Under 8, we play 4 v 4 with only field players. We do not play with a goalkeeper.

We do not use any real system of play or formation because the players are too young to really hold the shape once the ball starts moving. Those players that like to play forward or in the middle or towards the back will do what comes naturally to them. We only want to encourage them to attack and score goals starting from that vantage point, and not fit them into some formation.

A number of benefits (and coaching points) come from playing 4 v 4.

1. All of the players stay actively involved in the game on both the attack and defense.
2. We are developing the most important skills for all players – decision-making, creativity, dribbling and ball control.
3. We are encouraging our players to shoot whenever they see the opportunity.
4. We are encouraging our players to get possession of the ball.
5. By design, we know that more goals will be scored.

We want our players to learn to take risks (and make mistakes) in a nurturing, player-centric environment to have the most fun and to reach their own full potential.

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TRAINING GUIDELINES

Warm-Ups for Every Practice – the first 10 - 15 Minutes

You can use these two activities at the beginning of each practice to allow time for all of the players to arrive and warm-up before the instructional portion of the practice session.

Juggling: Over the course of the season, we want all players to learn and improve juggling since being comfortable with the ball will assist them in their skill development. It is the basic foundation of touch and technical development. By mastering juggling, it will build their confidence and make them more proficient at controlling the ball.

Juggling can be included in the Warm-Up at the beginning of every practice. Have the first few players juggle until there are enough for a Warm-Up Scrimmage. Juggle for a couple of minutes after the Warm-Up Scrimmage, so all of the players juggle a little at every practice.

Warm-Up Scrimmage: Get your players playing a small-sided scrimmage once you have 4-5 players there. Add players as soon as they arrive. The sooner they begin to play after the scheduled start time, the better.

Teaching Juggling

Challenge the players by saying: “I can juggle the ball with my thigh, can you?”

Then, hold the ball at your waist, drop it, meet it with your thigh, and catch it.

Players should then copy you several times to achieve that.

Repeat the challenge using your other thigh, and have the players copy you several times.

Now challenge them to try it with their foot. Drop the ball to your foot, kick it up and catch it. Have the players try that several times. Have them try it with each foot.

Juggling Activities

Ask the players to see how many times they can juggle the ball without catching it. (Allow a bounce after a touch if necessary to keep juggling; i.e., juggle, bounce, juggle... juggle, bounce, juggle...).

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First try it with thighs; then try it with feet. Then let them use feet or thighs to get as many juggles as possible. (*Beginning players will tend to focus on using their thighs because of the greater surface area and easier ball control. That's OK.*)

NOTES:

1. *Get their scores for consecutive juggles and have them try to beat their record.*
2. *Encourage the players to juggle on their own, and show what they can do at the next practice. Juggling is a skill that the players can do at home and at the fields.*

Teaching Throw-Ins

Teach throw-ins in the First and Second weeks of Teaching Activities.

Emphasize that they should keep their **feet parallel** with the touchline and **not** one foot in front of the other; bend the knees and throw the ball in directly over their head without leaving their feet. Both hands must start over their head and come forward together.



Please Remember

Positive Reinforcement is your best teaching tool. When your players try to do what you were teaching, compliment the effort.

You need to emphasize the importance of always bringing a soccer ball to practice.

It is important that all activities should be inclusive. No games of elimination.

Games of elimination will make the weakest kids lose earliest and not get the needed touches on the ball or participation in order to have a chance to get better. Games should be designed to be challenging to all players, not just the weakest or the strongest.

Being a good coach is really the art of identifying what players' need and then choosing or manipulating activities to make sure that they get it. There are many different variations of the activities that you will be doing. Feel free to tweak the activities as you go along so that you can try and make them fit the players and the goals that you have set.

Have fun...Your players will too.

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Week 1 - Dribbling with Instep (laces)

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 15 minutes

Throw-ins (5 minutes)

Emphasize that they should keep their **feet parallel** with the touchline and **not** one foot in front of the other; bend the knees and throw the ball in directly over their head without leaving their feet. Both hands must start over their head and come forward together.



Dribbling (10 minutes)

The objective for this week is to introduce and develop use of the players' instep. They will also use the bottoms of their feet.

Gather your players, and ask them to stand with the ball at their feet.

1. Show and tell them to point their toe down and “lock” their ankle (You may need to walk by each player and show them what that means).
2. Have the players touch the back of the ball with the laces of the foot (instep). Ask them if they can do that with a “hop” and alternate their laces touching the back of the ball.
3. Now ask the players to move (dribble) the ball with their laces (instep).

Introduce the phrase “Dribble, Dribble, Dribble” while they are dribbling.

Use this term consistently throughout this practice and the rest of the season during practices and games to focus your players on dribbling rather than kicking the ball and chasing it. Praise any player that attempts to dribble in any scrimmage or game.

4. Have the players touch the ball with the bottom of the foot. Ask them if they can do that with a “hop” and alternate the bottoms of their feet.
5. Have them move (dribble) the ball with their laces and stop it with the bottom of their foot.

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Encourage them to keep their head up as they move the ball. For example, while they are dribbling, hold up 1 - 5 fingers. Put your hand down, call STOP, and ask them to tell you how many fingers you were showing.

Dribbling Activities – 10-15 minutes

The activities and games need to be explained or demonstrated to give players a “picture” of what you are looking for. Demonstrate a game or activity that you want them to do within 1-2 minutes.

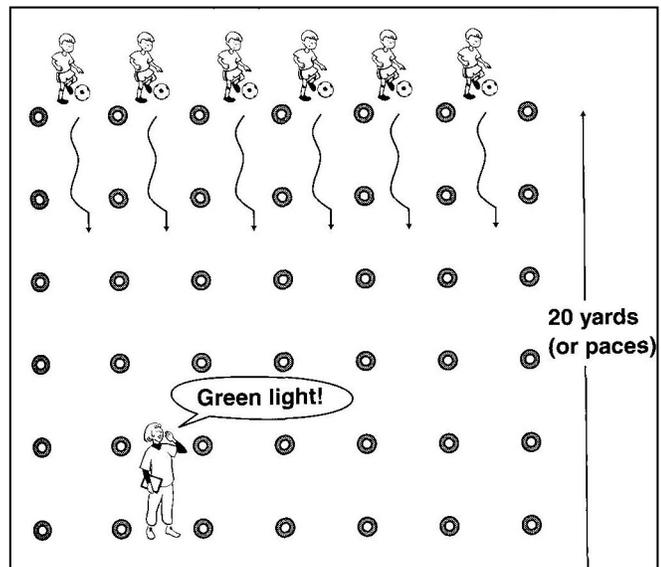
Red Light - Green Light (Play several times in 5-10 minutes)

Area: Random (20x30 yards)

Each player has a ball and is dribbling using their laces first when you say “Green Light.” They stop the ball with the bottom of their foot when you say “Red Light.”

Players start with a ball at one line and start dribbling to the coach or the person who is “it” at the other line. When the person (it) says Green Light, he/she will turn away from the group and the players will start to dribble towards him/her.

When the person (it) calls Red Light, the players must freeze with the ball under their foot before the person (it) turns around towards the group and catches them still dribbling.



Anyone caught still dribbling, must go back to the starting line.

Water break

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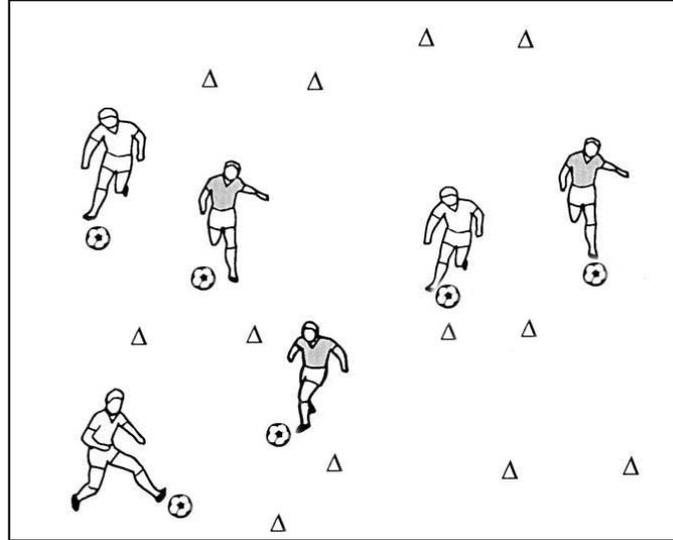
Soccer Maze (Play several times in 5-10 minutes)

Area: Random (10x15 yards)

Set up multiple cones (gates, goals) on the field and ask them if they can score a goal by dribbling through the gate.

Each player has a ball and is dribbling with his or her laces when you say GO.

Have all of the players going at a time so they have to deal with the pressure of the other players in addition to accomplishing the task.



Start by just having the players dribble through the cones and then “time” them to have them go faster. Ex: Tell them to see how many goals they can score in a minute; get counts from each of them and have them beat “their record.”

The Game - 20 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Use throw-in’s for restarts. If not done correctly, then one do-over and resume play.

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Week 2: Dribbling with Insides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to dribble with the insides of players' feet.

Have the players to stand with the ball at their feet. Show and tell them to point their toe down and “lock” their ankle.

Then have the players touch the back of the ball with the inside of the foot. Ask them if they can do that with a “hop” and alternating their feet. Now ask the players to dribble the ball with the insides of their feet.

Have them try to move the ball around using just the insides of their feet, close to them, within a yard or two. Make sure they keep their head up as they move the ball. Have the players do that for a minute or two.

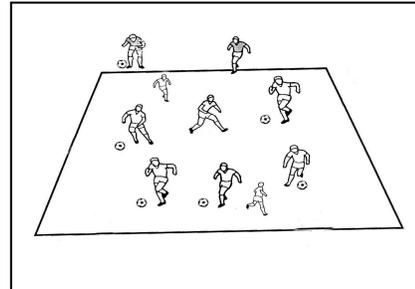
Dribbling Activities – 10 minutes

Sharks & Minnows (Play several times in 5 minutes)

Area: Random (20x30 yards)

Split the players so there are two or three players in the center of the field (sharks) and all of the other players (minnows) are on the line ready to dribble to the line on the other side of the grid.

Sharks must dribble a soccer ball while attempting to tag the minnows who are dribbling across.



On the coaches' signal, the minnows will dribble their soccer balls and try to reach the other side of the grid without being tagged by a shark. If a shark tags them, or they dribble out of the grid, they leave their ball on the outside of the grid and they also become a shark.

Once the remaining minnows reach the other side of the grid, the game is paused while the sharks get prepared. Then the coach gives the command and the game is resumed. The game ends when there is one minnow left. *(If you get down to two minnows, declare them both champions and they start the next game as sharks.)*

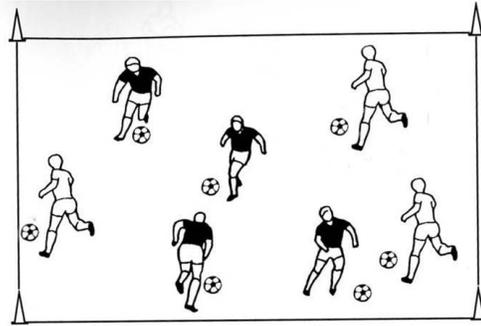
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Knockout (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

This game also teaches shielding. Each player dribbles the ball under control and attempts to kick the ball away. When a player gets their ball kicked away, they must give immediate chase and retrieve it before it stops rolling. If they do, they are allowed to go back in the game. If however, the ball stops rolling, the player is give a task such as toe touches on the ball (touching the top of the ball with the sole of the foot), and then they are allowed back into the game.



After a few minutes of playing, announce there are 30 seconds left, and at that point, if a player's ball is kicked out, they must stay out. That way, the most a player would be out of the game would be 30 seconds.

Water break

The Game – 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

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Week 3 – Dribbling With Bottoms of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 15 minutes

Throw-ins (5 minutes)

Emphasize that they should keep their **feet parallel** with the touchline and **not** one foot in front of the other; bend the knees and throw the ball in directly over their head without leaving their feet. Both hands must start over their head and come forward together.



Dribbling (10 minutes)

The objective for this week is to use two surfaces: the insteps and the bottoms of their feet.

It is important to demonstrate what you ask them to do. You may need to help each player.

Standing position: Have the players touch the ball with the bottom of a foot. Have the players roll the ball under their foot (while standing still) to get a feel of the ball under the bottom of their foot. Have them roll the ball forwards, backwards and sideways with their foot; then repeat with the other foot.

Show them how to dribble and pull the ball sideways using the bottom of their foot to change direction and resume dribbling. Have the players do that for a minute or two.

Have the players change direction every time they get close to another player or the lines.

Show the players how to place the bottom of their foot on top of the ball and pull it through their legs, turn around and resume dribbling. Have the players do that for a minute or two.

Have the players change direction every time they get close to another player or the lines.

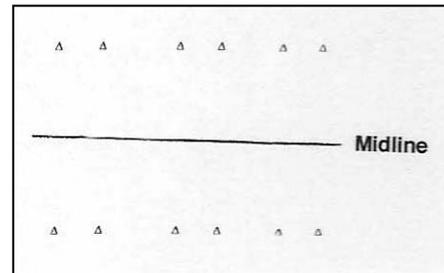
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Dribbling Activities – 10 minutes

The activities and games need to be explained or demonstrated to give players a “picture” of what you are looking for. Demonstrate what you want them to do so they are playing within 1-2 minutes.

My Ball (Play several times in 5 minutes)

Set up a pair of gates for each pair of players on either side of the midline with each gate 5 yards from the midline.

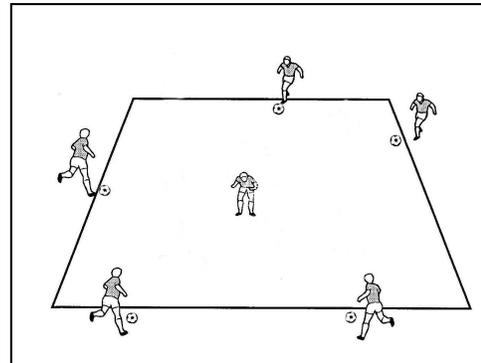


Pairs of players will face each other at midfield with a ball resting on the midline between them. The objective is for one of the players to win the ball by pulling it back with the bottom of the foot, turn around and dribble through the goal behind him/her when the Coach says GO! The other player can give chase to stop the player with the ball.

Play as many rounds as possible.

Soccer dribble up the mountain (Play several times in 5 minutes)

Each player starts on the outside of the grid with a ball and the trainer standing in the middle of the grid. When the trainer says GO, they all dribble in, and when they reach the trainer, they must pull the ball through their legs using the bottom of the foot, turn and dribble to the outside.



The first one back to the outside of the grid is the winner. The others do “star jumps” (a jumping jack, and say, “I’m a star”).

Water break

The Games – 25 minutes

Play **two** small-sided games (5v5, 5v4, 4v4) whatever the numbers work out to be.

In the first game, "FREEZE" the game when players are "packed" into a scrum just kicking back and forth at the ball. Encourage the players to get the ball "out of the pack" by pulling the ball back with the bottom of the foot, and begin dribbling to the goal.

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Credit the players with a point for each successful effort as well as each goal scored.

The second game is a regular soccer game without any "freezes".

"Dribble, Dribble, Dribble" while they are playing.

Use throw-in's for restarts. If not done correctly, then one do-over and resume play.

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Week 4: Dribbling with Outsides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to dribble with the outsides of players' feet. It is important to demonstrate what you ask them to do.

Ask the players to stand with the ball at their feet. Have the players stand on their toes and reach for the sky, and go back down and then back up again (so they get a “feel” for pointing their toes which will help them with the exercises). Show and tell them to point their toe down and “lock” their ankle.

Now have them touch the ball with the outside of their feet (have them alternate feet).

Show and tell them how to push the ball forward with their laces and then to the side with the outside of the foot. Have them try it in place.

Have them dribble the ball around using their laces and the outside of their feet for a minute or two. Make sure they keep the ball close to them (within a yard or two), and keep their head up as they move the ball.

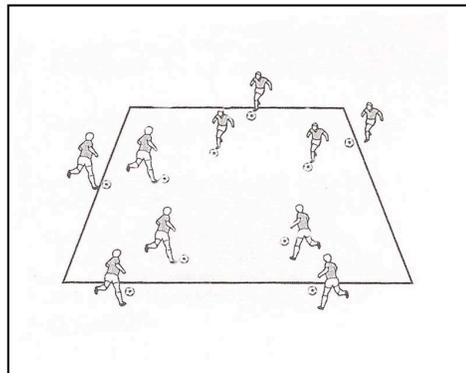
Have the players change direction every time they get close to another player or the lines.

Dribbling Activities – 10 minutes

Follow the leader (Play several times in 5 minutes)

Area: Random (10x15 yards)

Players get in pairs: a leader & a follower. Each player has a ball. When the trainer says GO, the leader will dribble, and the follower tries to “mimic” the player in front by doing the exact same stuff with the ball. When the trainer says SWITCH, the players reverse roles where the follower then becomes the leader.



Have the players use the instep, inside, outside and bottom of their feet. Encourage the players to be creative with their dribble and them to do things such as a quick burst with the ball; touch the ground; change directions.

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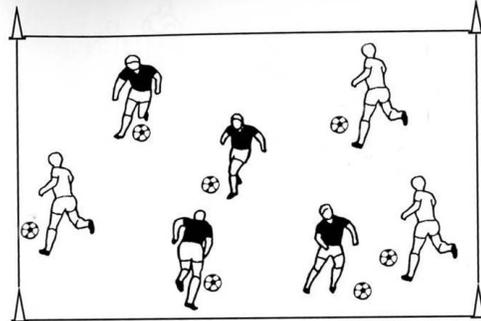
You can add cones and tell the players to do a move when they approach a cone. The coaches are encouraged to move the cones as the players are dribbling to increase the challenge.

Knockout (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

This game also teaches shielding. Each player dribbles the ball under control and attempts to kick the ball away. When a player gets their ball kicked away, they must give immediate chase and retrieve it before it stops rolling. If they do, they are allowed to go back in the game. If however, the ball stops rolling, the player is give a task such as toe touches on the ball (touching the top of the ball with the sole of the foot), and then they are allowed back into the game.



After a few minutes of playing, announce there are 30 seconds left, and at that point, if a player's ball is kicked out, they must stay out. That way, the most a player would be out of the game would be 30 seconds.

Water break

The Game - 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

"Dribble, Dribble, Dribble" while they are playing.

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Week 5 – Dribbling with Body Fakes

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce body fakes. Fakes enable the players to get around and past defenders.

A body fake is a feint that requires some type of body movement such as starting to go right and then making a quick switch and going left. Other movements, like a dip of the shoulder help “sell” the move.

Be prepared to methodically demonstrate body fakes, including after making the fake, explode and dribble away with the next few touches.

Standing position: Ask the players to stand with the ball at their feet.

Fake Right/Go Left: Have the players take their right leg and come around the ball in a clockwise direction with the right foot finishing to the right of the ball as the right shoulder dips to “wrong foot” the defender.

Now have them step over the ball with the left foot continuing to shift body weight onto the right foot for balance, so the ball is eventually under the left foot. Take the ball forward and away with the outside of the left foot.

Have them dribble the ball around the area using all surfaces. They should try the move when they get near a trainer or another player.

Fake Left/Go Right: Have the players take their left leg and come around the ball in a counter-clockwise direction with the left foot finishing to the left of the ball as the left shoulder dips to “wrong foot” the defender.

Now have them step over the ball with the right foot continuing to shift body weight onto the left foot for balance, so the ball is eventually under the right foot. Take the ball forward and away with the outside of the right foot.

Have them dribble the ball around the area using all surfaces. They should try the move when they get near a trainer or another player.

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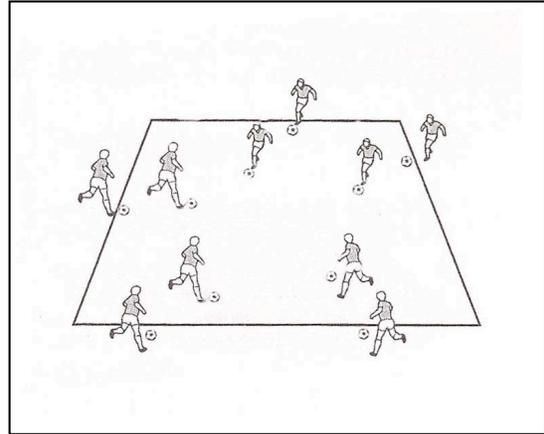
Dribbling Activities – 10 minutes

Follow the leader (Play several times in 5 minutes)

Area: Random (10x15 yards)

Players get in pairs: a leader & a follower. Each player has a ball. When the trainer says GO, the leader will dribble and fake whenever they get near a cone or another player. The follower tries to “mimic” the player in front by doing the same fake.

When the trainer says SWITCH, the players reverse roles where the follower then becomes the leader.



The coaches are encouraged to move the cones as the players are dribbling to increase the challenge.

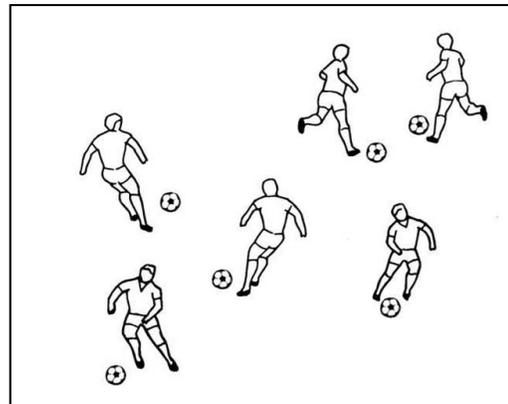
Everybody's it (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

As they dribble within the area, the coach will attempt to tag a player while they try to use the fake to maintain possession and control of the ball.

Alternate: Each time a player tags someone, they receive a point. They continue to play for the allotted time without stopping.



Water break

The Game – 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise fakes when attempted or made.

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Week 6 – Dribbling with Ball Fakes

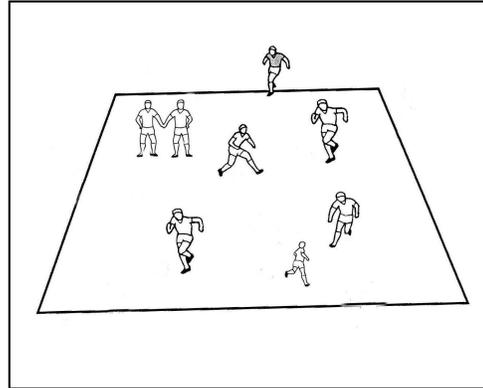
Warm-up Activities – 10 minutes

Begin with juggling and/or a scrimmage while all of the players arrive. Then play Chain Tag.

Chain Tag Warm-Up (Play several times in 3-5 minutes)

Area: Random (10x15 yards)

Two players start by holding hands (forming a chain) while the other players are all free and run around the grid. The players holding hands must move around the grid and try to tag a player. As the players are tagged they must also join the chain. Any player who runs outside of the grid, they must also join the chain. The game ends when there is only one player left.



Note: Players do not join the chain if a player tags them and the chain is “broken” (meaning the players are not holding hands). Players can avoid being tagged by running around the chain.

Teaching Activities – 10 minutes

The objective for this week is to introduce ball fakes using a combination of two surfaces. Fakes enable the players to get around and past defenders.

Be prepared to methodically demonstrate these 2 fakes, including after making the fake, that they explode and dribble away with their next few touches.

1. The bottom of their left foot and the instep of their right foot.

Have the players roll the ball sideways with the bottom of their left foot.

Have the players move the ball sideways across their body using the bottom of their left foot to the front of their right foot. Now the player pushes the ball forward with the instep (laces) of their right foot, and dribbles.

Have the players dribble in the area, and use the combination whenever they approach another player or any cones you have placed in the area.

Make the area smaller or larger and/or use cones to create opportunities to use the combination.

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2. The bottom of their right foot and the instep of their left foot.

Have the players roll the ball sideways with the bottom of their right foot.

Have the players move the ball sideways across their body using the bottom of their right foot to the front of their left foot. Now the player pushes the ball forward with the instep (laces) of their left foot, and dribbles.

Have the players dribble in the area, and use the combination whenever they approach another player or any cones you have placed in the area.

Make the area smaller or larger and/or use cones to create opportunities to use the combination.

Dribbling Activities – 10 minutes

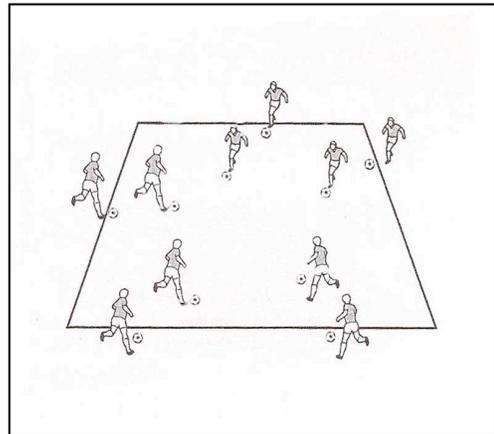
Follow the leader (Play several times in 5 minutes)

Area: Random (10x15 yards)

Players get in pairs: a leader & a follower. Each player has a ball. When the trainer says GO, the leader will dribble and use the fake whenever they get near a cone or another player. The follower tries to “mimic” the player in front by doing the same fake.

When the trainer says SWITCH, the players reverse roles where the follower then becomes the leader.

The coaches are encouraged to move the cones as the players are dribbling to increase the challenge.

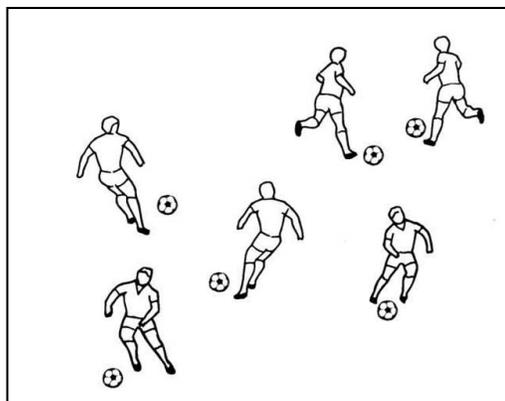


Everybody's it (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

As they dribble within the area, the coach will attempt to tag a player while they try to use the fake to maintain possession and control of the ball.



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Alternate: Each time a player tags someone, they receive a point. They continue to play for the allotted time without stopping.

Water break

The Game – 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise fakes when attempted or achieved.

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Week 7 – Shooting

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is shooting with the inside of the foot.

It is important to demonstrate what you ask them to do. You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have pairs of players facing one another about five yards apart. Ask the players to point the toe of the kicking foot up and rotate the heel of that foot toward the target (their teammate). The ankle should be locked and that will enable the large curved inside of the foot to contact the ball. The foot should make contact with the upper half of the ball that will help keep the ball low (flat) to the ground.

Show the players that they are forming an “L” with their two feet. The plant foot (which will be about 6-inches to the side of the ball) will be pointing toward the target, while the kicking foot (right foot, most likely) will be facing out. Teach the players to exaggerate their follow-through with a high knee lift of the kicking foot.

Have the pairs play a ball back and forth using the “L” technique. After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

Shooting Activities – 10 minutes

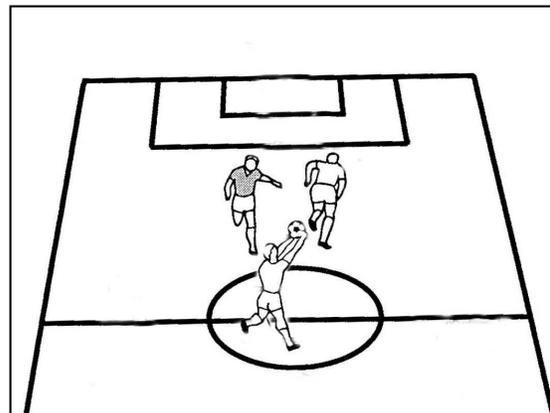
1v1 to goal (Play several times in 5 minutes)

Area: Random (10x15 yards)

The players stand shoulder to shoulder apart in two lines at midfield. The trainer has their balls.

The trainer will either throw the ball or pass the ball toward the goal. Two players will then run after the ball. The first player to the ball will be on offense and the second player will be on defense.

The defensive player will attempt to steal the ball and become an attacker. If the attacker loses the ball, he or she must become a defender. That continues until a



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shot is taken. The player who gave up the shot then retrieves the ball and brings it to the coach.

The players get back in line.

Water break

World Cup (Play several times in 5 minutes)

Area: Random (15x20 yards)

Players get into pairs to shoot as a team. The trainer will stand at the corner of the field and throw one ball out to all of the pairs of players to start play. As the game progresses, the trainer will throw out one or two additional balls to involve more pairs in the game. The object is for the pairs to score a goal. If the ball goes in the goal, they leave the field and help retrieve balls from the other players that missed the goal. The players give the balls back to the coach and continue to retrieve the balls until there is one team left. That final team must do star jumps to get start the next game.

The game is restarted from scratch. The teams could keep track on their own and get points for each victory.

The Game - 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

***“Dribble, Dribble, Dribble”** while they are playing.*

Praise shots when taken.

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Week 8 – Shooting with Instep (Laces)

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is shooting using their laces.

Standing: Have the players to stand with the ball at their feet. Show and tell them to point their toe down and “lock” their ankle.

Then have the players touch the back of the ball with the top of the foot (laces). Ask them if they can do that with a “hop” and alternating their feet. Now ask the players to dribble the ball with their instep (laces).

Shooting: Players will get in two lines with their ball at their feet. They will face the trainer who will be positioned about 10 yards in front of the players and about 15 yards in front of the goal. The coach will say GO, and they will dribble until they are even with the coach, and take a shot on goal.

After shooting the players retrieve their balls and get back in line. They switch lines after each shot, so they will shoot from each angle to the goal.

Shooting Activities – 10 minutes

1v1 to goal (Play several times in 5 minutes)

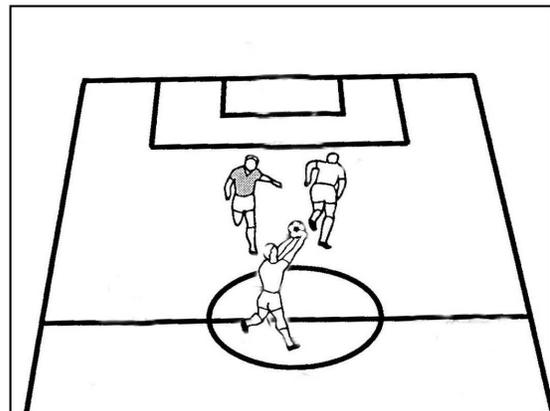
Area: Random (10x15 yards)

The players stand shoulder to shoulder apart in two lines at midfield. The trainer has their balls.

The trainer will either throw the ball or pass the ball toward the goal. Two players will then run after the ball. The first player to the ball will be on offense and the second player will be on defense.

The defensive player will attempt to steal the ball and become an attacker. If the attacker loses the ball, he or she must become a defender. That continues until a shot is taken. The player who gave up the shot then retrieves the ball and brings it to the coach.

The players get back in line.

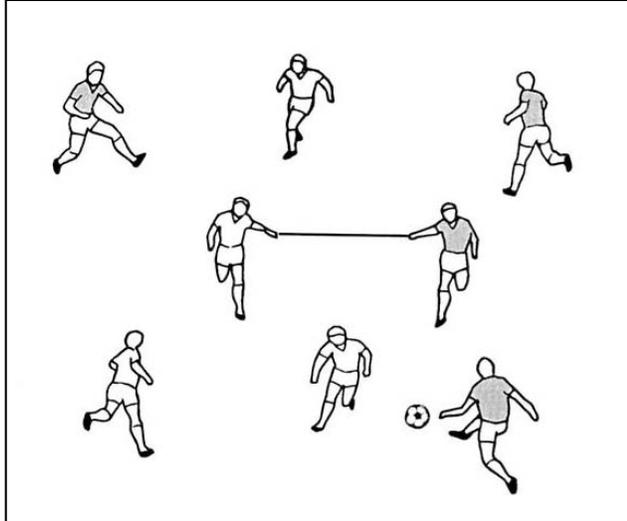


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Goal on the move (Play several times in 5 minutes)

Area: Random (10x15 yards)

Play a small-sided game divided into two teams. The coach/trainers will hold a beach towel or the equipment ball bag (as a goal) for the first game. Or, one player from each team could hold the towel at each end to make the goal.



Whoever is “making the goal” is allowed to run anywhere on the field to prevent getting scored on. Play the game as any other small-sided game. The team in possession tries to score and the other team defends. The only difference is the goal may be there one second and somewhere else the next. Change the players “making the goal” every couple of minutes.

Water Break

The Game – 30 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise shots when taken.

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Week 9 - Passing

Warm-up Activities– 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week passing with the inside of the foot, which is the most accurate and most effective pass.

You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have pairs of players facing one another about five yards apart. Ask the players to point the toe of the kicking foot up and rotate the heel of that foot toward the target (their teammate). The ankle should be locked and that will enable the large curved inside of the foot to contact the ball. The foot should make contact with the upper half of the ball, which will help keep the ball low (flat) to the ground.

Show the players that they are forming an “L” with their feet. The plant foot (which will be about 6-inches to the side of the ball) will be pointing toward the target, while the kicking foot (right foot, most likely) will be facing out. Teach the players to exaggerate their follow-through with a high knee lift of the kicking foot.

Have the pairs play a ball back and forth using the “L” technique. After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

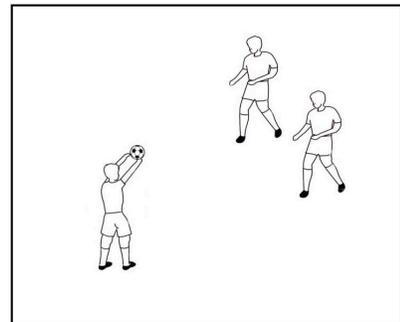
Passing Activities – 20 minutes

Ball retrieval (Play several times in 5 minutes)

Area: Random (20x20 yards)

Have the players get into pairs around the coach. There will be one ball per pair. The coach will call out a number between 2 and 20 and then toss the ball away. Each pair must retrieve the ball as quickly as possible in the number of passes you called out. *(They only pass; no dribbling).*

The final pass should be back to the coach. Repeat the same activity and vary the toss away from you for each pair. It could be over your shoulder, through your legs, off to the right...left, etc. The more varied, the more fun for the players.

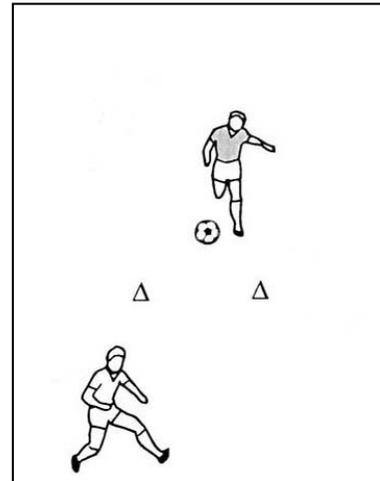


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Pong (Play several times in 5 minutes)

Area: Random (10x15 yards)

Two players play against each other and share a ball. They place two cones 3-4 yards apart. Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go through the two cones without touching them. Whenever this is violated, the other person receives a point.



Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are to each other, the closer the pairs are probably going to be. Spread the cones farther apart, and the players will have to move laterally and look more like the old arcade “pong” game. Play for a minute or two and see who can become the PONG Champ!

Thread the Needle (Play several times in 5 minutes)

Area: Random (10x15 yards)

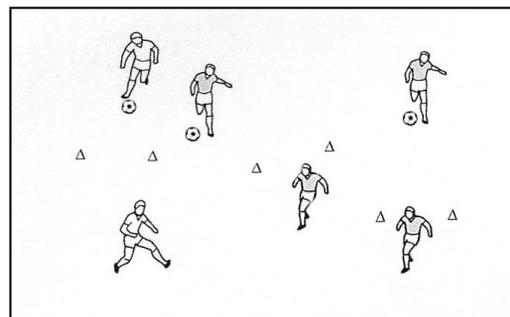
Same as Pong, only as the ball is passed through the cones, the pair of players will each take one step backward. If the ball doesn't go through the cones, they must return to the starting point. The pair of players who are the farthest away after 2 minutes wins.

Water break

Gates Passing (Play several times in 5 minutes)

Area: Random (10x15 yards)

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball to themselves through as many of the gates as time allows. Then have the players work in pairs and they must pass through a gate to their teammate who is on the other side. You get a point for each gate you pass through.

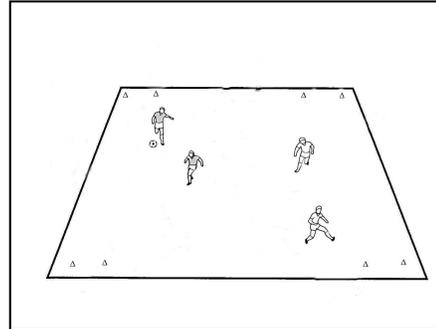


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Gates game (Play several times in 5 minutes)

Area: Random (10x15 yards)

Divide into two even teams. Make a goal with flags, cones, etc. in the corners of the field. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score through any of the 4 corner goals. The only way to score is to pass the ball through the goals to a teammate.



At first allow the players to score at any of the four goals, then tell them that one team has two goals to score on and two to defend.

The Game – 20 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise any passes attempted or made.

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Week 10 – Receiving Passes

Warm-up Activities– 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week’s activities is receiving passes.

Have pairs of players facing one another about five yards apart.

Have the pairs play a ball back and forth using the “L’ technique.

You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have them receive the ball with the widest/largest part of the foot; e.g., the curvy middle of the inside of their feet or their laces rather than their toes.

Cushion the ball as they receive it.

They should pull the foot back slightly on contact as if the ball is an egg, and they don’t want to break it on impact.

It’s helpful if they give a little hop just as they receive the ball. The motion helps them fluidly receive & cushion the ball. “Hop/Stop” sets a cadence or rhythm to the motion.

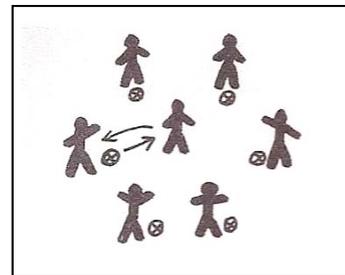
After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

Receiving Activities – 20 minutes

Man in the Middle (10 minutes)

Area: Random (10x20 yards)

Have the players form a circle around a player in the middle. The outside players each have a ball, and take turns passing it with the inside of the foot to the player in the middle. The player receives the ball with the inside of the foot with the first touch, and then passes it back to the server with the second touch.



Once they get all the way around the circle, the player in the middle changes with the next player on the outside. Repeat the activity until everyone has had a turn to receive in the middle.

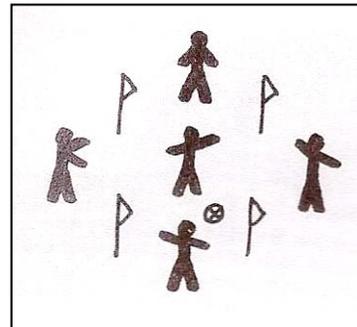
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Water Break

Collecting in a Circle (10 minutes)

Area: Random (10x20 yards)

Form a circle of players around either cones or flags to form two small goals. One player takes a position in the middle. The outside players each have a ball, and take turns passing it to the player in the middle. They can pass with the inside or the outside or the instep (laces) as they choose. The player in the middle scores a point each time he/she receives the ball cleanly, and passes it back through one of the small goals.



Allow 2 touches as in the previous activity. Once they get all the way around the circle, the player in the middle changes with the next player on the outside. Repeat the activity until everyone has had a turn to receive in the middle.

Play a second time. Instead of going around the circle in order, the player in the middle can randomly call each player to serve the ball. Once every player has served once, then a different player goes to the middle.

When the second round is finished, add the scores of each round for each player to see who scored the most.

If the first two rounds were easily accomplished with two touches - play two more rounds, but only allow one touch.

The Game – 20 minutes

Play two small-sided games - 5v5, 5v4, 4v4...whatever the numbers work out to be.

In the first game, in addition to scoring points by scoring goals, award an extra point every time they successfully receive a pass.

In the second game, play without any conditions.

“Dribble, Dribble, Dribble” while they are playing.

Praise any passes attempted or made.

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Week 11 – Passing: Combination Play (1)

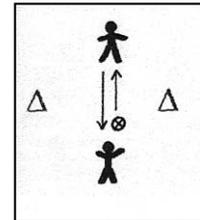
Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

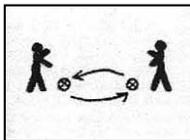
Teaching Activities – 10 minutes

The objective for this week's activities is to build on passing with the inside of the foot to develop the tactic of combination play (a series of passes made by two or more players in tandem with each other).

Have the players face one another about five yards apart. Ask the players to pass the ball back and forth between the cones.



First they must stop the ball before passing it, and then they must pass it back on their first touch. When the passing becomes too easy, either move the cones closer together, or ask the players to step back a few yards.



For the next activity, the two players are facing each other and they each have a ball. They simultaneously pass back and forth to one another. In the beginning they start in a stationary position and then they progress to a moving position. Ask them to pass the ball off to the side slightly so the balls don't collide. Remind them to try and get into a rhythm.

Passing Activities – 20 minutes

2 vs 2 (10 minutes)

Area: Random (10x20 yards)

Have the players get into groups of four with one ball.

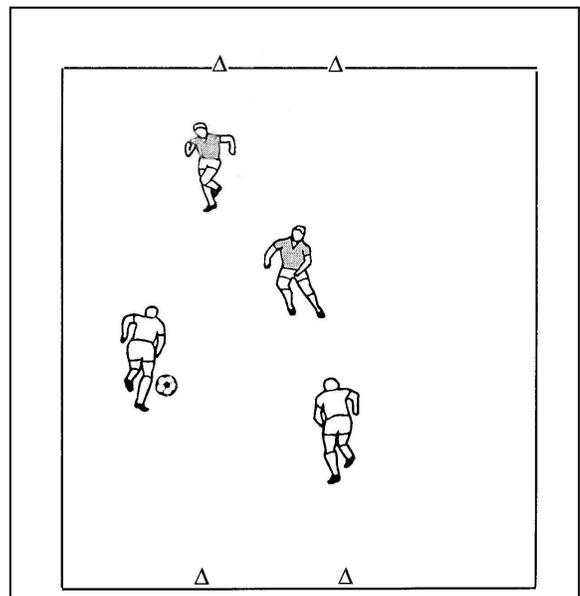
Play 2v2. On each change of possession (out of bounds or when a goal is scored), reverse the roles with 2v2 in favor of the other team.

Play for 5 minutes and get the score.

Then switch teams from different groups. The team with the pinnies can stay on their field and the others move to the next field over.

Play 2v2 for 5 minutes and get the score.

Have the teams keep track of their scores and add them up at the end of the activity.



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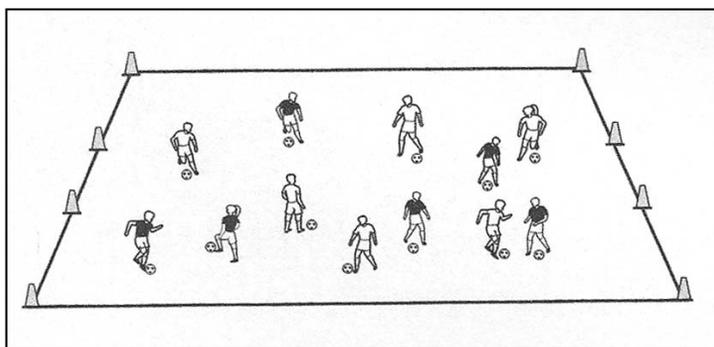
Emphasize quick transition from attack to defense and vice versa: the attacking player off the ball needs to get open quickly, so the player with the ball can release the first pass. Then, that player needs to be available quickly to get the next pass in the combination. Similarly, the players who are suddenly defenders need to react quickly. The player who lost the ball must immediately attempt to regain possession before a pass is made. The off-the-ball defender must mark the other attacker, and close the space between the attackers.

Water break

Scorefest (10 minutes)

Area: Random (20 x 30 yards)

This activity will encourage dribbling, passing in small spaces, shooting accurately and receiving in small spaces.



Split the players into teams of three to four players.

Put cones up to mark two goals up at each end of the field. There are no goalkeepers.

Each player starts with a ball on his or her side of the field. On your signal, players try and score as many goals as they can in one minute at the other end of the field.

Once the ball goes in the goal or out of bounds, it cannot be put back into play. A player who loses a ball may receive a pass from a teammate or try to win a ball from the other team. After one minute, count the number of goals and then reset the game for another round.

The Game – 20 minutes

Play two small-sided games - 5v5, 5v4, 4v4...whatever the numbers work out to be.

In the first game, award points by scoring goals, and award 3 points every time they successfully make 2 passes in succession.

In the second game, play without any conditions.

“Dribble, Dribble, Dribble” while they are playing.

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Week 12 – Passing: Combination Play (2)

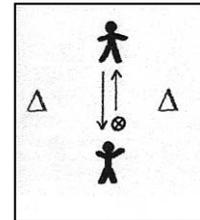
Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

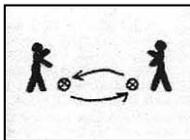
Teaching Activities – 10 minutes

The objective for this week's activities is to build on passing with the inside of the foot to develop the tactic of combination play (a series of passes made by two or more players in tandem with each other).

Have the players face one another about five yards apart. Ask the players to pass the ball back and forth between the cones.



First they must stop the ball before passing it, and then they must pass it back on their first touch. When the passing becomes too easy, either move the cones closer together, or ask the players to step back a few yards.



For the next activity, the two players are facing each other and they each have a ball. They simultaneously pass back and forth to one another. In the beginning they start in a stationary position and then they progress to a moving position. Ask them to pass the ball off to the side slightly so the balls don't collide. Remind them to try and get into a rhythm.

Passing Activities – 20 minutes

2 vs 2 (10 minutes)

Area: Random (10x20 yards)

Have the players get into groups of four with one ball.

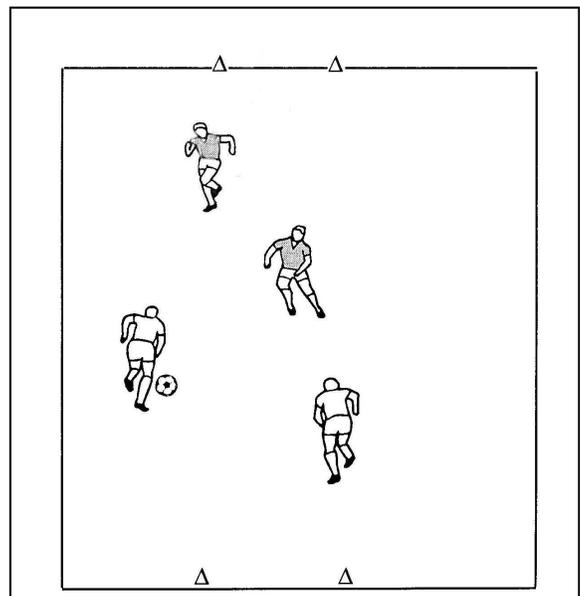
Play 2v2. On each change of possession (out of bounds or when a goal is scored), reverse the roles with 2v2 in favor of the other team.

Play for 5 minutes and get the score.

Then switch teams from different groups. The team with the pinnies can stay on their field and the others move to the next field over.

Play 2v2 for 5 minutes and get the score.

Have the teams keep track of their scores and add them up at the end of the activity.



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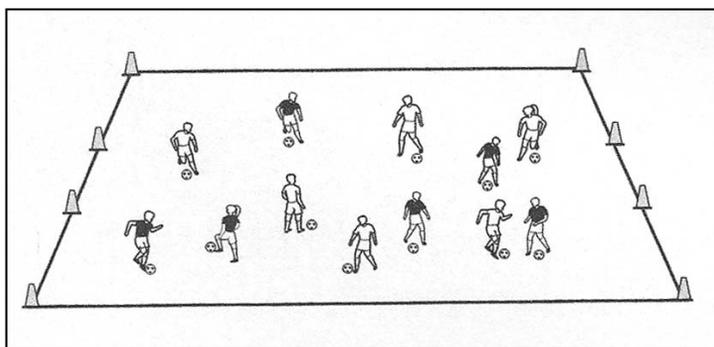
Emphasize quick transition from attack to defense and vice versa: the attacking player off the ball needs to get open quickly, so the player with the ball can release the first pass. Then, that player needs to be available quickly to get the next pass in the combination. Similarly, the players who are suddenly defenders need to react quickly. The player who lost the ball must immediately attempt to regain possession before a pass is made. The off-the-ball defender must mark the other attacker, and close the space between the attackers.

Water break

Scorefest (10 minutes)

Area: Random (20 x 30 yards)

This activity will encourage dribbling, passing in small spaces, shooting accurately and receiving in small spaces.



Split the players into teams of three to four players.

Put cones up to mark two goals up at each end of the field. There are no goalkeepers.

Each player starts with a ball on his or her side of the field. On your signal, players try and score as many goals as they can in one minute at the other end of the field.

Once the ball goes in the goal or out of bounds, it cannot be put back into play. A player who loses a ball may receive a pass from a teammate or try to win a ball from the other team. After one minute, count the number of goals and then reset the game for another round.

The Game – 20 minutes

Play two small-sided games - 5v5, 5v4, 4v4...whatever the numbers work out to be.

In the first game, award points by scoring goals, and award 3 points every time they successfully make 2 passes in succession.

In the second game, play without any conditions.

“Dribble, Dribble, Dribble” while they are playing.

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Week 13 – Receiving Balls in Flight

Warm-up Activities– 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 15 minutes

The objective for this week's activities is receiving balls in flight.

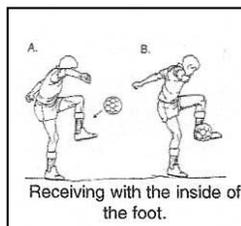
Demonstrate each way to receive the ball to your players.

Make two technical points with your players.

1. Receive the ball with the widest/largest part of the body part they are using; e.g., the middle of the thigh rather than their knee or their laces rather than their toe.
2. Cushion the ball as they receive it (pull the body part back slightly on contact) as if it was an egg, and they don't want to break it on impact.

Have each player with a ball. Have the players try each of these techniques several times before moving to the next technique.

Thigh: The player will toss the ball up and just before “impact” raise the leg up and “catch” the ball on the center of the thigh. Make contact with the center of the ball. Slightly swing back the leg on impact to cushion the ball. Settle the ball on the ground.

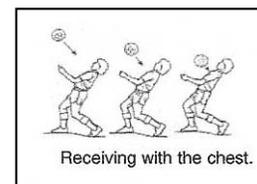


Instep: The player will toss the ball up and just before “impact” raise the foot up and “catch” the ball with the broad part of the foot near the ankle. Make contact with the center of the ball.

Relax the foot and ankle and swing the receiving leg back on impact to cushion the ball. Settle the ball on the ground.

Instruct the players not to “strike” the ball or kick at it.

Chest: The player will toss the ball up and just before “impact” raise the leg up and “catch” the ball on the center of the chest. Make contact with the center of the ball. The player should arch their back/trunk with the hips forward and the arms up to each side for balance. The feet are straddled. As the ball hits the center of the chest, player



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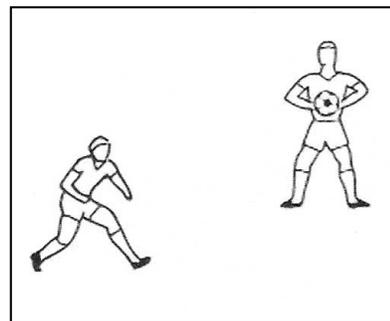
relaxes and the ball will fall forward to the ground. If the player contacts it too low or leans forward with the trunk, the ball will bounce away.

Receiving Activities – 5 minutes

Partner Receiving (Play for 5 minutes)

Area: Random (5x10 yards)

Split the players into 2 groups. Each group forms a circle around a coach who has a few balls. The coach will toss the ball to a player who will attempt to receive the ball with either the thigh, foot or chest - depending on the flight of the ball - and control it to the ground. *(Do not dictate which surface to use; the player needs to make that decision.)*



Once the player controls the ball, pass it back on the ground to the coach who repeats the activity to the next player.

The player receives a point each time they control the ball successfully.

Play for two minutes, so each player accumulates a score. Then, play again for two minutes, and challenge each player to beat their own score.

Water Break

The Game – 30 minutes

Play two small-sided games - 5v5, 5v4, 4v4...whatever the numbers work out to be.

In the first game, in addition to scoring points by scoring goals, award an extra point every time they successfully receive a pass on the ground. Award an 3 points every time they successfully receive a pass in flight.

In the second game, play without any conditions.

“Dribble, Dribble, Dribble” while they are playing.

Praise any passes attempted or made.

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Week 14 – Coaches Choice

Warm-up Activities (10 minutes)

Begin with juggling and a scrimmage while all of the players arrive.

Trainers' Choice Activities (15 minutes)

Trainers' should pick two or three of the players' favorite activities or games, and play each one several times. Here's a list of the activities played each week:

1. Red Light, Green Light (Dribble: Insteps)
1. Soccer Maze (Dribble: Insteps)
2. Sharks & Minnows (Dribble: Insides)
2. Knockout (Dribble: Insides)
3. My Ball (Dribble: Bottoms)
3. Dribble Up the Mountain (Dribble: Bottoms)
4. Follow the Leader (Dribble: Outsides)
4. Knockout (Dribble: Outsides)
5. Follow the Leader (Dribble with Body Fakes)
5. Everybody's It (Dribble with Body Fakes)
6. Follow the Leader (Dribble with Ball Fakes)
6. Everybody's It (Dribble with Ball Fakes)
7. 1 v 1 to Goal (Shooting with inside)
7. World Cup (Shooting with inside)
8. 1 v 1 to Goal (Shooting with instep)
8. Goal on the Move (Shooting with instep)
9. Ball Retrieval (Passing with side of foot)
9. Pong (Passing with side of foot)
9. Gates Passing (Passing with side of foot)
9. Gates Game (Passing with side of foot)
10. Man in the Middle (Receiving Passes)
10. Collecting in a Circle (Passing with side of foot)
11. 2 v 2 (Combination Play)
11. Scorefest (Combination Play)

Water break

The Game (30 minutes: 2 periods @ 15 minutes with a water break)

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.