

5/5/07 PRACTICE

U7

I. WARM UP / BALL FAMILIARITY

HEADS UP, LOOKING FOR SPACE
AVOID COLLISIONS, BABY STEPS, CLOSE CONTROL

A. LARGE GRID - DRIBBLING

1. GRID GAMES: 1st TO STOP, MOST SPACE...

2. DRAG BACKS / HOOK - RECAP

B. 2 GRIDS → "TURN" = DIRECTION, "CHANGE" = SQUARE, "SWITCH" = BALL

C. SOCCER FREEZE TAG

II INTRODUCE PROPER PASSING TECHNIQUE

A. COACHING POINTS

1. STANDING FOOT CLOSE TO BALL

2. LOOK AT BALL WHILE KICKING

3. LOCKED ANKLE & KNEE

4. KICKING FOOT = TOES TO OUTSIDE (EXPLAIN KICKING SURFACE)

5. MOVEMENT FROM HIP ONLY - NO 'FLICKING' AT BALL

B. PASSING IN PAIRS

1. TO PARTNER THROUGH "GATE" - CONES

a. ONCE KIDS "GET IT", GOOD PASS = 1 STEP BACKWARD

2. TUNNEL PASSING GAME

III SMALL SIDED GAME

- POSSIBLY W/ THROW-INS

- SMALL GOALS

- MODIFY SCORING - DRAG BACKS, GOOD PASSES, ETC.