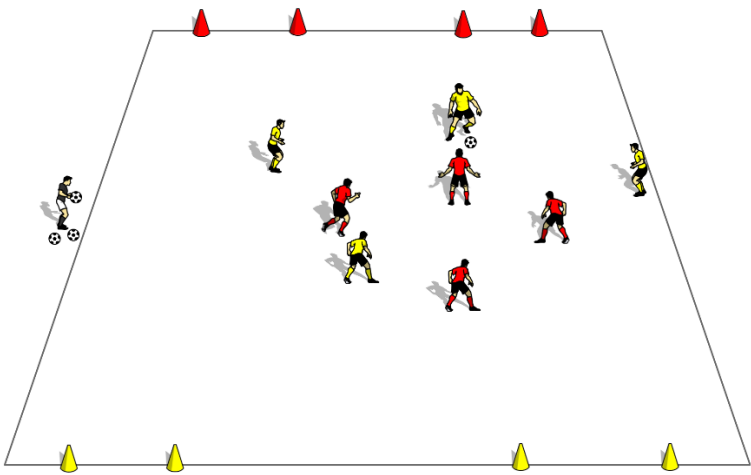
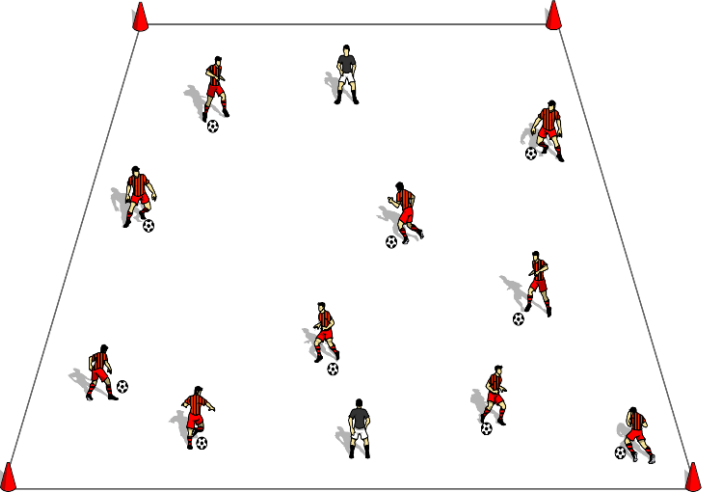




U7 Academy Session 2

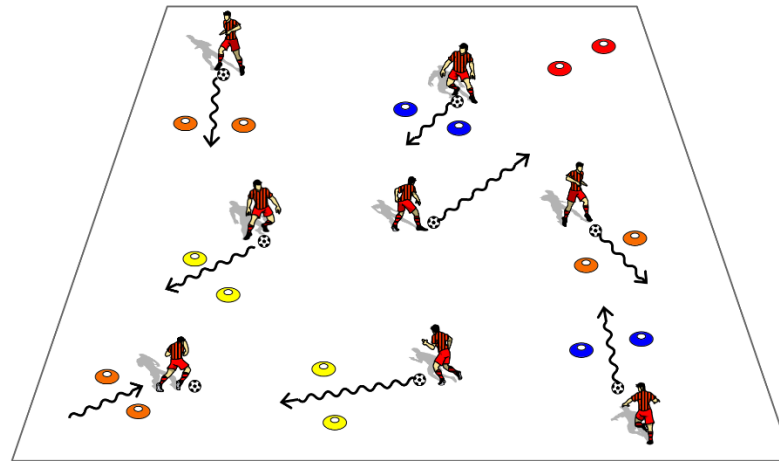
Main Topic: Step-Over Move: The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.

Activity Name/Description	Diagram	Instruction/Coaching Points
<p style="text-align: center;">Warmup Activities</p> <p>Warm Up Game</p> <ul style="list-style-type: none"> - As players arrive, assign them to a team to start playing 1v1 and adding players as more arrive. - The coaches should have a couple of soccer balls in their hand so if a ball goes outside the area they can immediately call "new ball" and provide one to a player. Identify the players who are not getting the ball and try to provide them the "new ball." 		
	 <p>The diagram shows a rectangular area representing a soccer field. Four red cones are placed along the top edge, and four yellow cones are placed along the bottom edge. Inside the field, there are several player icons in red and yellow jerseys. A soccer ball is shown near the left side of the field. The setup is designed for a 1v1 game with the goal of dribbling through the 'gates' (the two yellow cones at the bottom).</p>	<ul style="list-style-type: none"> - This should be a game without much coaching to get the players warmed up, expend some pent up energy from being in school, and focused on soccer. - Goals are scored by dribbling through one of the two "gates." This will encourage dribbling to beat the defenders.

<p>1st Activity – Body Awareness</p> <ul style="list-style-type: none"> - Purpose is to give them activities to improve their balance, coordination and agility. - Start out with simple movements such as standing on one leg with the other leg stuck out: in front, behind, to the side, and across the body. Have them use their arms for balance. - Move to more advanced coordination moves. 	<p>WITHOUT A BALL.</p>	<ul style="list-style-type: none"> - Start out with simple movements. If they do okay with them, move on to more complex movements such as jumping jacks and skipping. - Do the complex moves slowly so they can catch on and be successful doing them correctly. We want them to be able to do the moves correctly, not do them fast but incorrectly.
<p>Individual and small group activities</p>		
<p>2nd Activity – Dribbling with the 6 parts of the foot</p> <ul style="list-style-type: none"> - For this activity we want the players to move around experimenting with each part of the foot they can dribble with. - The 6 parts of the foot that can be used to dribble a soccer ball are the Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces). - Incorporate the pullback and the lean and push by having the players execute either whenever the coach directs it. 		<ul style="list-style-type: none"> - Have the players try using each part of their foot. They may not know their left foot from right so have them make two touches with one foot and then two touches with the other. - Verify they are using the part of the foot that was directed and give them a high five if they are. - For those that aren't, show them the part of the foot they are supposed to be using and then give them a high five when they use it correctly.

3rd Activity – Gate Escape

- The purpose of this activity is to introduce the players to dribbling under pressure, change of direction, and moving to a target.
- Two cones are placed approximately 2 ft apart as gates all over the playing area (try to have as many gates as you have players).
- Players dribble through one gate and then proceed to dribble through another gate.
- Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.

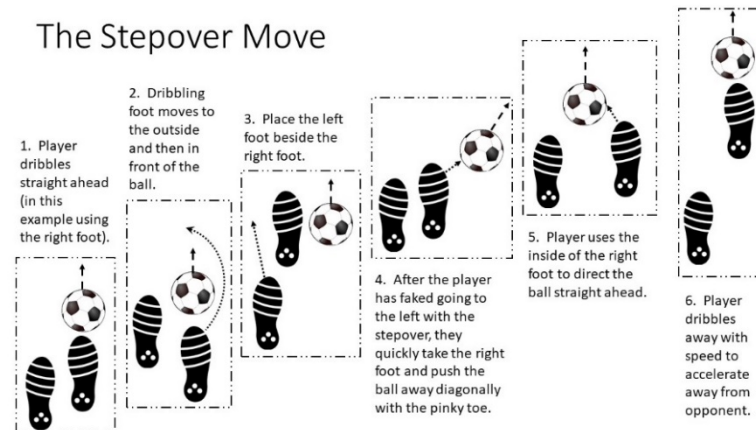


- After doing the activity a couple of times without any pressure so the players understand the activity, add some defenders.
- Coaches/parents are trying to steal the ball. The players can escape by dribbling their ball through one of the gates.
- Once the player dribbles through the gate, the coach/parent must go try to find another ball to steal.
- Try to see how many gates we can dribble through without losing our ball.
- Incorporate the **pullback** by having the players execute one whenever they reach a gate instead of just dribbling through it.

4th Activity - Step Over Move

- Approach the ball as if you are going to pass or strike it with the inside of the foot.
- Step in front of the ball instead so your foot lands on the other side of it.
- Place the opposite foot along the step over foot.
- Push the ball in the opposite direction with the outside of the step over foot (pinky toe).
- Accelerate past your opponent.

The Stepover Move



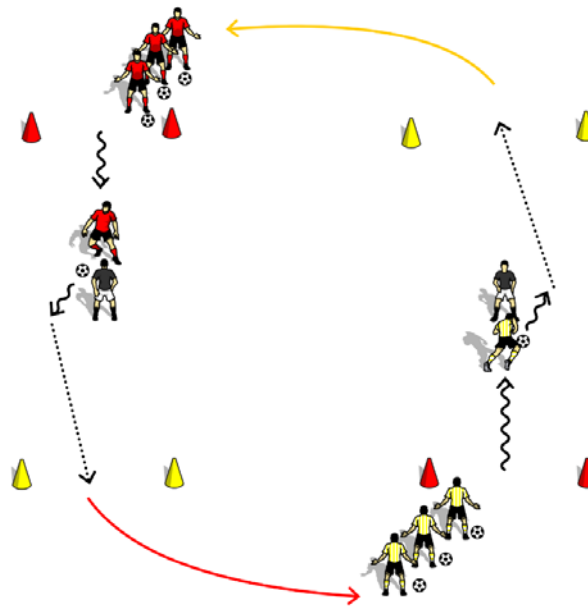
- Introduce the step over by breaking it up into the individual steps.
- We will introduce the step over move with the players performing it over a cone.
- Next we will have them perform the step over with a stationary ball.
- Once they become proficient we will have them dribble and perform the stepover.

5th Activity – Make your move

- The purpose of this drill is to start building player's confidence to beat a defender using a move.
- Player will dribble out to practice a move to get by a static coach or cone.

Moves to perform

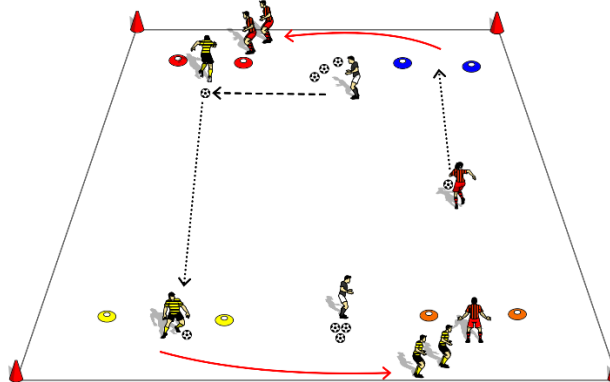
- Lean and Push
- Stepover
- Once a player uses their move to get past the opponent, we want them to dribble with speed to the end gate.



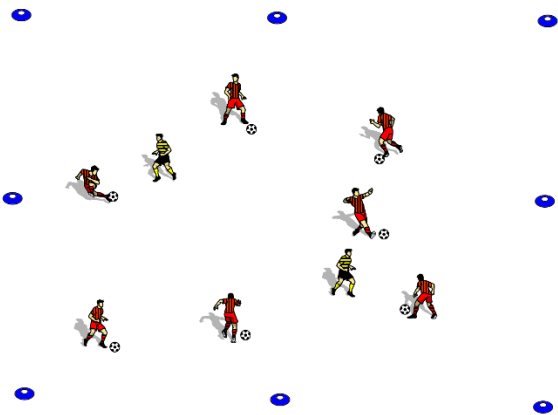
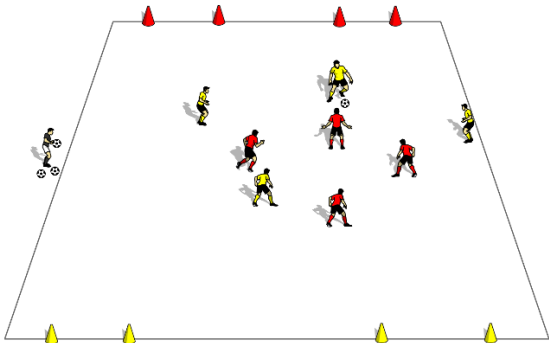
- To start, the player will dribble out slowly towards the defending target.
- If it is a coach, have the coach stand with one foot forward of the other. We want the player to attack the forward foot.
- Once they are the correct distance from the defending target, the player executes the move.
- After they have gotten comfortable performing the move, we want them to start working on selling the move by faking the defender with a fake pass, using a shoulder dip, or with their eyes.

6th Activity – Across and Go

- For the next variation we will work with the players to receive the ball across their body.
- Coaches will roll a ball in front of the player who will then make their first touch with the inside of their outside foot.
- For this activity we want them to make a big first touch using the inside of their foot.



- It is important for players to allow the ball to cross their body to make a first touch with the inside of their outside foot.
- To start we will roll the ball from the left side and the players will make their first touch with the inside of their right foot. Be sure to switch directions so they must use the inside of their left foot.

Final Game		
Bandit <ul style="list-style-type: none"> - All but 2 players dribble their ball. - The 2 without soccer balls are bandits. - When the coach say, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball. - Once they steal a soccer ball, they try to keep it and are no longer a bandit. 		<ul style="list-style-type: none"> - If a player loses their soccer ball, they become the bandit and attempt to steal any soccer ball (it doesn’t have to be their soccer ball). - If a soccer ball is kicked out of the grid, it cannot be brought back in. - At the end of each round, each player with a ball wins.
Final Game <ul style="list-style-type: none"> - The purpose of this activity is to start to introduce the players to playing a game. - A 4v4 with goals scored when a player dribbles through the cone goal. - This provides appropriate targets to attack and numerous 1v1 opportunities. 		<ul style="list-style-type: none"> - Set up two cone goals at each end of the grid. - Players score only by dribbling through one of the cone goals. - This will encourage dribbling. - Additionally, having two goals at each end will encourage players not to just stand in front of a goal.
Cool Down		
Ball Catch <ul style="list-style-type: none"> - The purpose of this activity is to help develop Hand-Eye Coordination. - Players gently toss the ball and catch it. - For those that are able, have them drop the ball and bounce it off their thigh straight up and catch it. 		<ul style="list-style-type: none"> - Be careful that they are tossing it too high and not able to catch it. - For those that get the hang of it, have them alternate off of the thigh and then catch it. - We want each player to challenge themselves to the current limits of their ability.