



U7 Academy Session 6

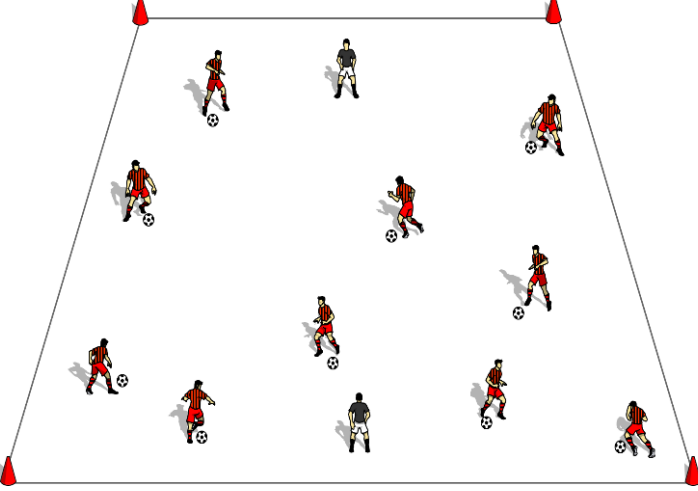
Main Topic: Passing 2V1

In this session, we will work start working to have two players work together to beat a defender. To do this we will introduce having the supporting player (player without the ball) move into a position where they can receive a pass from the player with the ball.

Review

- Lean and push: Player makes a fake step "lean" opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.
- Scissors: Player fakes with the outside of the foot and then take the ball away in the opposite direction with the outside of the other foot.
- Step over: Player fakes 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
Warmup Activities		
Warm Up Game <ul style="list-style-type: none"> - Coach should have a soccer ball in their hand so if a ball goes outside the area they can immediately call "new ball" and provide one to a player. - BE SURE TO MAKE THE GATE GOALS WIDE SO THE PLAYERS HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM 		<ul style="list-style-type: none"> - To encourage the players to spread out we will now require that once a team has won the ball they must pass it to the coach before scoring. - Coach cannot be defended. - When the coach receives a pass from a player he will look to find an open player to pass the ball to.
1st Activity – Body Awareness <ul style="list-style-type: none"> - Start out with the stationary and dynamic balance and agility exercise from previous weeks. 	WITHOUT AND WITH A BALL.	<ul style="list-style-type: none"> - Continue to make the movements more difficult and challenging.

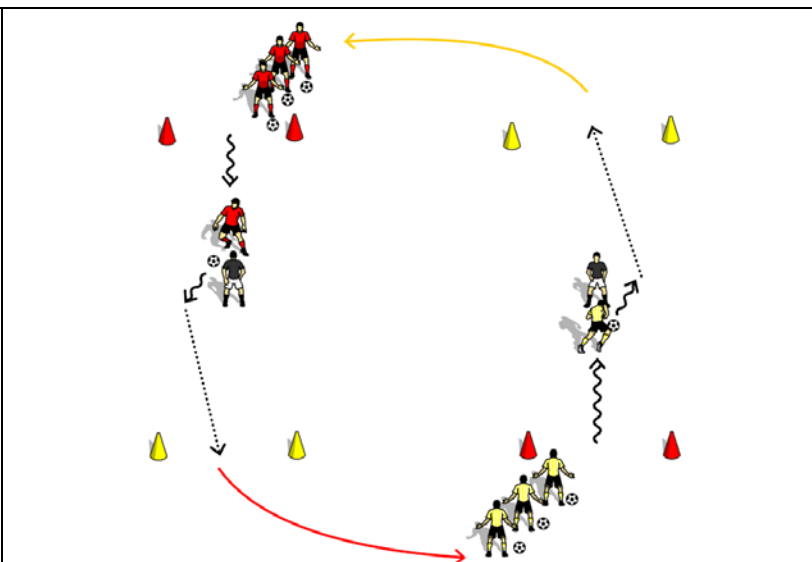
<p>Now add a ball</p> <ul style="list-style-type: none"> - Start with what was done in the previous session and have them use the sole of each foot to move the ball back and forth and side to side. 	<ul style="list-style-type: none"> - See if they can stand on one foot and move the ball around them using the other foot making a circle around them with the ball. Switch feet. - Next have the player push the ball forward with their laces and then catch it with the sole of the foot. Do each foot. - Finally, have them push the ball forward with the laces of one foot at catch with the sole of the other foot. 	<ul style="list-style-type: none"> - Start by demonstrating the movements and then asking the players to show you movements they can do. - Take it slow at first showing them the proper way to do the exercise and speed up slowly once they understand.
<p align="center">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, lean and push, step over and scissors by having the players execute 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 – 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

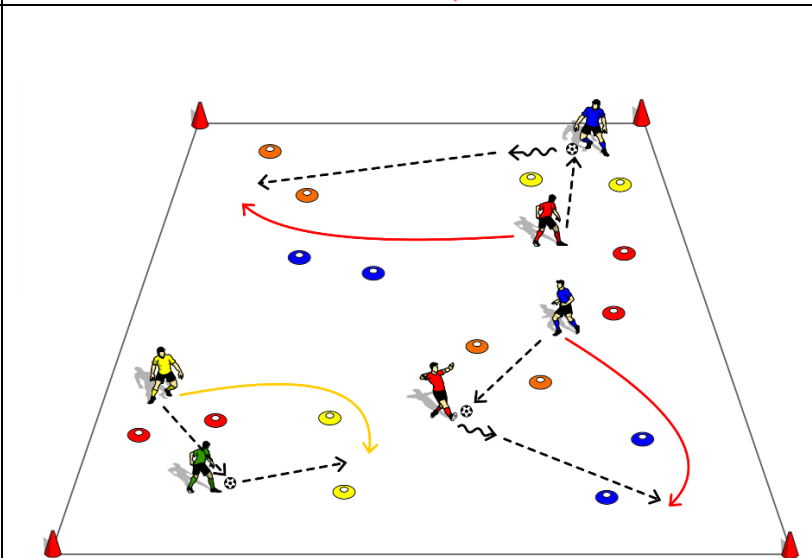
- Lean and Push
- Step Over
- Scissors
- Once a player uses their move to get past the opponent, we want them to dribble with speed to the end gate.



- 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.
- The coach should be a passive defender only. We want the players to have success making the move.

4th Activity – Gate Escape Passing

- In this activity we will introduce the player working together to pass the ball through gates (passing lanes) around the training area.
- Using the same gates as the previous activity, the pairs will work their way around passing the ball through each gate.
- After they have gotten use to the activity, see how many gates the players can pass through within a specific time.
- They cannot pass through the same gate twice in a row but can come back to a gate they have already passed through.

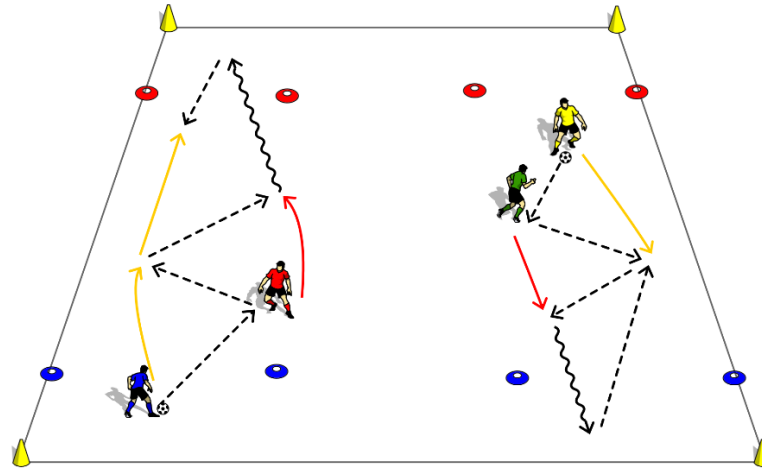


Coaching Points:

- How can I make it easier for my partner to receive the ball or not have to chase after it?
- Can I dribble to get to a better position to pass through the gate?
- As soon as I pass the ball, can I start moving to get in position for the next gate quickly?
- Can I pass the ball a little before my partner gets to the gate so the ball arrives at the same time?
- Can I make a longer pass through a gate instead of dribbling up close to it?

5th Activity – End Zone Game

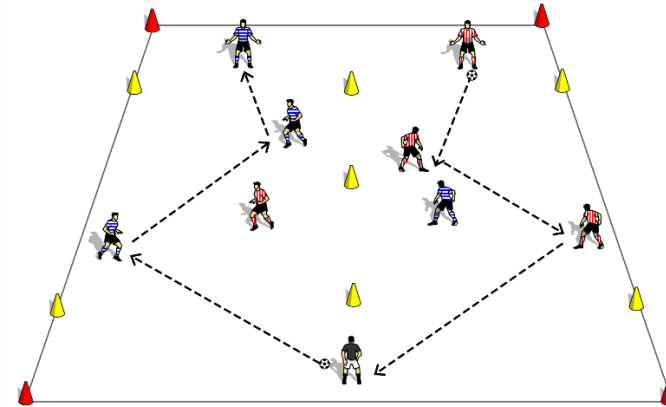
- In this activity, the partners will have to pass the ball in the center area a specific number of times (odd number of passes).
- After completing the number of passes, the partner that receives the ball will dribble as quickly as they can to an end zone area.
- That player will pass the ball back to their teammate and then join them in the center area to complete the number of passes before dribbling to the opposite end zone.



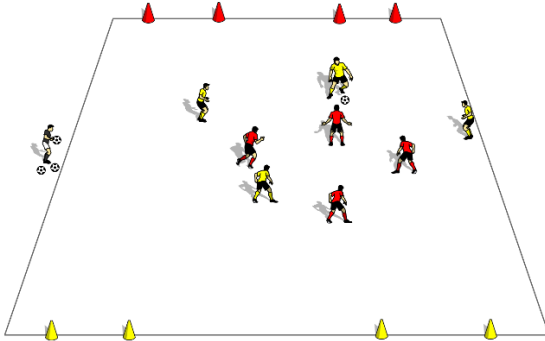
- Players must work with their partner to get the ball to the end zone and then pass it back to the other end zone.
- See how many times they can get to an end zone within a specified time.
- Next variation, they must now pass it to their partner who is making a run to the end zone.
- Finally, they must pass the ball into the end zone before their partner enters it.

6th Activity – End Zone with Defenders

- In this activity, two pairs will work together in the inner area to move the ball from one end zone to the other. They get a point each time they cross the ball from one end zone to the other.
- Each player must touch the ball one time before the ball can be passed to the next end zone.
- There will be a target player in each end zone to receive and serve the ball into the inner zone.
- One defender will be in the inner zone to try to win the ball. They get a point each time they win the ball and get it to an end zone player.



- There is no defending in the end zones.
- While preferable to have players in each end zone, depending on the # of players, a coach can be an end zone player.
- If the players are struggling with this activity, the coach can be one of the inner zone players to help move the game along until they get more comfortable playing it.
- The ball does not have to go directly to an end zone. It can be played back to the previous end zone (no point awarded) but it could be played 2nd inner zone player. Since both inner zone players have touched the ball, it could then be played to the other end zone for a point.

Final Game		
Final Game <ul style="list-style-type: none"> - 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. - Additionally, having two goals at each end will encourage players not to just stand in front of a goal.
Cool Down		
Ball Toss with Partner <ul style="list-style-type: none"> - Players partner up with one ball per pair. - Players stand a few feet apart and start gently tossing the ball back and forth in the air and catching it. - We want the players to be successful and not drop the ball so they should be close enough to catch it but far enough to be challenging. 		<ul style="list-style-type: none"> - Start out with the partners being closer but expand out once they get the hang of it. - For those pairs that are able to catch every ball, have them challenge themselves by standing on one leg while they toss the ball back and forth. - After a few tosses back and forth, have them stand on the other leg.