

Week 3 Instructions (U7-U8)



PREPARATION

10 x 10 area

PLAYERS

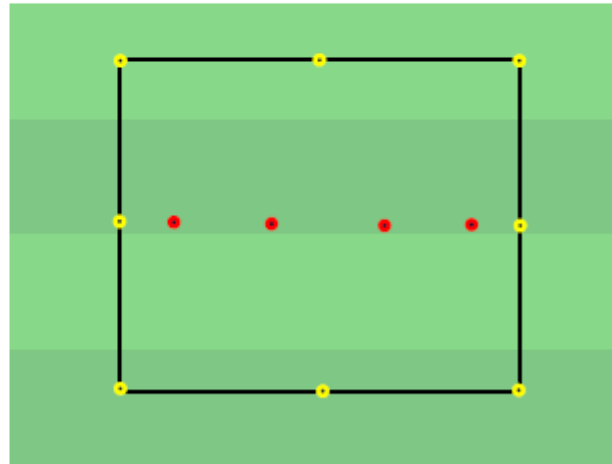
1 players

INSTRUCTIONS

Setup: Use 8 cones to create a 10yd x 10yd box as shown in the attached images (yellow cones).

For the "Partner Passing" drill, you may choose to add a gate for the partners to pass the ball through (red cones). This is not required, but does give them more of a focus/target to aim for when making their pass. If too difficult for your group, go without the gates.

If used, remove the gates before proceeding to the second drill, but leave the perimeter of the box.



Toe Taps (Rec League)



PREPARATION

Ball

PLAYERS

1 players

INSTRUCTIONS

Have the player use the sole of their feet to tap the top of the soccer ball then quickly switch feet so the opposite foot touches the top of the soccer ball.

COACHING POINTS

- Maintain good balance to be able to switch feet faster
- Speed up your feet to be able to tap the top of the ball as much as possible



Tick Tocks (Rec League)



PREPARATION

Ball

PLAYERS

1 players
(1 ball per player)

INSTRUCTIONS

Each player should have a ball. Player should tap the ball back-and-forth between their feet. Use the inside of both feet to contact the ball. Ball should move side-to-side. Player should remain stationary.

COACHING POINTS

- Control the speed of the ball from one foot to the other
- Make the ball move a big distance
- Rock from one standing foot to the other



Partner Passing



PREPARATION

Balls, Cones
1 x 10 area

PLAYERS

2 players

INSTRUCTIONS

Simple passing drill between partners (cones not required, but can be used to create gates to pass the ball through to improve accuracy). Partners will pass the ball back-and-forth at a distance of 5-10 yards. When receiving, the player should have a soft touch to keep the ball close and under their control. Players can use the inside of their foot or laces to perform the pass, not the tip of their toe. Ball should be received with the inside or bottom of the foot.

COACHING POINTS

- Eyes up to find your partner
- Use a firm kick to pass to your partner
- Be on your toes before receiving
- Soft touch when receiving to keep the ball under control
- Pull the foot back at the point of contact when receiving hard passes from a teammate

Step 1



Box Dribbling & Combinations



PREPARATION

Balls, Cones

PLAYERS

1 players
(Twice as many
players on the outside
of the box than inside
the box.)

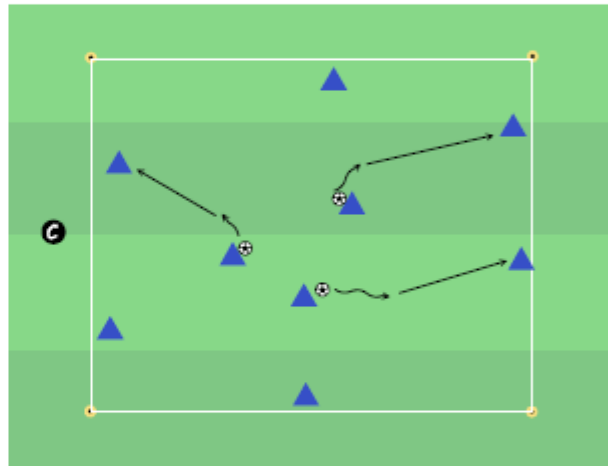
 **4** min

4 reps
1 min +

INSTRUCTIONS

Players on the outside of the box should be spread out around the box. Players on the inside of the box should dribble the ball and find an outside player to pass to. Outside player should receive the pass and immediately return the pass back to the inside player who had kicked the ball to them. Inside player should then dribble to find another passing lane to a different outside player.

Four reps of 90 seconds each with a 20 second rest to allow for players to switch positions (inside players move to outside, outside players move to inside).



COACHING POINTS

- What are you doing with your eyes while dribbling?
- What part of the foot are you using while dribbling at speed?
- What part of the foot are you using to pass the ball?
- Can you perform the drill using only your right foot? Your left foot?