

Week 6 Instructions (U7-U8)



PREPARATION

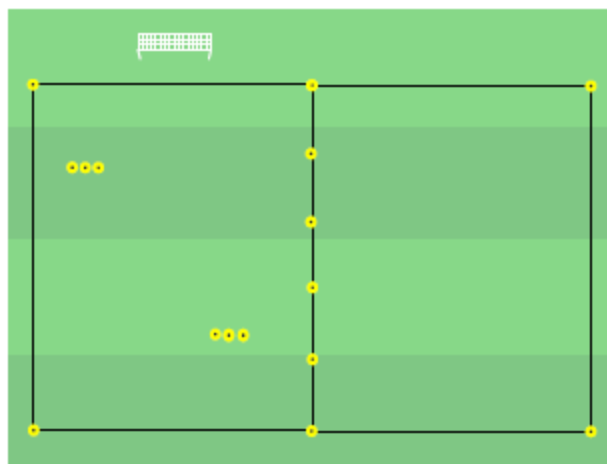
20 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 10 cones to create a 20yd x 10yd box as shown in the attached image (use six cones down the middle to divide the rectangle in half). Set up two "defenders" using three cones as shown for the first drill. For "Clean Your Room," remove the cones used to create two defenders but leave the rest of the grid.



Dummy Step (Body Feint)



PREPARATION

Ball

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

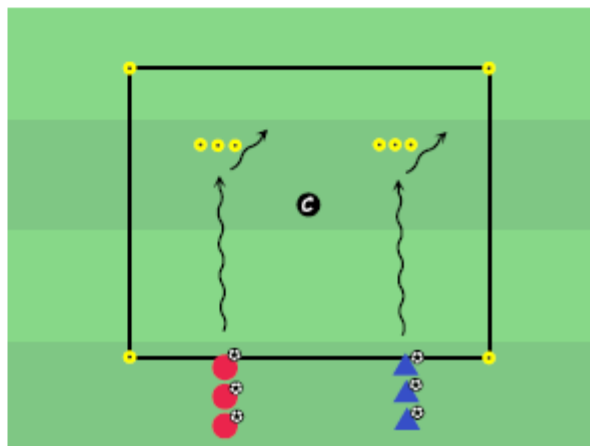
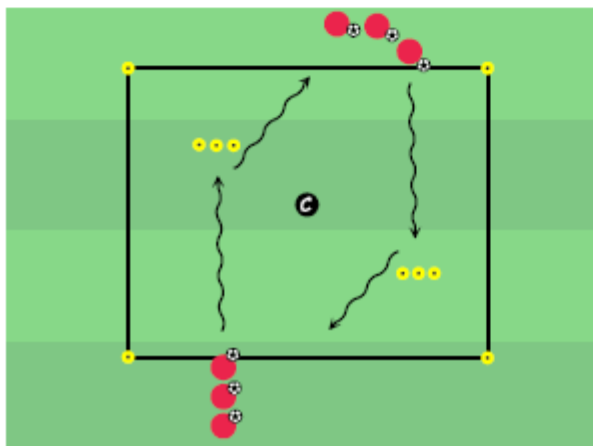
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of the box. The next player in line should wait for the player in front of them to perform the dummy step before taking their turn. (Image 1)

An alternate setup is simply having the players all line up on the same side of the box, one or two lines depending on the number of players available. After performing the dummy step, the player should dribble to the back of the line they came from.

Players should dribble toward the defender (cones) and then, before reaching the defender, perform a step to their right or left without the ball to pretend to be running in that direction. Then, lunge back the opposite direction using the outside of their opposite foot to kick the ball forward in the direction that are actually running. See attached video for an example.

COACHING POINTS

- Fake by dropping shoulder and knee when pacing plant foot
- Use the outside of the opposite foot to push the ball forward after performing the move
- Accelerate out as soon as your foot hits the ground



Clean Your Room



PREPARATION

Cones
20 x 10 area

PLAYERS

2 players

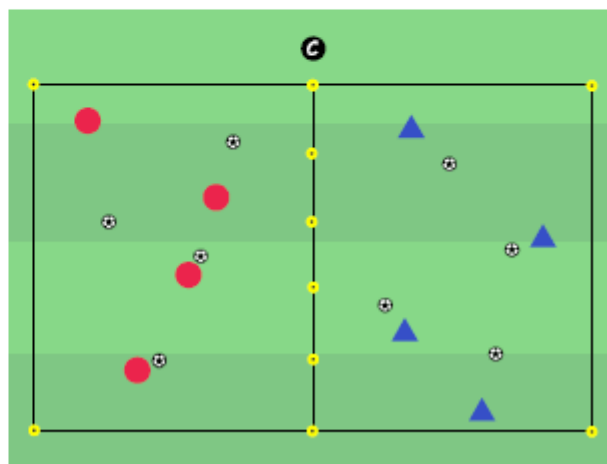
 **4** min

4 reps
1 min +

INSTRUCTIONS

Divide the players into two teams with each team in their own half of the grid. Start with one ball per player, and at the coach's direction, players should begin trying to kick their ball into the opposing team's half of the grid. Encourage players to kick the ball into space and not directly at their opponent as this will make it more difficult for their opponent to return fire.

At the conclusion of each rep, the team with the fewest balls in their half of the grid wins. Restart with each player in possession of one ball.



Obstacle Course



PREPARATION

10 x 10 area

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

Setup: Use 14 cones to create a box as shown in the attached image (one side uses six cones). Players will start in the corner near the goal and dribble through the cones. After completing the cone dribble, they will perform a turn back toward the goal, pass the ball to their coach, and then start running toward the goal. The coach will pass the ball back to the player (try to put the ball in front of them) who shall receive the pass, gain control of the ball, and then take a shot on goal.

Players can retrieve their ball from the goal (or missed shot) and return to the back of the line.

