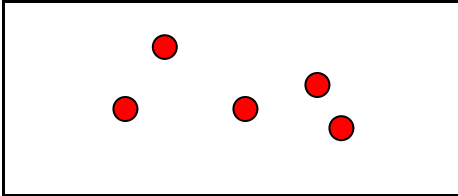
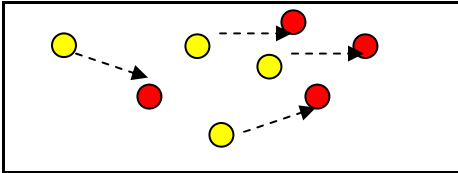
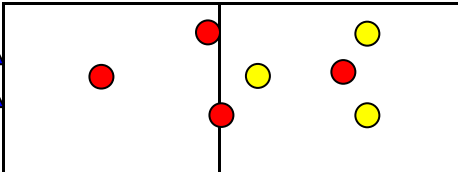




STMA U7/U8 PRACTICE PLANNER

TOPIC - Dribbling/Turning

<p style="text-align: center;"><u>Technical Warm-up</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Players dribble around an area (20x30) and listen for the coach's commands.</p> <ul style="list-style-type: none"> ● Go/freeze ● Different speeds (cheetah, turtle, etc...) ● Toe-taps (climb a tree house) ● Tick tacks (cross a bridge) ● Switch (players swap balls) 	<p style="text-align: center;"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> ● Use a theme (soccer island) to keep kids interested ● Keep the ball close to the players feet ● Use different surface areas of the foot
<p style="text-align: center;"><u>Fun Game</u></p> 	<p><u>Soccer tag</u></p> <p>Each player has a partner and they give themselves a number 1 or 2. Number 1 have 3 seconds to get away before 2 comes chasing after them. They both have a ball. Once 2 have tagged 1, the roles reverse. Most tags are declared the winner. Switch partners.</p>	<ul style="list-style-type: none"> ● Head up ● Use both feet ● Turn away from pressure and explode away ● Quality execution of the turn
<p style="text-align: center;"><u>3v3/4v4 Small Sided Game</u></p> 	<ul style="list-style-type: none"> ● No goalkeepers ● Kick-ins ● 3v3 = play in a triangle ● 4v4 = play in a diamond ● No scores kept 	<ul style="list-style-type: none"> ● Encourage the players to dribble the soccer ball when they have time and space ● When in trouble, encourage the player to turn away from pressure with the ball