

Williamson County Soccer Association
U7/U8 Session

Boxes (15x10 yards)

- Players each with a ball dribble inside boxes (4-6 per box)
- Encourage to not move in circles or lines
- Incorporate the six surfaces of the feet (inside, outside, sole, heel, toe, laces)
- Dictate the players use their strong foot, then their weak foot
- Introduce turns
 - Pullback
 - Outside chop
 - Inside chop
 - Cruyff



Competition – 5 Points

- Each player starts with 5 points
- They can earn a point for every turn on a line that they accomplish
- They lose a point for each time the ball touches another player, the player loses control, goes out of bounds, or if a player walks (can also add cones throughout grid and players have to avoid cones as well)
- How many points does each player have after 20 seconds?

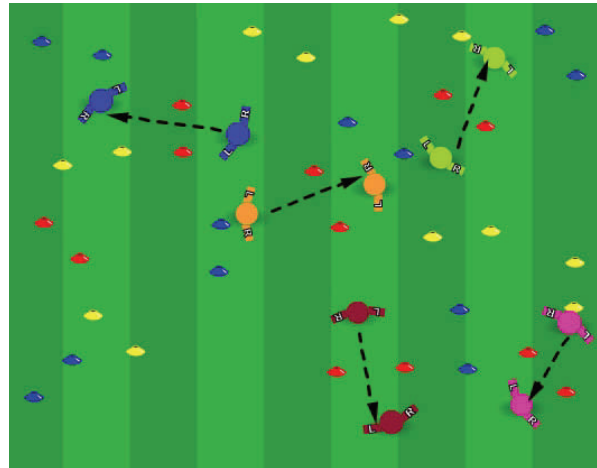
Minefield

- Add many cones throughout box
- Players split into 2 teams
- One team is responsible for turning all cones over while dribbling ball
- The other team is responsible for putting the cones right-side up while dribbling
- Which team wins after 30 seconds



Gates

- Scatter pairs of cones in an area (the pairs should be about 1-2 yards apart)
 - Use different color pairs if possible
 - Players in partners (or in 3s if they are older) pass ball through gate to partner than move to a new gate
 - Time the pairs for 30 seconds and repeat (see if they can beat their own record of gates passed through)
 - Require pairs to play through at least 3 other gates before returning to original gate
 - If gates are colored, designate a color that each group can go through
 - If gates are colored, give each group a color combination that they must follow (red, yellow, blue)
- The important thing about the gates is getting the players to communicate and think ahead. If they already know which gate they will attack next, they will be able to get through it sooner. Players without the ball need to move immediately to dictate which gate to go through next.
- Pass AND Move!

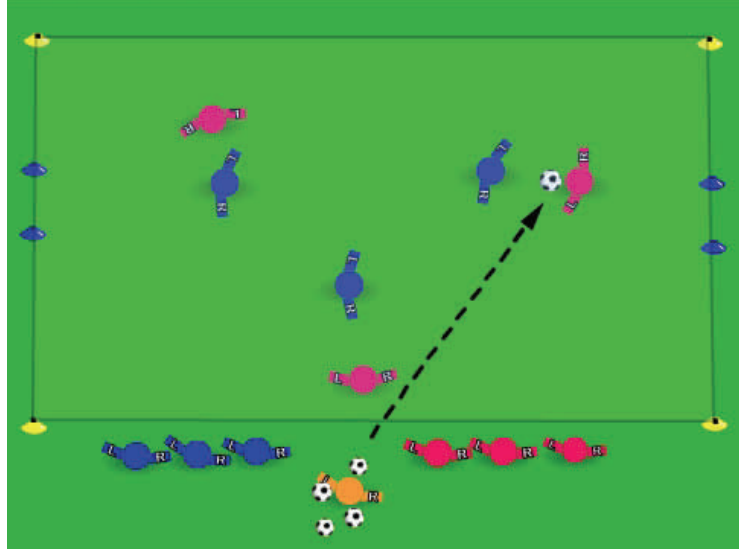


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Win the Ball (30x40 yards)

Play to coach

- Players are separated into two teams
- Each team lines up on the sideline with the coach and balls between them
- A coach plays a ball into the grid and calls out a number (1-4). The corresponding number of players from each team enter the field and try to get the ball back to the coach (ie if the coach calls out 3, the first 3 players in line from both teams enter the field and play 3v3 until one team can play the coach).
- If the ball goes out of bounds or is played to the coach, all players return to the back of the line for their team and the coach calls out another number



Play to goals

- The same setup and rules as above with the exception of the teams are no longer looking to play the coach but now are looking to score on the goal on the opposite side of their team
- Goals count only if they are scored knee height or below

FOCUS ON GROUPS OF 2-3

Transition Scrimmage (30x40 yards)

- Play 3v3 or 4v4 on the field
 - The remaining players wait behind their goal
 - If a ball goes out of bounds or a team scores the players on the field leave and the next 3v3 or 4v4 units come on
 - Each team should have a ball ready as the team who is in possession will enter the field with the ball
- i.e. If the red team kicks the ball out of bounds, both teams leave the field and the next 3(or 4) reds enter the field with the ball while the next 3 (or 4) blues enter the field without a ball. The coach will probably need to help the players by letting them know which team should start with the ball.

