Activity Title: U7 Day1

Activity Name: Grid 1 Simple touches with direction

Activity Setup: Players will spread out with a ball at the feet all facing the direction of the coach

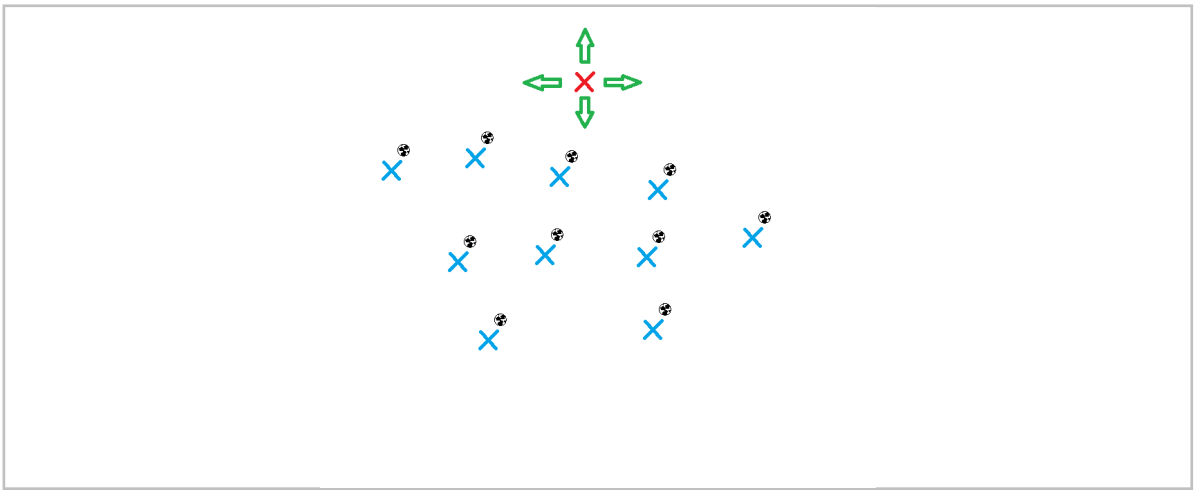
Activity Description: Coach will point a finger left right back or forward. Players face coach. Players will make small touches in the direction pointed using the current foot (Right/Left) Players will need to look up occasionally when making touches to see the changes in direction

Emphasis:

Small accurate touches
Distance not important
Hips to the coach

Cue Words:

Active body
Sharp touch



Activity Name: Grid 2 Simple touches with change of body direction

Activity Setup: Place cones of different colors in a line on 3 sides of the grid as shown in the image. Coach stands on the fourth side. All players have a ball and spread out in the middle of the grid.

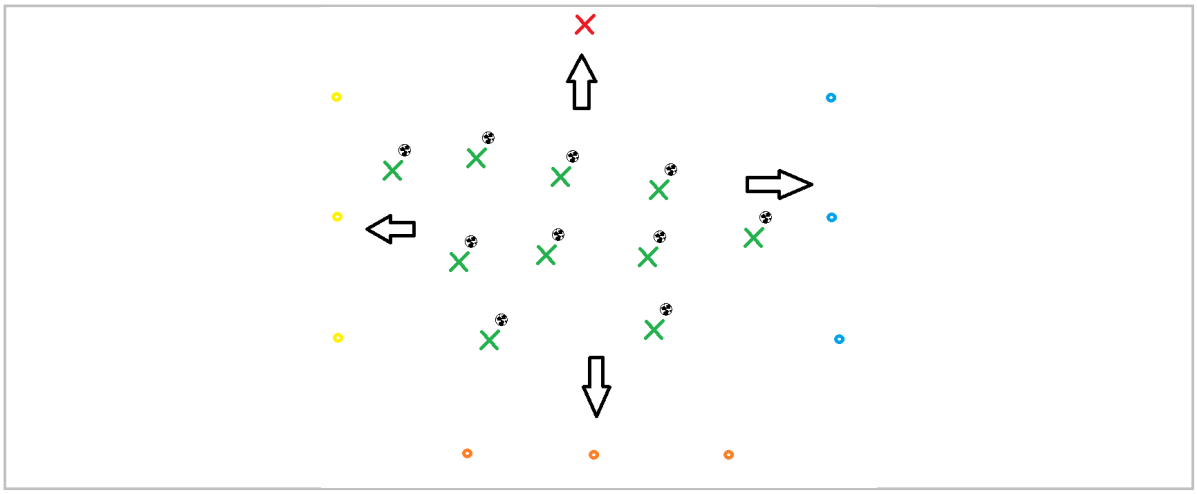
Activity Description: Coach calls out color/coach, players change direction and dribble to color/coach called. Players whole body should change facing the direction of the color/coach called

Emphasis:

Hips quick to the target
Small sharp touches

Cue Words:

Active Body
Small sharp touches



Activity Title: U7 Day 1

Activity Name: Grid 3 Object awareness and avoidance change of direction touches

Activity Setup: (Objects) will be placed all around the grid. Enough to force congestion with players in the grid. All players have a ball

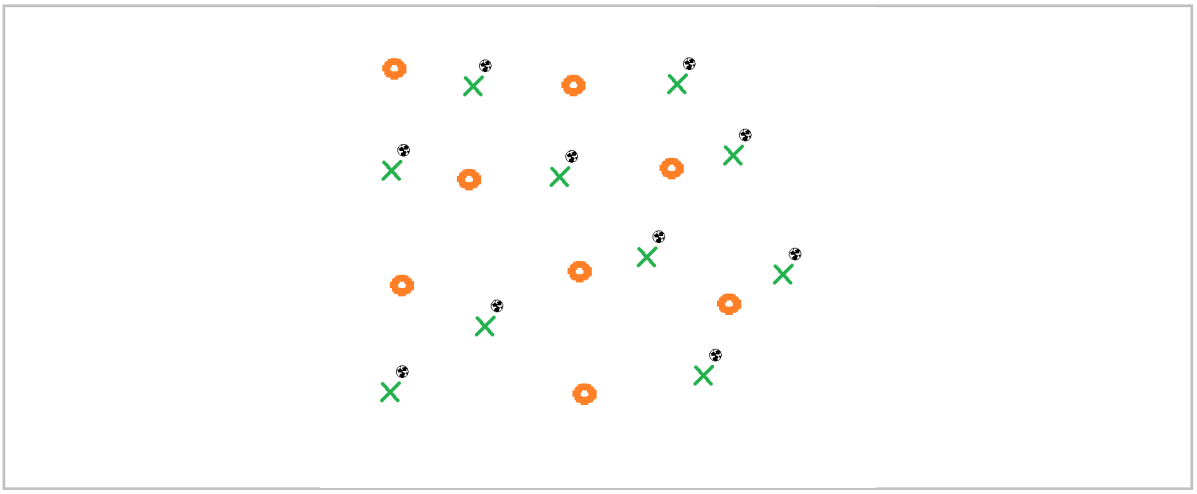
Activity Description: Players will dribble around the grid. When they come to an object/player, they will quickly trap or step on the ball and put their body between the object. Change direction and dribble away from the object. Continue for given time.

Emphasis:

Quick step in
Escape fast

Cue Words:

Step Fast!
Escape!



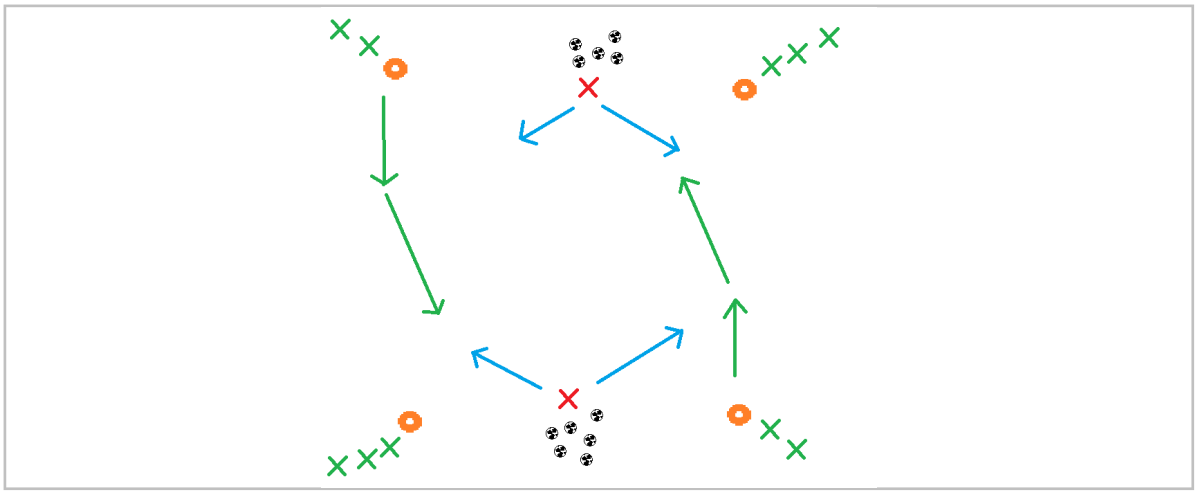
Activity Name: Grid 4 Dribble on the take

Activity Setup: Two piles of balls will be at both sides of the grid as shown, players will line up in 4 lines in opposite corners of the grid.

Activity Description: Coaches and assistants will roll balls 1 at a time in front of the left and right lines to their sides. Players from the same line will sprint forward collecting the ball on the dribble and driving with the ball to the opposite pile of balls. Stopping the ball at pile.

Emphasis:

Collect with a touch
Move through the ball

Cue Words:

small touch
active body