Activity Title: U7 Day2

Activity Name: Grid 1 Simple touches combinations

Activity Setup: Create as many diamonds as possible in the space and numbers available. Players will divide evenly on two of the opposite cones on each diamond. All players have a ball at their feet. 1 cone in the center of each diamond

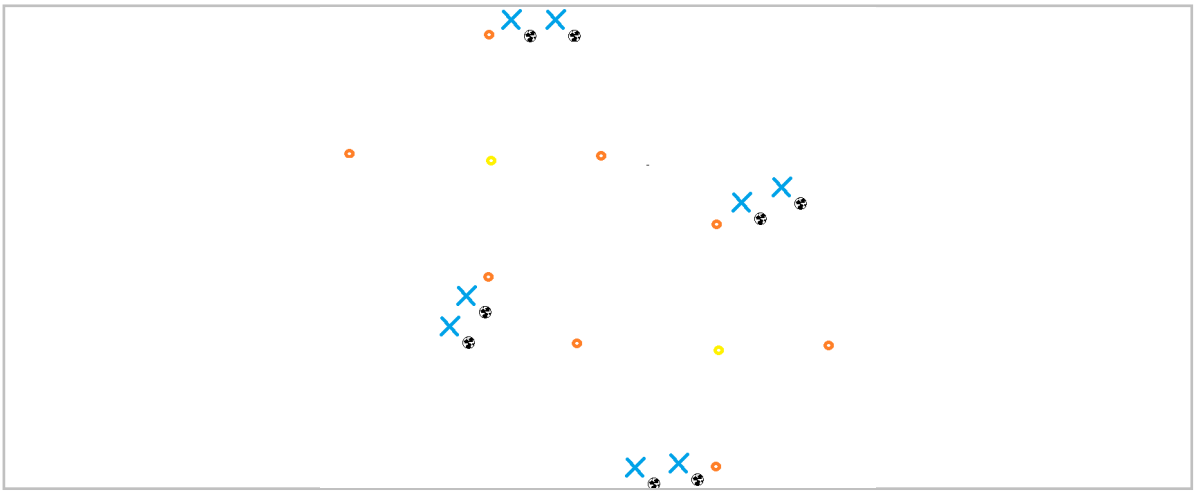
Activity Description: Coach will give a combination of two touches (inside, outside and roll) players on each side will dribble to the center cone do the first touch to one of the outside cones then do the second touch back to the starting cone. Rinse repeat several times, new combo

Emphasis:

Small quick touches
sharp movement
change of hips
fast

Cue Words:

Active body
Sharp touch



Activity Name: Grid 2 1v1 concepts of movement

Activity Setup: Create two channels of cones 1yd wide and 2yds long with three cones as an obstacle. dividing them. Players will all have a ball.

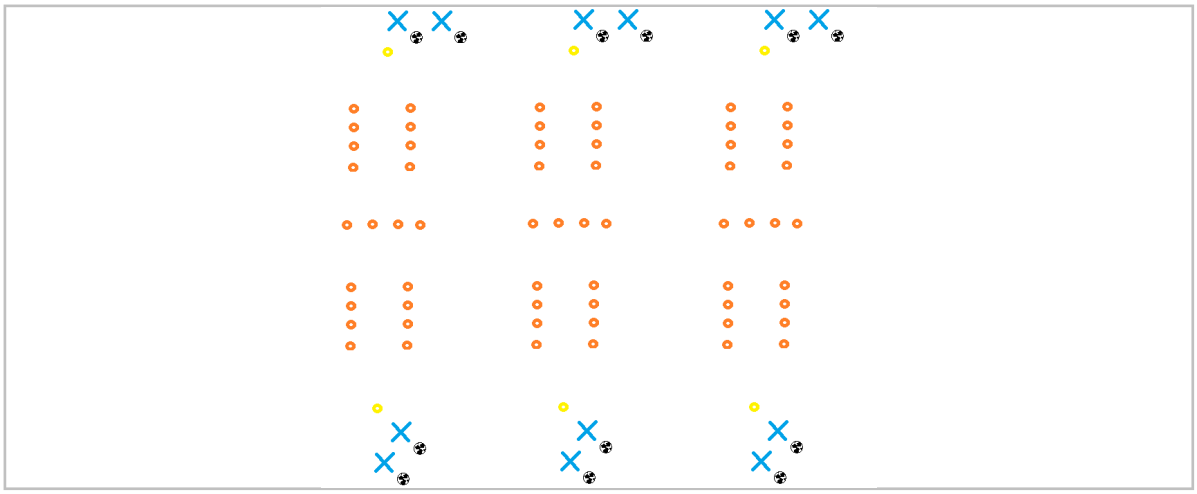
Activity Description: Players will drive down the channel once past the channel they will perform and outside,inside or roll across to beat the obstacle(defender), and push forward and drive to the opposite line. Run through the three different basic moves

Emphasis:

Hips forward
Small sharp touches

Cue Words:

Active Body
Small sharp touches



Activity Title: U7 Day 2

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

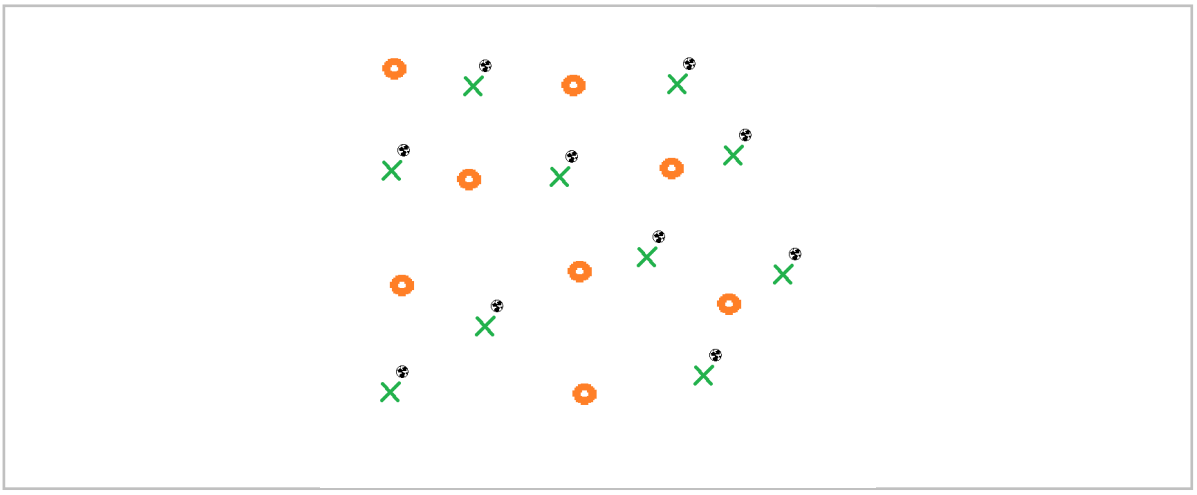
Activity Description: Players will dribble around the grid. When they come to an object/player, they will quickly trap or step on the ball and put their body between the object. Change direction and dribble away from the object. Continue for given time.

Emphasis:

Quick step in
Escape fast

Cue Words:

Step Fast!
Escape!



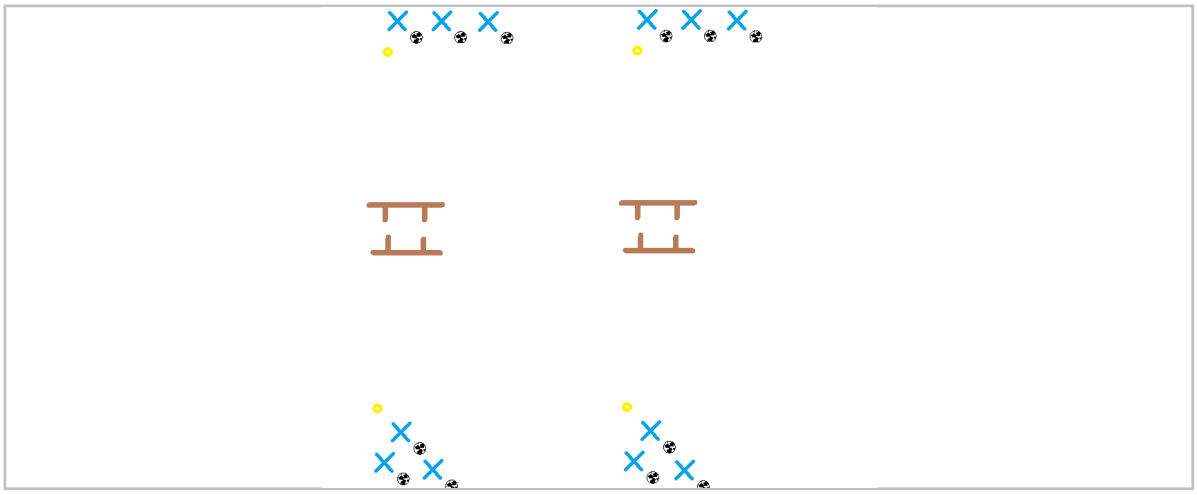
Activity Name: Grid 4 Passing technique repetition

Activity Setup: Place two cones 10 yds apart. Place two bounce back walls between the cones one facing each cone. Players divided between the cones.

Activity Description: Players will dribble forward a couple feet, then pass the ball against the wall. If they hit the wall they will then receive it and drive forward to the opposite line, if they miss the wall they will chase the ball down and drive to the opposite line.

Emphasis:

Fat Part of the foot
Kick the target
Hips to target

Cue Words:

Fat Part of the foot
Kick the target
Hips to target