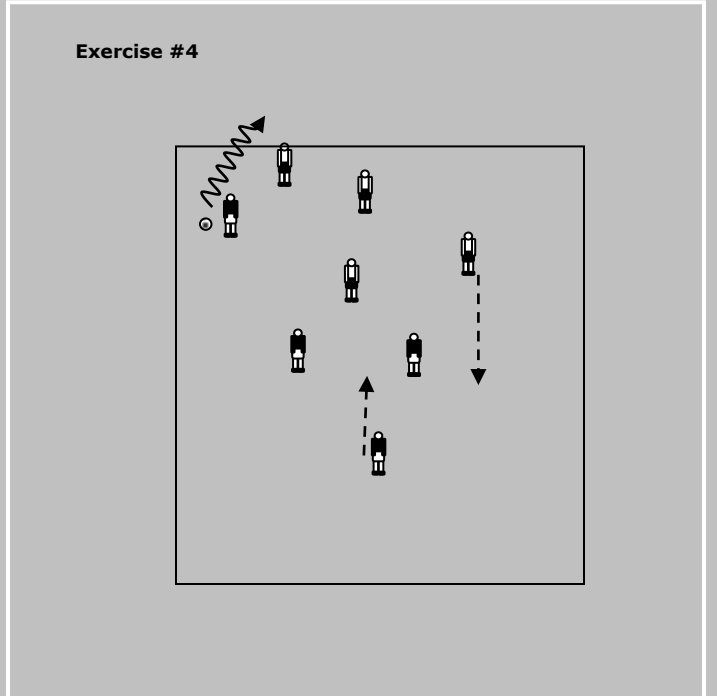
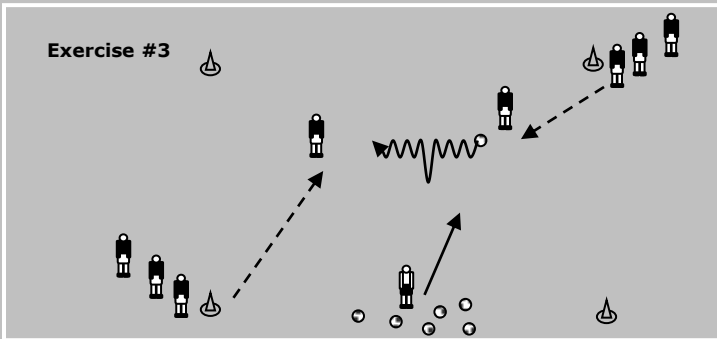
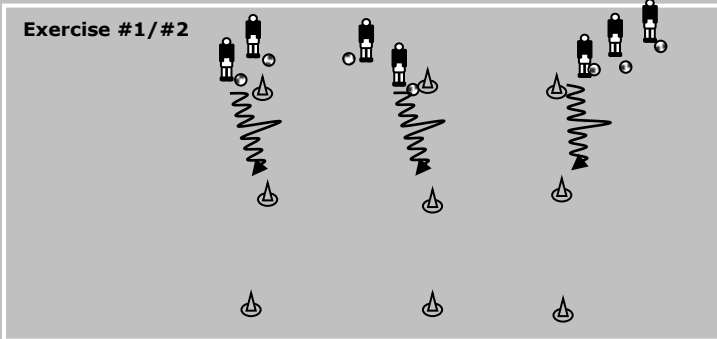




DUBLIN SOCCER LEAGUE

U7/U8 ATTACKING SESSION (MOVES)

CATEGORY	TOPIC	AGE	WEEK #
Attacking	Moves	U7/U8	
Exercise #1/#2	Organization	Coaching Points	
<p>Footwork/Dribbling Moves: Each player should have a ball. Left Foot Dribble, Right Foot Dribble, Roll Over, Chop/Zig Zag Dribble, Shoulder Fake, Step Over (anyway), Pull Back. These touches should be performed inside an open area. <i>Time: 10 min.</i></p> <p>Move on Cone: Dribble at cone and use moves from above. Lines are at 3-4 players max. Repeat process for each move – Chop Inside/Outside Same Foot, Shoulder Fake, Pull Back (going on both sides). <i>Time: 10 mins.</i></p>		<p>Encourage players to be big and dynamic when dribbling. Chop/Zig Zag dribbling = big change of direction in a big zig zag. Shoulder Fake = encourage players to step hard one way, touch out with the outside of opposite foot to change direction. Roll Over = roll ball across body. Pull Back = step on ball lightly and roll straight back to turn and move with the ball. Ask for players to dribble with the head up and gradually increase speed. Laugh and have fun with the players.</p> <p>When dribbling at the cone, work on timing, don't "run over the defender" or hit the cone (do the move super early!), change of direction, and change of speed.</p>	
Exercise #3	Organization	Coaching Points	
<p>4v4 Line Soccer: Coach serves a ball out and calls a number (1-4), the number called out represents how many players come out and play. First team or player to dribble across the end line is awarded a point. <i>Time: 15 mins.</i></p>		<p>Encourage players to dribble at players to beat them. Use moves. Change direction quickly. Same coaching points as above. Laugh and have fun with the players.</p>	
Exercise #4	Organization	Coaching Points	
<p>4v4 Line Soccer: Play 4v4 to score a player must dribble the ball over the line. Play with one ball. Field size is 25x35 yards. <i>Time: 20 min.</i></p>		<p>Encourage players to dribble at and beat players and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>	



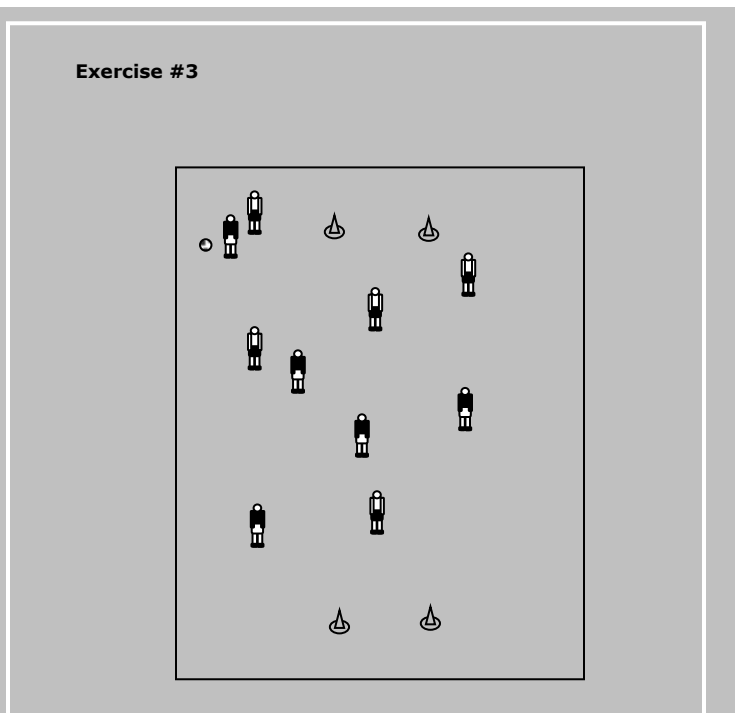
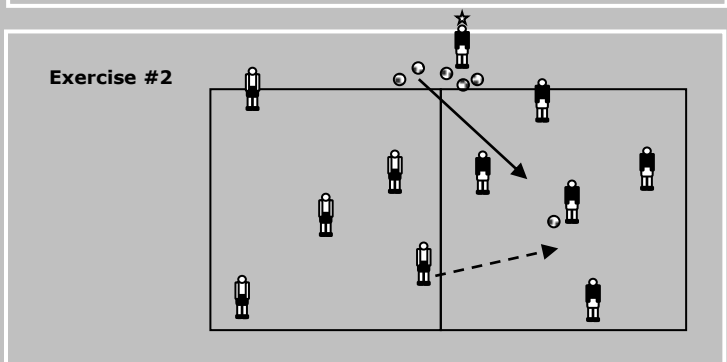
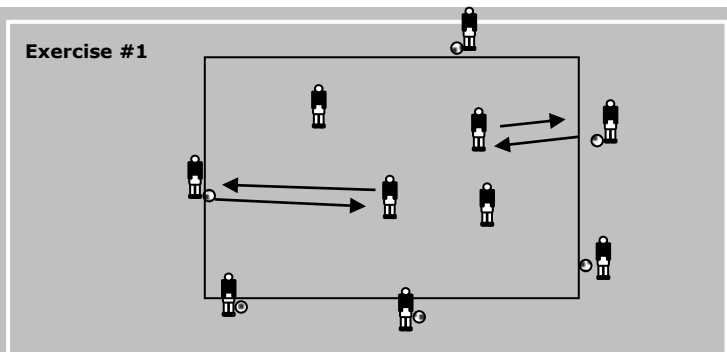
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Ball	
Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



DUBLIN SOCCER LEAGUE

U7/U8 PASSING SESSION (TECHNIQUE)

CATEGORY	TOPIC	AGE	WEEK #
Passing	Technique	U7/U8	
Exercise #1	Organization	Coaching Points	
<p>4v4 Windows: Four players are inside the grid checking to four players outside the grid who pass a ball to the inside player (can adjust numbers if you have more players). The inside player controls the ball and passes it back to the outside player. After one minute players switch roles. After success with two touches, the next round can be 1 touch back. Grid Size is 20x30 yards. <i>Time: 15 min.</i></p>		<p>Encourage receiving with the inside of the foot, at an angle to either side (not right under them). Encourage players to be busy on their toes and light to move around quick. Planted foot should be pointed towards target. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players; become a fan (good job, well done, keep it up, etc.)</p>	
Exercise #2	Organization	Coaching Points	
<p>Box on Box Possession: 5 players in one box, 5 players in the other. Send 1 player over to make 5v1. If the defender wins it they connect a pass to their 4 waiting teammates in the other box, then go back in to make 5 attacking, 1 new defender from the other side joins in. Coach has balls at feet to help play along. 3-5 connected passes equals 1 point. <i>Time: 20 min.</i></p>		<p>Encourage players to move and spread out. Inside of the foot passing. Pass and move, be involved on toes. If you lose the ball get it back. Praise players for success; voice it in a positive tone. As team improves, add 2 defenders.</p>	
Exercise #3	Organization	Coaching Points	
<p>Hockey Style: Players are allowed behind the goal but they must score from the front. Play a 5v5 game. Field size 30x40 yard grid. <i>Time: 20 min.</i></p>		<p>Encourage players to pass and play the game. Stay engaged and active in the game. Same coaching points as above. Be a fan of the players (good job, well done, etc.).</p>	



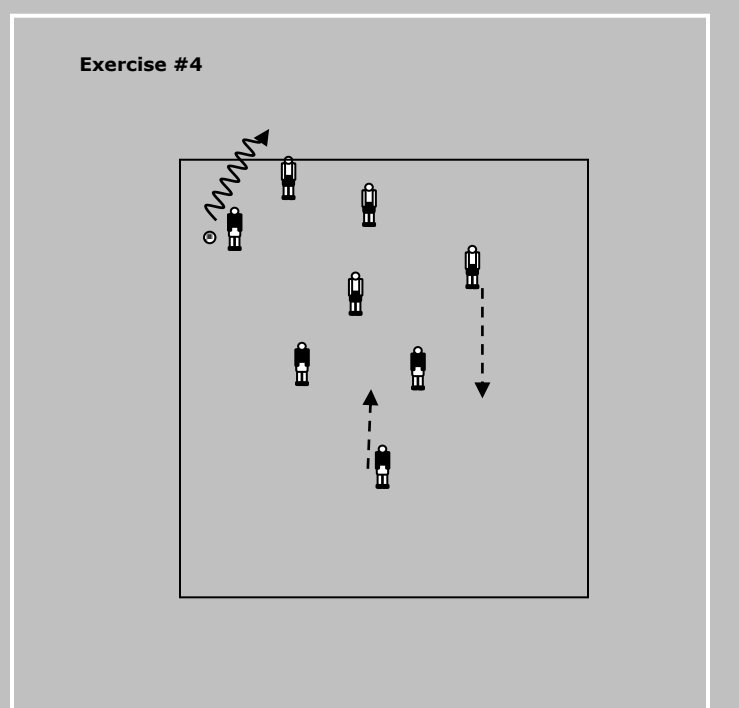
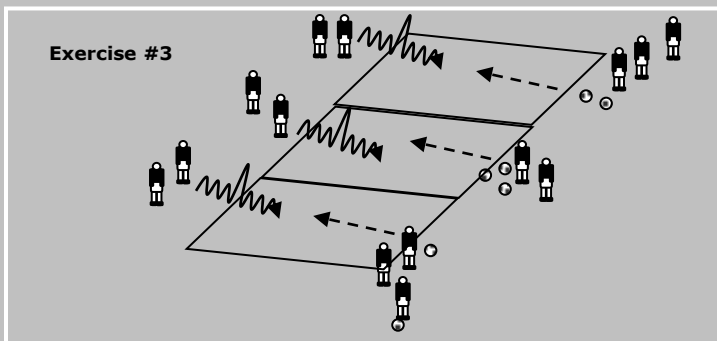
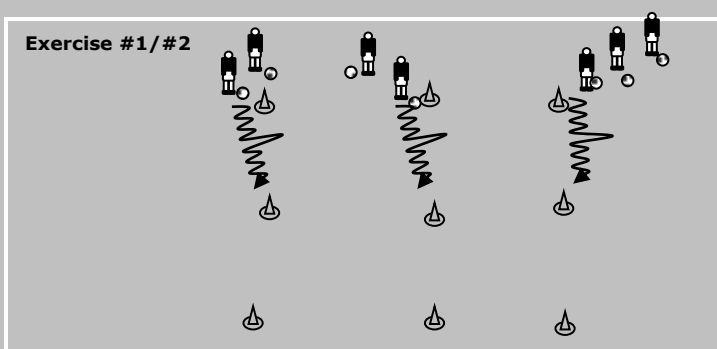
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Ball	
Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



DUBLIN SOCCER LEAGUE

U7/U8 DRIBBLING SESSION (1v1)

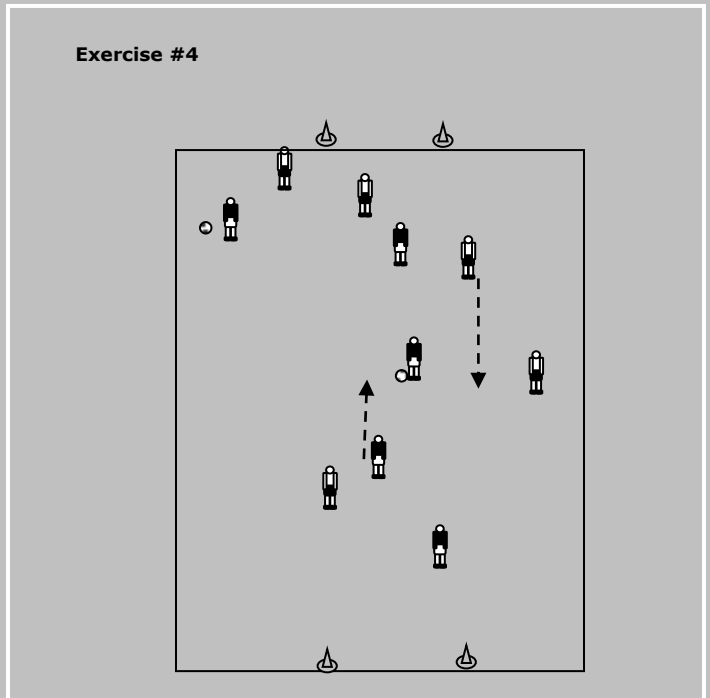
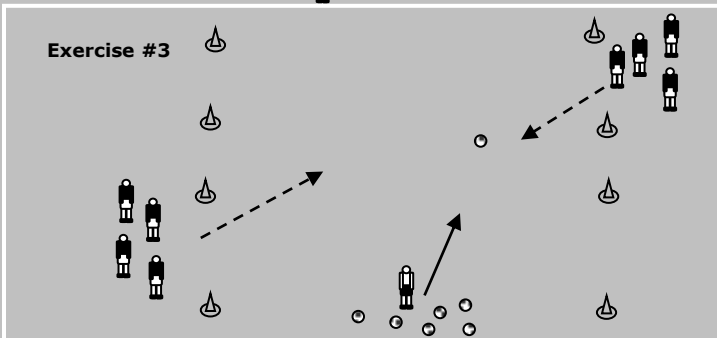
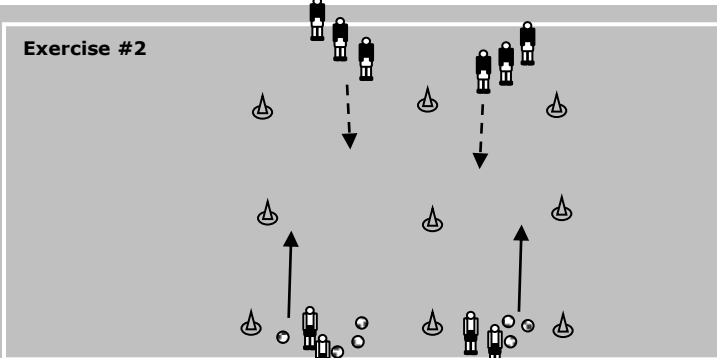
CATEGORY	TOPIC	AGE	WEEK #
Dribbling	1v1	U7/U8	
Exercise #1/#2	Organization	Coaching Points	
<p>Footwork/Dribbling Moves: Left Foot Dribble, Right Foot Dribble, Roll Over, Chop/Zig Zag Dribble, Shoulder Fake, Step Over (anyway), Pull Back. Each player should have a ball. These touches should be performed inside an open area. <i>Time: 10 min.</i></p> <p>Move on Cone: Dribble at cone and use moves from above. Lines are at 3-4 players max. Repeat process for each move – Chop Inside/Outside Same Foot, Shoulder Fake, Pull Back (going on both sides). <i>Time: 10 mins.</i></p>		<p>Encourage players to be big and dynamic when dribbling. Chop/Zig Zag = dribbling should be big change of direction. Shoulder Fake = step hard one way, touch out with the outside of opposite foot to change direction. Roll Over = roll ball across body. Pull Back = step on ball lightly and roll straight back to turn and move with the ball. Dribble with your head up</p> <p>When dribbling at the cone, work on timing, don't "run over the defender" or hit the cone, change of direction, and change of speed.</p>	
Exercise #3	Organization	Coaching Points	
<p>Move on Man: Use moves from above. Pair up with a ball. Have player go at defender and try to get behind defender with moves, ask defenders not to tackle. Use an open space for this exercise. <i>Time: 10 min.</i></p> <p>1v1 in a Grid: As players improve with ball control, incorporate the same concept as above but in grids approx. 10x30 yards each, 2-3 players on each side. One player plays ball across, attacking player dribbles over line to score. <i>Time: 10 min.</i></p>		<p>Be aware of timing as you dribble at opponent. Use a move. Change Direction. Change Speed. Be positive.</p> <p>Keep ball under control, encourage players to fake hard one way to get out the other way.</p>	
Exercise #4	Organization	Coaching Points	
<p>4v4 Line Soccer: Play 4v4, to score a player must dribble the ball over the line. Field size is 25x35 yards. <i>Time: 20 min.</i></p>		<p>Encourage players to dribble at and beat players and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>	



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Ball	
Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U7/U8 DEFENDING SESSION (1v1)

CATEGORY	TOPIC	AGE	WEEK #
Defending	1v1	U7/U8	
Exercise #1/#2	Organization	Coaching Points	
<p>1v1: Players pair up with one ball in an open area. Players line up on the end line and dribble at defender. Defender approaches ball and works on keeping the attacker and ball in front of them. No tackling or winning ball at first. After a few turns then they can tackle and win a ball. Trade positions after a player goes 3-4 times. <i>Time: 10 min.</i></p> <p>1v1 Line Soccer: Players play 1v1 with 1 ball in a grid. Players must dribble ball over line for a point. Players can continuously rotate through a two or three person line on each side. Start ball in by passing across grid to waiting player. <i>Time: 15 min.</i></p>		<p>Talk to defenders about moving feet a lot, getting low to the ground and patient but strong. Defenders should keep player and ball in front of them as they shuffle back. When it is time to tackle talk to players about being patient and then, on the attackers big touch, step in and win the ball. Be positive and show enthusiasm.</p> <p>Approach attacker under control, stop at a body's length away starting to move feet back at an angle. Patience. Tackle on mistake or long touch. Win ball and attack. Laugh and have fun with players.</p>	
Exercise #3	Organization	Coaching Points	
<p>Numbers Game: Coach calls out a number. Those two players with that number come out and play 1v1 to goals. Can call out 1-3 numbers at a time to play up to 3v3. Keep the game moving fast. <i>Time: 10 min.</i></p>		<p>Stay 4:1 on the positive to instructional comments throughout the session.</p>	
Exercise #4	Organization	Coaching Points	
<p>5v5 2 Balls: Play a 5v5 game. Use 2 balls at the same time during the game. Option to add GK's. Field size 30x40 yards. <i>Time: 20 min.</i></p>		<p>Encourage players to dribble at players, use moves, challenge, win the ball from their opponent, and play the game. Same coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).</p>	



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Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

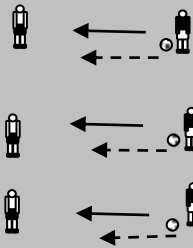


DUBLIN SOCCER LEAGUE

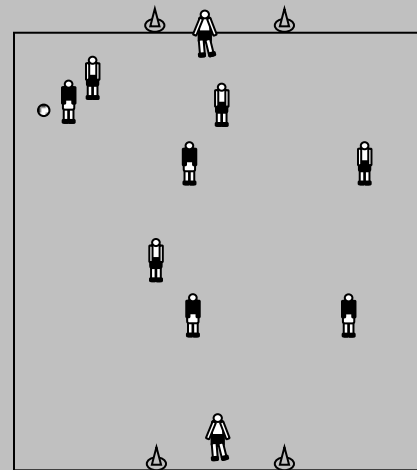
U7-U8 CHALLENGING SESSION (BODY CONTACT AND TIMING)

CATEGORY	TOPIC	AGE	WEEK #
Challenging	Body Contact and Timing	U7/U8	
Exercise #1	Organization	Coaching Points	
<p>Body to Body Running: Pair up players, start players on an end line, players will run side to side, shoulder to shoulder to start to feel how it feels to run next to a player to challenge the ball. <i>Time: 5 min.</i></p> <p>Challenging with Timing: Defender passes ball to attacker. Attacker dribbles at defender and tries to beat defender. Defender tries to win the ball by stepping between attacker and ball on attacker's longer touch. <i>Time: 10 min.</i></p>		<p>When players are bumping players teach them to have a strong body/torso/arms/neck. Let them know that lifting a high elbow is not what we are looking at here. They are simply lightly bumping into each other while running forward, shoulder to shoulder.</p> <p>When working on timing to win the ball show the players when to step in between the ball and the player on the attacker's large touch. Patience is needed to wait for the right time. This will show players it is ok to use their body to help win a ball.</p>	
Exercise #2	Organization	Coaching Points	
<p>1v1 to Big Goal with a GK: Players line up 20-25 yards from the goal. Coach plays ball out and both players go after the ball at game speed. Either player that wins the ball can score a goal. Play is over when defender wins ball or ball is out. Two groups can be going 1v1 at one time to keep the activity moving along. <i>Time: 20 min.</i></p>		<p>Encourage players to compete and fight for the ball. Can add a starting position of players on their bellies, or players sitting facing coach and ball, then ask both players to get up quick to battle for the ball. Be a fan of the game and excited for players as they challenge for the ball.</p>	
Exercise #3	Organization	Coaching Points	
<p>5v5 with GK's: Free play with no restrictions on the game. <i>Time: 25 min.</i></p>		<p>Game is fun and competitive.</p>	

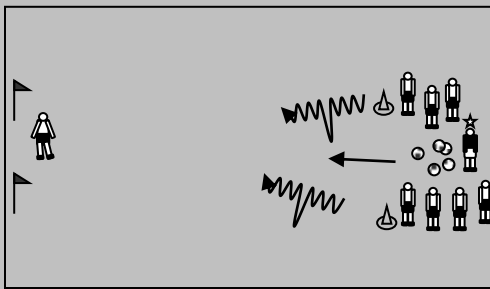
Exercise #1



Exercise #3



Exercise #2



Light



Dribbling



Priority number



Dark



Dribbling with feint



Ball



Coach



Ball movement



Cone



Goalkeeper



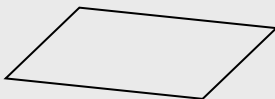
Run



Flag



Grid



Cross



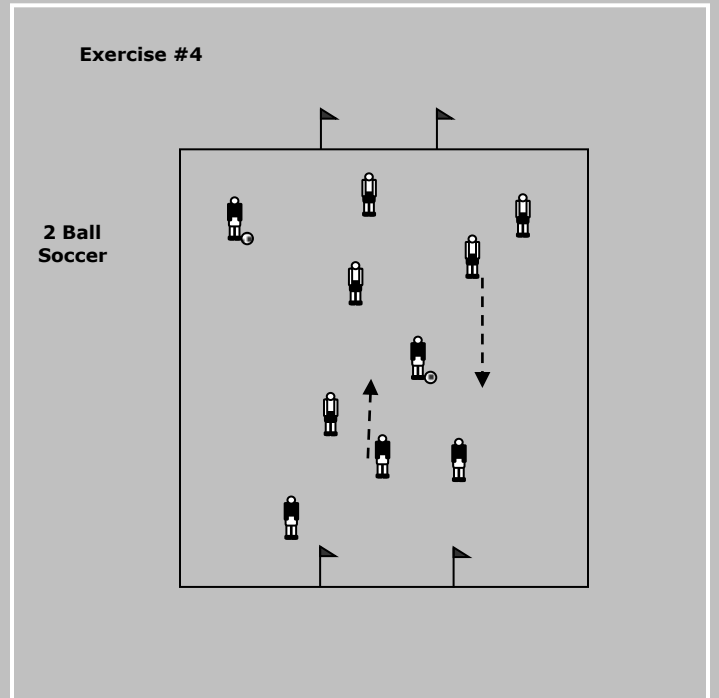
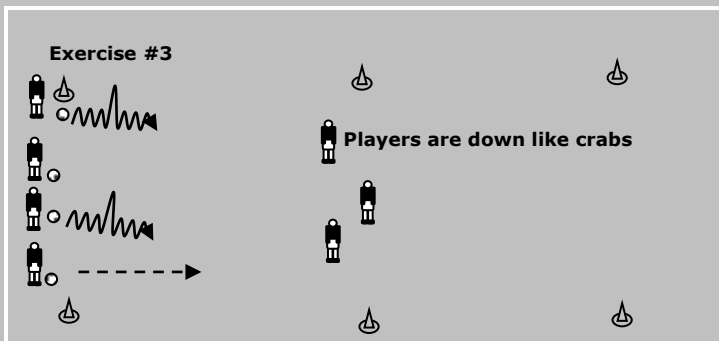
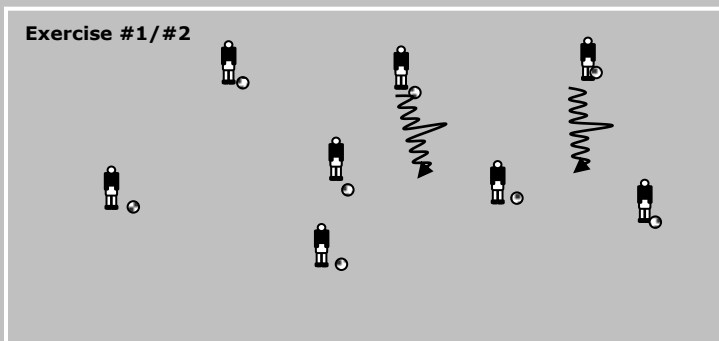


DUBLIN SOCCER LEAGUE

U7/U8 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	WEEK #
Ball Control	Footwork	U7/U8	

Exercise #1/#2	Organization	Coaching Points
Juggling: Each Player has a ball and attempts the above touches. Thigh Catch, Right Foot Catch, Left Foot Catch, Thigh- Foot-Catch, Bounce- Foot-Catch. Perform these touches in an open area. <i>Time - 10 mins.</i>	Foundation, Toe Touches, Right Foot Triangle, Left Foot Triangle, Inside/Outside/Inside/Outside (lateral), <i>Time - 10 mins.</i>	Laces/Foot = toe out and ankle locked. Thigh = make platform with thigh. Move feet and stay light to move to touch ball. Stay 4:1 on the positive to instructional comments throughout the session. Foundation = inside of the foot taps, ball is a tiny bit in front of body. Triangle = pull back, touch in with the inside, touch forward with the other foot, repeat. Inside/Outside = using the inside of the foot and outside of the foot to move ball lateral, stay on toes, player can put foot down in between each touch.
Exercise #3	Organization	Coaching Points
Crab Soccer: One team lines up between the cones, each player with a ball. The other team assumes the crab position (face up). The crabs attempt to kick the ball out of the area as the players try to dribble to the other side. A player having his/her ball kicked away joins the team in the crab position. Grid size is 20X30 yards. <i>Time - 10 mins.</i>		Keep the ball under control (touch ball every step.). Use all surface of the foot. Keep head up. Change direction and speed. Laugh and have fun with the players.
Exercise #4	Organization	Coaching Points
5v5 Game with 2 Balls: Field size is 35X40 yards. Two balls are used at the same time, normal rules of the game apply. <i>Time - 30 mins.</i>		Encourage players to dribble and play the game. Same coaching points as above. Become a fan of the players (good job, well done. keep it up, etc.)



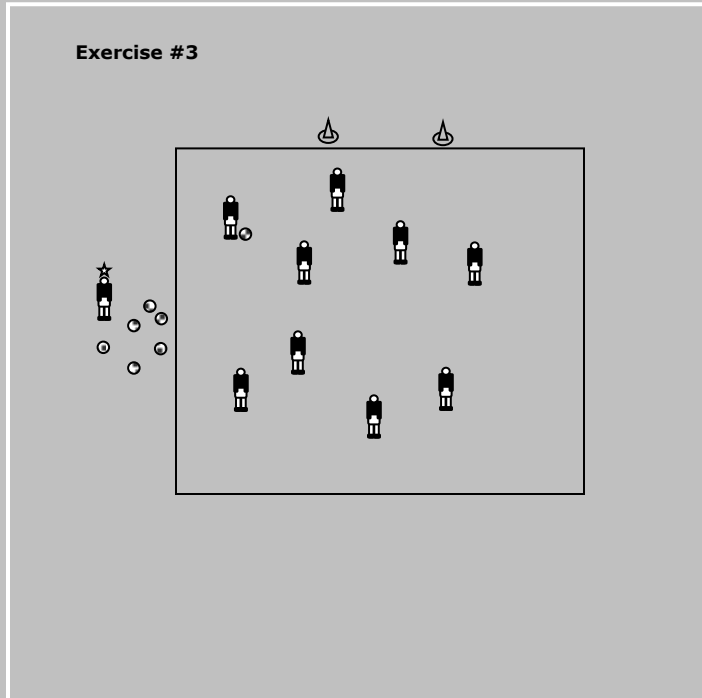
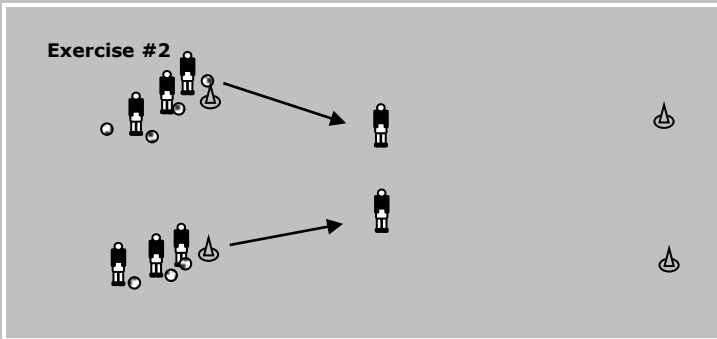
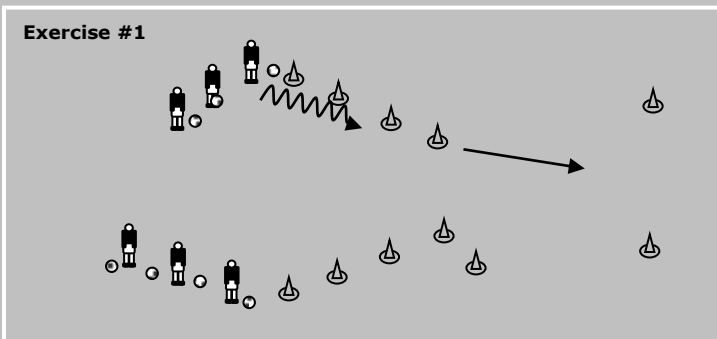
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Dark		Dribbling with feint		Ball	
Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



DUBLIN SOCCER LEAGUE

U7/U8 FINISHING SESSION (SCORING)

CATEGORY	TOPIC	AGE	WEEK #
Finishing	Scoring	U7/U8	
Exercise #1/#2	Organization	Coaching Points	
<p>Cones and Shoot: Dribble through cones without touching a cone, touch ball every step. At last cone, shoot ball on goal. Once players shoot, next player in line goes. Two lines should be going at once, next player can go when dribbling player is half way through cones, this will maximize repetition. Repeat process. <i>Time: 15 min.</i></p> <p>Turning Finishing: Ball is passed to player who turns with one touch and shoots. Player who passes ball becomes shooter. Repeat process. <i>Time: 10 min.</i></p>		<p>Dribbling technique using both feet, keeping ball close. Shooting, use laces, toe down, and ankle locked. Plant foot pointed at goal. Strike center of ball. Follow through; land on shooting foot. Stay 4:1 on the positive to instructional comments throughout the session.</p> <p>Turn with ball in motion side on, with the inside or outside of the foot. Shooting technique (same coaching points as above). Shooting technique, keep toe down, follow through with kicking foot. Be encouraging.</p>	
Exercise #3	Organization	Coaching Points	
<p>World Cup: Use one goal with 1 ball (1 v all), coach serves ball onto field, all players play against each other and try to score. After a player scores they come out and wait until the next round. When one player remains, start new round. <i>Time: 15 min.</i></p>		<p>Dribbling to beat players. Same coaching points as above. Laugh and have fun with the players.</p>	
Exercise #4	Organization	Coaching Points	
<p>3v3: Play a 3v3 game. For a group of 9-10 have players work on juggling outside of the grid, change full teams after a few minutes. Field size 25x35 yard grid. <i>Time: 20 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>	



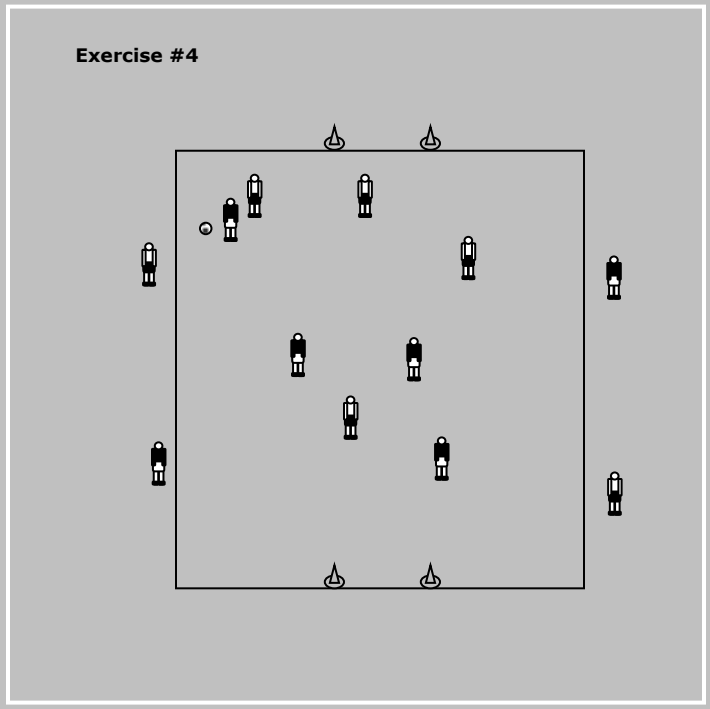
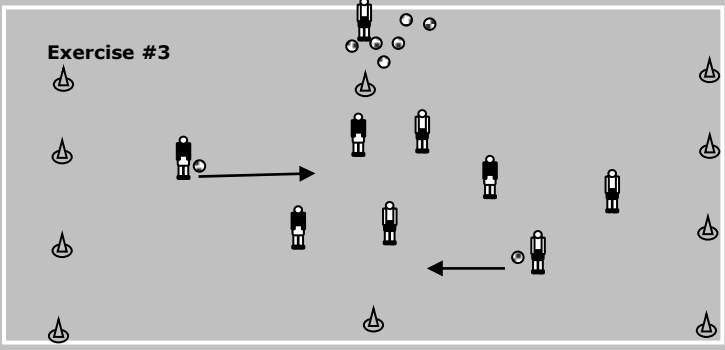
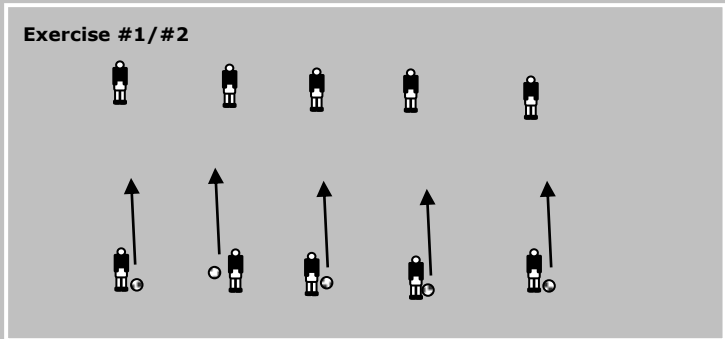
Light		Dribbling		Priority number	
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Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



DUBLIN SOCCER LEAGUE

U7/U8 RECEIVING SESSION (1ST TOUCH TECHNIQUE)

CATEGORY	TOPIC	AGE	WEEK #
Receiving	1 st Touch Technique	U7/U8	
Exercise #1/#2	Organization	Coaching Points	
<p>Self-Toss Warm Up: Players toss and receive ball out of the air. Players will receive with laces, inside of the foot, and chest. Perform activity in open space. <i>Time: 5 min.</i></p> <p>In 2's Toss: Start with players passing the ball to each other on the ground. Once players are comfortable challenge them to count the passes (mandatory 2 touch). Then challenge them to keep the ball moving at all times (receive the ball into space at an angle forward). Next, players receive balls out the air standing 5 yards apart. Player with the ball tosses the ball under hand to partner who receives the ball out of the air with the laces, thigh, and chest. <i>Total Time - 20 mins</i></p>		<p>Receive ball with laces, inside of the foot, thigh, and chest. Get body part into or under the flight of the ball. Cushion/give with the ball. Laugh and have fun with the players.</p> <p>Receive with the inside of foot, toe above heel. Make contact on center of ball. Cushion/give with the ball as it travels into your foot. Touch the ball at an angle forward to one side, teach them to touch it where there is more space. Encourage players to be light to move quick. Stay 4:1 on the positive to instructional comments throughout the session.</p>	
Exercise #3	Organization	Coaching Points	
<p>4v0: Players play to goal with no pressure, players must pass 3 times before they score. After players have success, have two groups playing at the same time in opposite directions. <i>Time: 15 min.</i></p>		<p>Keep ball moving at all times, receive into space. Same coaching points as above. Encourage players to receive the ball going forward to goal. Laugh and have fun with the players.</p>	
Exercise #4	Organization	Coaching Points	
<p>4v4 with Bumpers: Play a 4v4 game with the extra players on the perimeter as bumper/neutral players. When a goal is scored have them switch with the team that was scored on. Field size 30x40 yard grid; use one ball per field. <i>Time: 20 min.</i></p>		<p>Encourage players to receive away from pressure and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>	



Light		Dribbling		Priority number	
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Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			