



# Week 3

U7/U8

## Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



# Dribbling – Ball Tag



## Grid 15 x 15

- All players need a ball
- Pass ball into others feet to “Tag” them
- Must hit other players with ball knees or below or else you will take a quick break
- You can also play in teams

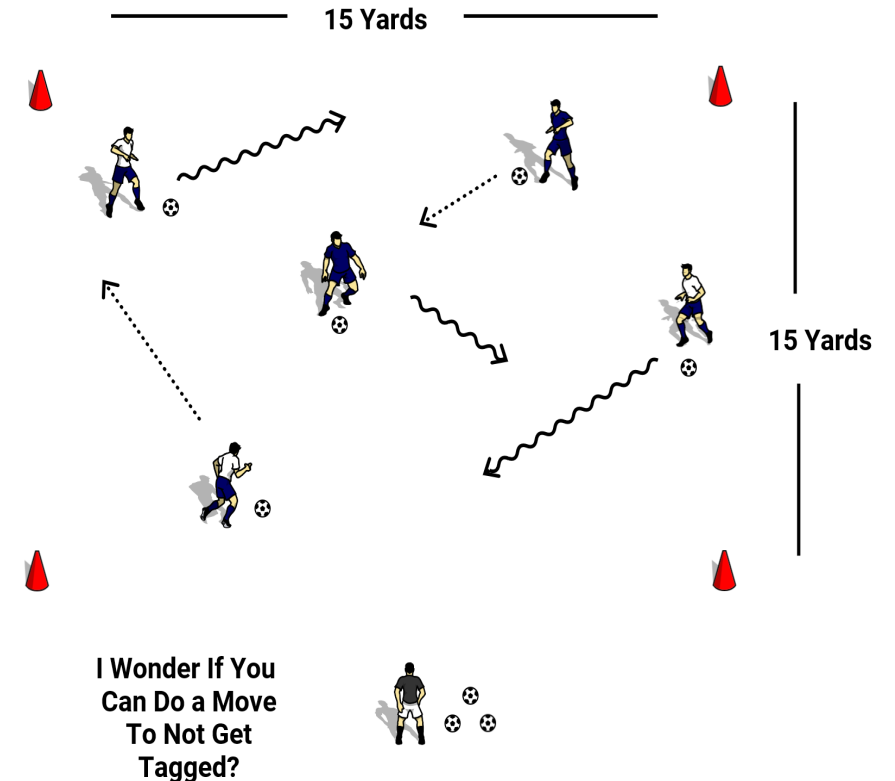
## Possible Coaching Points – Maze Game

Use all parts of the foot.

Can they learn to pass to where an opponent will be.

**Guided Question - Can You Be Sneaky about Where You Are Going To Pass?  
I Wonder If We Always Have To Look Where We Are Going To Pass?**

## Ball Tag



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# Dribbling/Passing – OUCH!!



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## Grid 15 x 15

- The Coach is the Target
- All players are trying hit the coach (knees or below) with their ball.
- Coach can adjust their speed/direction
- Be outgoing and yell “OUCH!!”

## Possible Coaching Points

Encourage them to keep an eye on you to find the target.

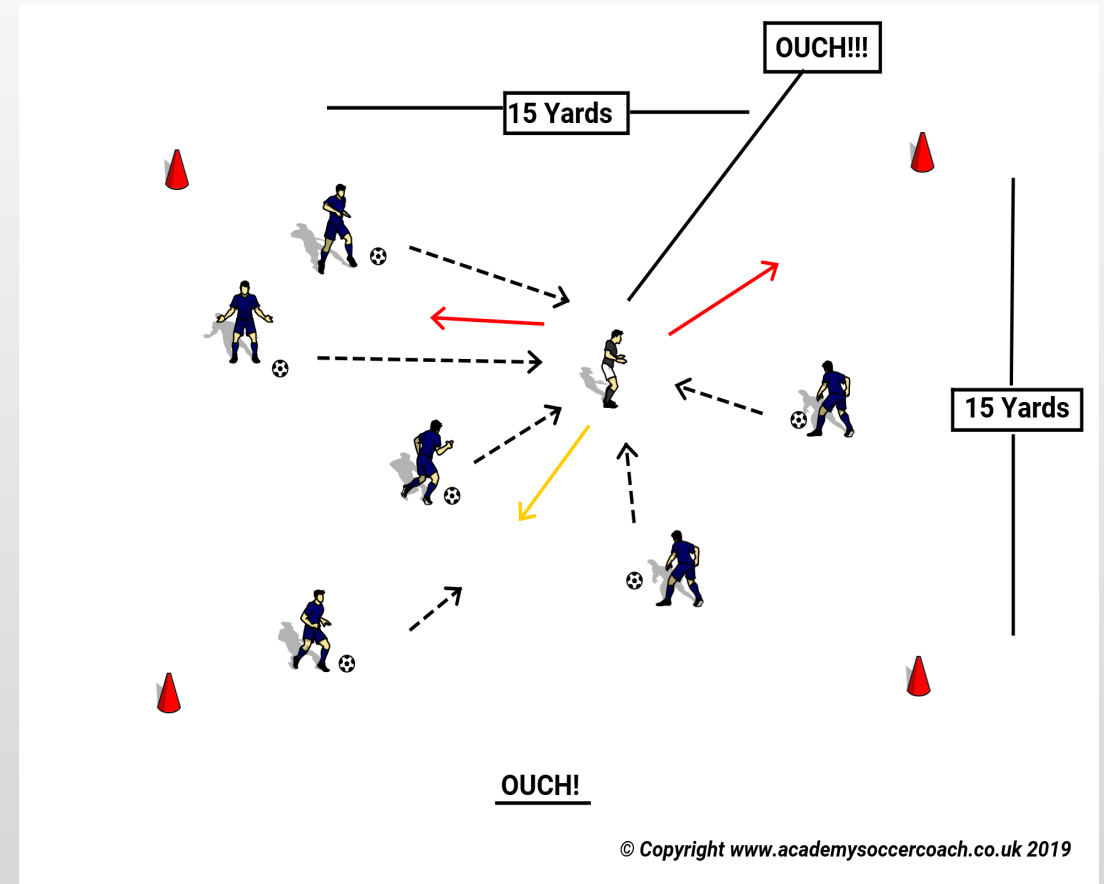
Be silly.

Be careful.

The kids will get into this game. I mean it.

Set rules.

**Guided Question –How Do I Know Where The Target Will Be?**



# Dribbling – Ships Across The Ocean



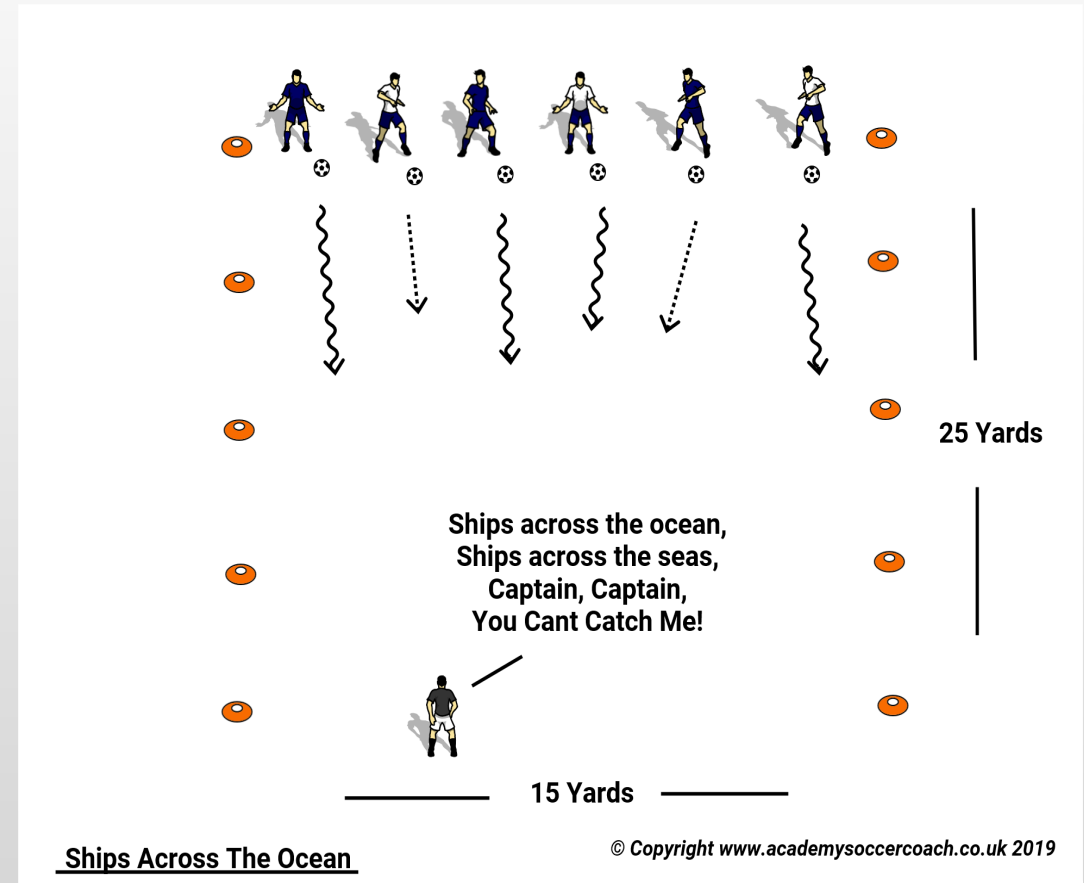
## Grid 15 x 25 yards

- All players on end line without ball.
- Coach in the middle.
- Players sing “Ships across the Ocean, Ships across the Sea. Captain, Captain You Can’t Catch ME!!!
- Players run to the far end line.
- If player is tagged join the coach.
- Add soccer balls. Look to put foot on the ball to tag player.

## Possible Coaching Points

This is a Target game  
Encourage change of direction and speed  
Keep the ball close  
Keep balance  
Vision up and around the field

**Guided Question – I wonder how you can tell where the Captain is?  
Can anyone show me how to change direction?**



# 4 v 4 Game Play – Practice - Play



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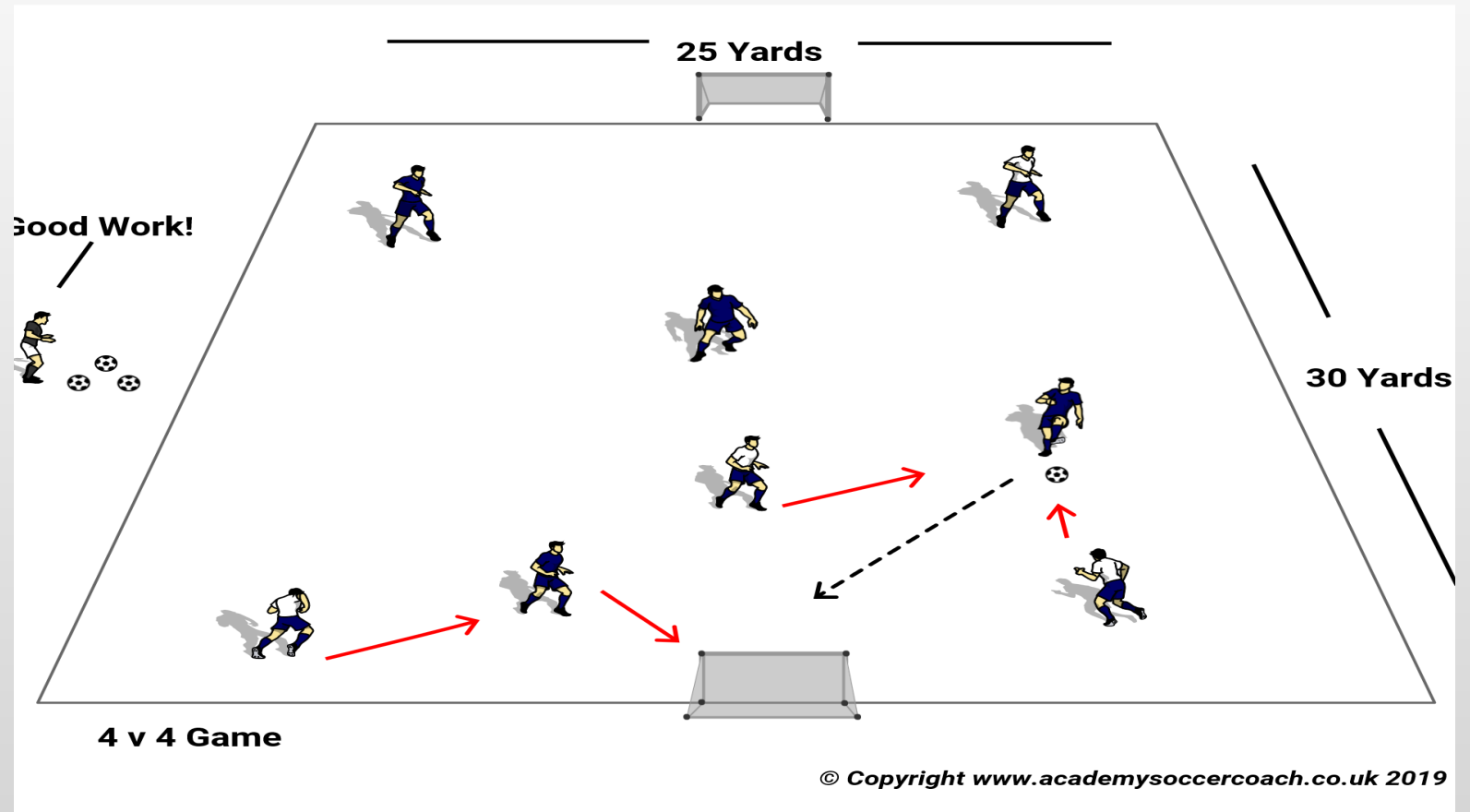
Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U7/U8 Practice Model

10 minutes of Scrimmage to start  
30 minutes of activities  
20 minutes Scrimmage with your team

Keep games to 4v4 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

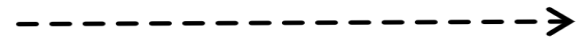


# Diagram Details

## Diagram Details



Player Dribbles the Ball



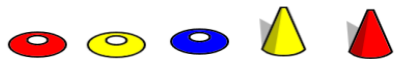
Player Passes / Shoots



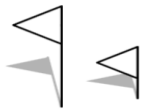
Player Runs with the Ball, Quickly



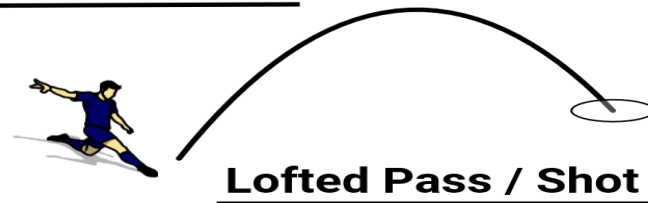
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals