



u7-u8 Skills Week 3

Category: Physical: Agility

Difficulty: Beginner

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

4v4 (10 mins)

Organization:

As the players arrive organize them into the small sided games. Start with 1v1 and then go from there. Once you get to 4v4 start the next game.



Hungry Hippo (10 mins)

Physical Literacy

Organization:

Players find a partner and spread out inside the 20 x 16 yard area. Split the group into 2 groups and have both coaches working on either side of the field.

Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now.

Have a few players show you a different way to bring the ball back.

Final Progression: Have the players dribble the ball back to the coach using their feet.

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: Listening, following instruction, physical literacy, having FUN, and being positive!

Additional Notes: If you think of more movements, please feel free to do them. Try to be creative!



Lights (10 mins)

Physical Literacy

Organization:

Set up a 20 x 16 yard area.

Procedure:

Players move from one end of the field to the other. When coach calls a colour, players respond. If a player does a movement that the coach has not called they must take 5 steps back. First player to the opposite line gets a point.

Red: Stop

Green: Go (Dribble)

Yellow: Slow

Purple: Toe Taps

Blue: Bells

Crash: Fall down

Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!

Additional Notes: If you think of more movements, please feel free to do them. Try to be creative!



Golden Egg (10 mins)

Physical Literacy

Organization:

Players are placed in pairs and are placed in a corner of the rectangle as above. 2 Games happening at once.

Procedure:

When the facilitator calls go one player (bird) from each team runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest. They then give their team mate a high 5 and then they go to collect an egg. Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

Progression 2: Players now use their feet and dribble the eggs back to their nests.



3v3/4v4 (10 mins)

Small Sided Game: 3v3 or 4v4 as the players arrive. Place the players into the game. start 1v1 and then add as they arrive to ens up with 2 games happening.

Organisation:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

Emphasis:

Having fun

