
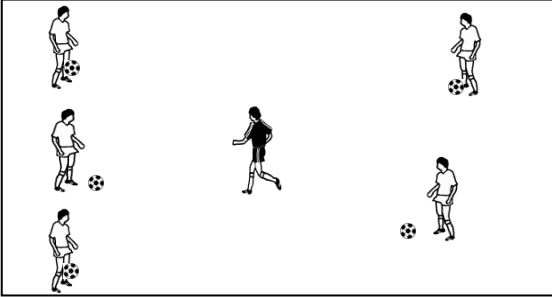
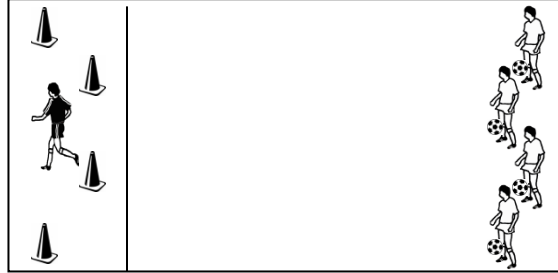


# U7

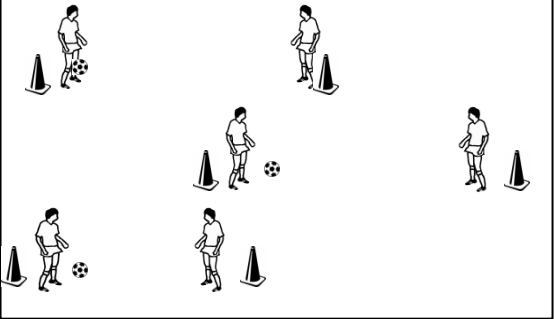
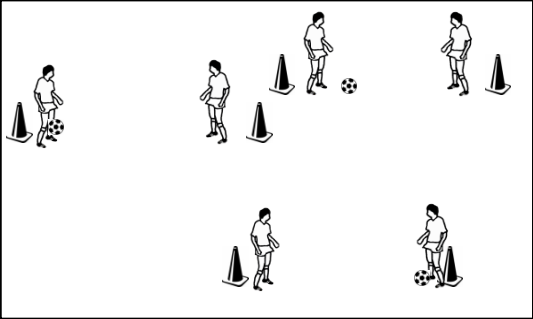
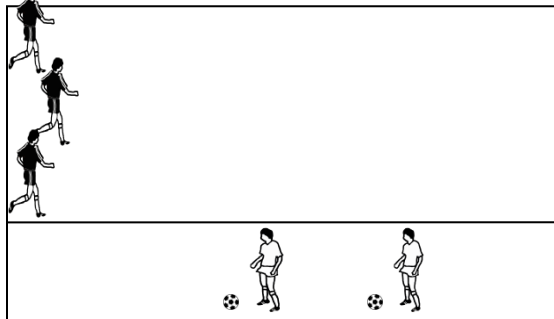
## Early Touches

<b>CHALLENGER - TEAM/PLAYER PROGRESSION</b>										
<i>Ages – U7</i>										
<b>CHALLENGER - TEAM/PLAYER PROGRESSION</b> <i>Ages – U5/U6</i>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Open</b>	<b>Open</b>
PASSING (to team mate)										
SHOOTING (towards goal)										
STOPPING BALL WITH FEET										
MOVING WITH BALL TOWARDS GOAL										
PROTECTING THE BALL										
RUNNING THEN STOPPING THE BALL										


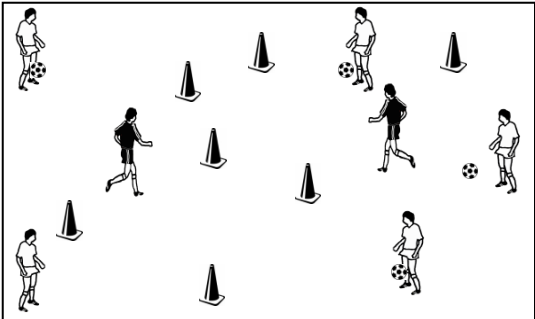
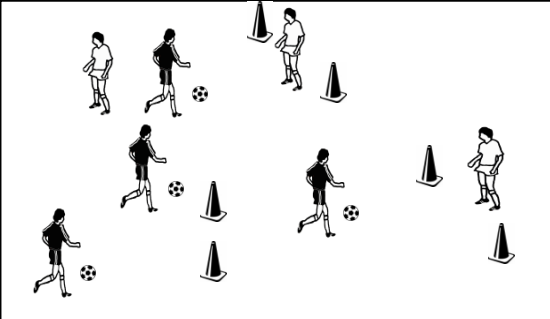
## U7 WEEK 1

<p><b>Unopposed</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and is allowed to dribble around the grid.</li> <li>• The coach calls out A part of the body which the player must put on the ball</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them and have lots of little touches</li> <li>• Head up and look for space</li> <li>• Squish the ball when stopping</li> </ul>	<p><b>Opposed</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball except shrek who has to steal there ball away</li> <li>• Players have to dribble with ball and avoid Shrek, if they stop the ball with their feet on the ball, Shrek cannot get their ball</li> <li>• If players allow the ball to get away from them and Shrek gets it they are now caught and must hold ball above their head. They are released with another player putting the ball through their legs</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them</li> <li>• Keep their head up and look for space</li> <li>• Be going at a pace which allows them to stop the ball</li> </ul>	<p><b>Fun Game</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and attempts to dribble down to the giants layer and steal his clothes</li> <li>• Giant pretends to be asleep but when he wakes up players must fezzes. If frozen then the giant cant see them or take their ball.</li> <li>• If players move giant can chase them back to their base</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Moving with ball using both sides of feet</li> <li>• Put foot on ball when standing still</li> <li>• Keep the ball close when dribbling</li> <li>• Have head up at all times to watch for the giant waking up</li> </ul>
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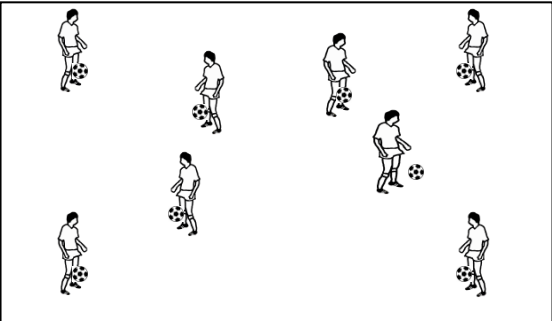
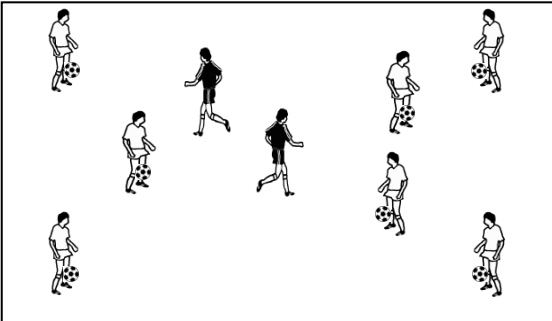
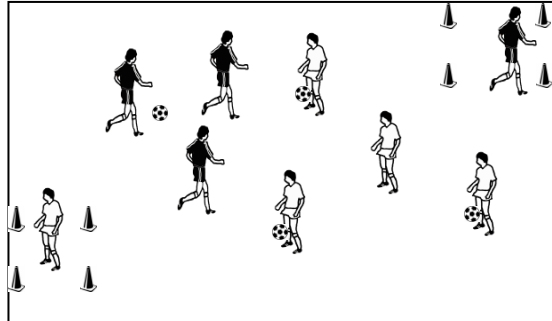
## U7 WEEK 2

<p><b>Unopposed</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are with a partner and stand facing each other.</li> <li>• One ball between two the players passes the ball to their partner.</li> <li>• The partner then stops the ball before passing back</li> <li>• Progress practice by having the player follow the pass run around their partner and back to the start ready for a pass.</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players are encouraged to pass the ball with the inside of their feet</li> <li>• Placement of non kicking foot</li> <li>• Relax Weight of pass and control</li> <li>• Face where you want the ball to go</li> </ul>	<p><b>Opposed</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• players now follow their pass by running around their partner and back to their starting point</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Use the inside of the feet to pass</li> <li>• Follow through with kicking foot</li> <li>• Placement of non kicking foot</li> <li>• Eye contact when receiving pass</li> <li>• Wait till the ball is stopped before running around partner</li> </ul>	<p><b>Fun Game</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Cowboys and Indians</li> <li>• Black team have to run across field to the other side</li> <li>• Team in white have to hit the player running through between the knee and the foot</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players have to keep the ball down by using the side foot and getting body over the ball</li> <li>• Being aware of surroundings by having head up</li> <li>• Play the ball in front of the players running through</li> </ul>
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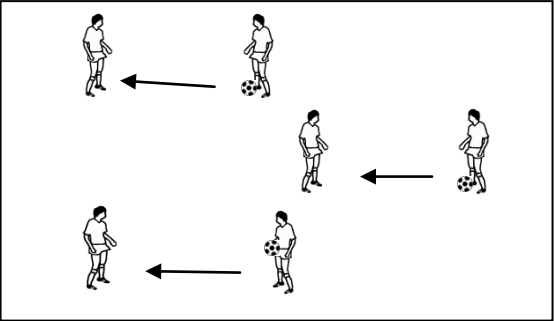
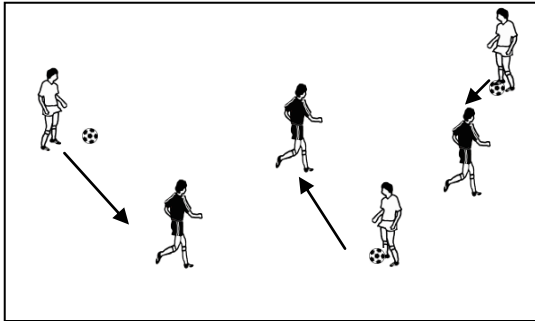
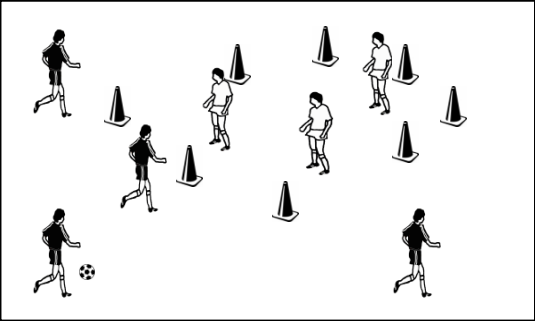
## U7 WEEK 3

<p><b>Unopposed</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players dribble round and try and knock down as many cones as they can.</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Preparation, contact and follow through</li> <li>• Head over the ball</li> <li>• Knee over the ball</li> <li>• Target</li> <li>• Work on moving with ball before hitting</li> </ul>	<p><b>Opposed</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in 2 teams now with one team trying to knock the cones over and the other team having to put them back up</li> <li>• Coach counts the number of cones standing up versus down to decide which team wins</li> <li>• Teams then switch roles</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Preparation, contact and follow through</li> <li>• Accuracy of shot into corners</li> <li>• Head over the ball</li> <li>• Knee over the ball</li> <li>• Head up looking for cones</li> </ul>	<p><b>Fun Game</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are split into 2 teams</li> <li>• Several Goals are laid out on the field</li> <li>• Team with the ball have to run round and score as many goals as they can in 30 seconds</li> <li>• Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round)</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Head up and look for the open goal</li> <li>• Drive towards space and open goal</li> <li>• Have ball out from under your feet</li> <li>• Preparation, contact and follow through</li> <li>• Aim for corners</li> </ul>
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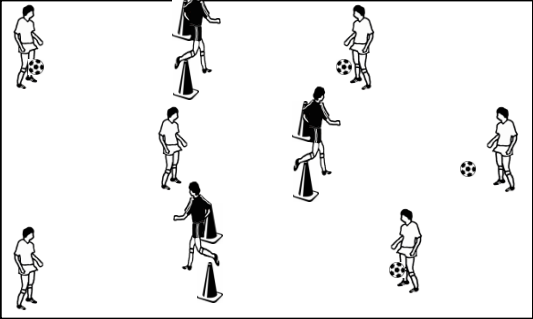
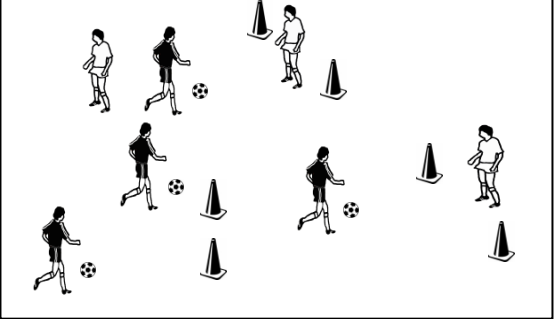
## U7 WEEK 4

<p><b>Unopposed</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and is allowed to dribble around the grid.</li> <li>• The coach calls out instructions for players to get into a shielding position</li> <li>• Coach can change the call to a certain buzz word for the children e.g. shark attack</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them</li> <li>• Must have their body side on to the ball and with on open stance</li> <li>• Knees bent with a low centre of gravity</li> <li>• Arm up and bent at the elbow to help balance and provide additional protection</li> <li>• Encourage players to nudge the ball whilst in the position</li> </ul>	<p><b>Opposed</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball except a designated number of defenders/ sharks</li> <li>• Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position.</li> <li>• The defending player can try and get the ball for 3 seconds before moving on to another player</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them and be in a shielding position</li> <li>• Keep their head up be aware of where the defenders are</li> <li>• Nudge the ball to the side to keep control and away from the defender</li> </ul>	<p><b>Fun Game</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in 2 teams with each team having a designated defender/shark who does not have a ball</li> <li>• Players must shield the ball when approached by a defender/ shark.</li> <li>• Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point</li> <li>• Players in jail can be broke out with a tag</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Moving with ball into space</li> <li>• Strong shielding stance to protect ball</li> <li>• Keep the ball close when dribbling</li> <li>• Have head up at all times</li> </ul>
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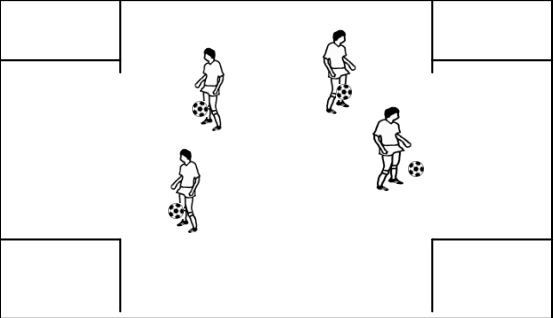
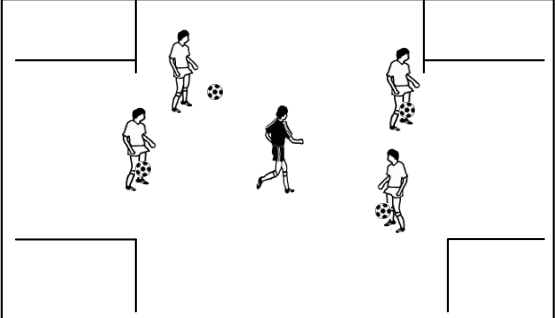
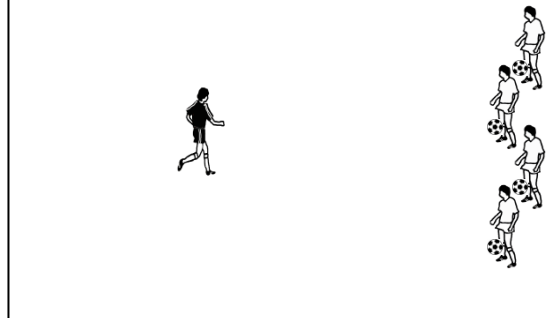
## U7 WEEK 5

<p><b>Unopposed</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p>The diagram shows four pairs of players arranged in a 2x2 grid. Each pair consists of one player with a ball and one player without. Arrows indicate the direction of the pass from the ball holder to the partner.</p> <p><b>Implementation</b></p> <ul style="list-style-type: none"><li>• Players are with a partner and stand facing each other.</li><li>• One ball between two the player with the ball gentle throw the ball underarm for his partner to stop then pass back.</li><li>• Pass should be light and to the players feet</li><li>• Progress practice, player follows pass, runs around partner and back to the start</li></ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Encourage players to move to meet the ball.</li><li>• Encouraged players to pass the ball with the inside of their feet</li><li>• Placement of non kicking foot</li><li>• Relax Weight of pass and control</li><li>• Face where you want the ball to go</li></ul>	<p><b>Opposed</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p>The diagram shows two groups of two players. In each group, one player has a ball and is passing it to their partner who is moving towards them. Arrows indicate the pass and the direction of movement.</p> <p><b>Implementation</b></p> <ul style="list-style-type: none"><li>• Players are in groups of 2</li><li>• One player has a ball and must dribble around after there partner and try to pass the ball and hit there feet</li></ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Use the inside of the feet to pass</li><li>• Relax with pass and have correct weight</li><li>• Placement of non kicking foot</li><li>• Strike through the ball</li><li>• Pass the ball in front of player</li></ul>	<p><b>Fun Game</b></p> <p>Passing: Passing and Receiving</p> <p><b>Organization</b></p>  <p>The diagram shows a rectangular area with several cones placed around it. There are two teams of players, one in black and one in white. One player from the black team has a ball. The cones represent obstacles that players must avoid.</p> <p><b>Implementation</b></p> <ul style="list-style-type: none"><li>• Players are set into 2 teams</li><li>• 1 team in a defined area the other team surrounding them</li><li>• Players are eliminated if hit below the waist with the ball</li><li>• 1 ball is used at first with others being introduced at the coaches discretions</li></ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Players have to keep the ball down by using the side foot and getting body over the ball</li><li>• Being aware of surroundings by having head up</li></ul>
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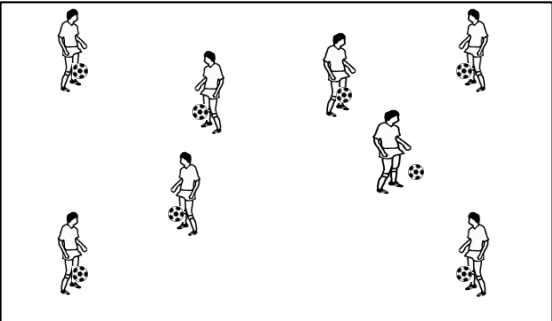
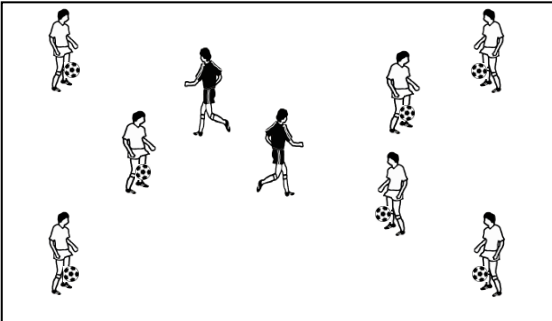
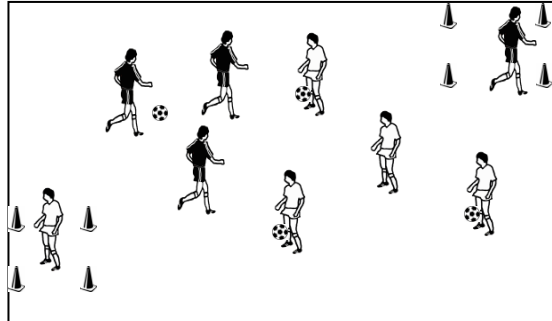
## U7 WEEK 6

<p><b>Unopposed</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are with a partner and stand facing each other.</li> <li>• One ball between two the players have to shoot the ball through the gates and score</li> <li>• Once ball is on the other side the partner has a chance to try and score</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Angle of approach to striking the ball</li> <li>• Preparation, contact and follow through</li> <li>• Head over the ball</li> <li>• Knee over the ball</li> <li>• Target</li> <li>• Work on moving with ball before hitting</li> </ul>	<p><b>Opposed</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Same exercise as before only the players now have a goalkeeper to shoot past</li> <li>• Positions are rotated on the coaches request</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Preparation, contact and follow through</li> <li>• Accuracy of shot into corners</li> <li>• Head over the ball</li> <li>• Knee over the ball</li> </ul>	<p><b>Fun Game</b></p> <p>Shooting</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are split into 2 teams</li> <li>• Several Goals are laid out on the field</li> <li>• Team with the ball have to run round and score as many goals as they can in 30 seconds</li> <li>• Other team have to move around and try and stop their shots by becoming a goalkeeper. (but they must keep moving round)</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Head up and look for the open goal</li> <li>• Drive towards space and open goal</li> <li>• Have ball out from under your feet</li> <li>• Preparation, contact and follow through</li> <li>• Aim for corners</li> </ul>
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## U7 WEEK 7

<p><b>Unopposed</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and is allowed to dribble around the grid.</li> <li>• The coach names each square with a fun name e.g. names of animals lion, bear</li> <li>• Upon calling the name of the animal the players have to dribble to that corner</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them and have lots of little touches</li> <li>• Head up and look for space</li> <li>• Squish the ball when stopping</li> </ul>	<p><b>Opposed</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Same exercise as before only there is no a defender or hunter who is trying to trying to catch the players/ animals</li> <li>• Players can only be caught when coach calls the name of the corner</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them</li> <li>• Keep their head up and look for space</li> <li>• Be going at a pace which allows them to stop the ball</li> <li>• Be aware of where the hunter/ defender is</li> </ul>	<p><b>Fun Game</b></p> <p>Dribbling: Moving with the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and attempts to dribble past the defender and get to the other side.</li> <li>• Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Moving with ball into space</li> <li>• Use of moves e.g. stop and start to go round defenders</li> <li>• Keep the ball close when dribbling</li> <li>• Have head up at all times</li> </ul>
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## U7 WEEK 8

<p><b>Unopposed</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball and is allowed to dribble around the grid.</li> <li>• The coach calls out instructions for players to get into a shielding position</li> <li>• Coach can change the call to a certain buzz word for the children e.g. shark attack</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them</li> <li>• Must have their body side on to the ball and with on open stance</li> <li>• Knees bent with a low centre of gravity</li> <li>• Arm up and bent at the elbow to help balance and provide additional protection</li> <li>• Encourage players to nudge the ball whilst in the position</li> </ul>	<p><b>Opposed</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball except a designated number of defenders/ sharks</li> <li>• Players have to dribble with ball and avoid defender/ Sharks if approached they must stop the ball with their feet and get into a shielding position.</li> <li>• The defending player can try and get the ball for 3 seconds before moving on to another player</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them and be in a shielding position</li> <li>• Keep their head up be aware of where the defenders are</li> <li>• Nudge the ball to the side to keep control and away from the defender</li> </ul>	<p><b>Fun Game</b></p> <p>Shielding: Protecting the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in 2 teams with each team having a designated defender/shark who does not have a ball</li> <li>• Players must shield the ball when approached by a defender/ shark.</li> <li>• Defender has 3 seconds to get the ball, if he does player goes to jail, if not the attacking player gets a point</li> <li>• Players in jail can be broke out with a tag</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Moving with ball into space</li> <li>• Strong shielding stance to protect ball</li> <li>• Keep the ball close when dribbling</li> <li>• Have head up at all times</li> </ul>
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