

**DC STODDERT
SESSION PLANS**

U9/10 - 3RD/4TH GRADE

7V7





FOCUS: RECEIVING BALLS FROM RE-STARTS

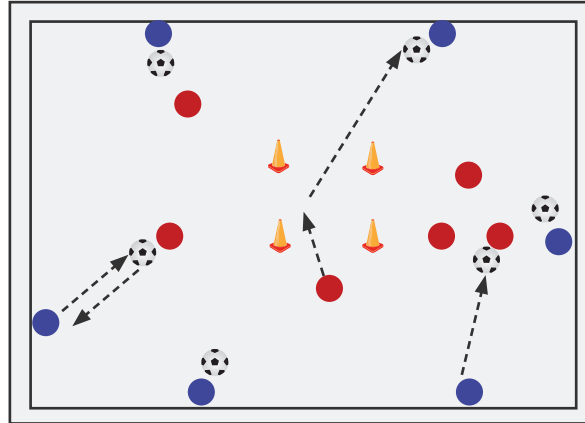
- ▶ Key coaching points - Body in line with ball, ask to receive
- ▶ Ways to edit - Make space bigger or smaller based on level, add time constraint to create competition

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice)

ORGANIZATION:

- Work in pairs (#1 and #2)
- Receive ball on ground via side foot pass, touch and return from inside player
- Go through central box without ball after pass complete (movement can vary)
- Progress to turn and pass to another outside player, bouncing balls, throw ins etc
- Each complete pass = 1 point
- Each player gets 45 seconds to work for high score

TECHNIQUE:



KEY POINTS:

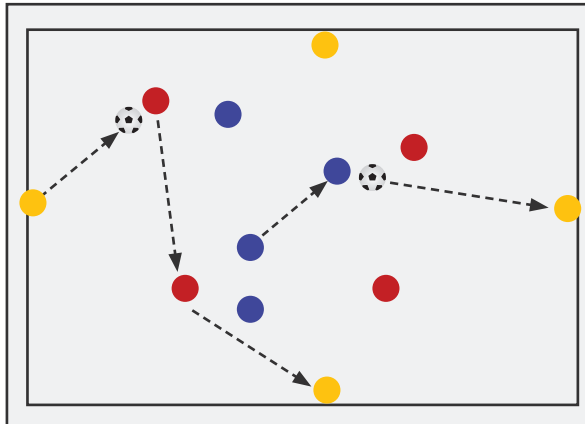
- Weight of initial pass
- Surface of foot to receive ball
- Movement towards the ball
- Speed of pass
- Angle and mechanics of pass
- Head over ball, non-kicking foot placed, knee over, side foot etc
- Don't let it bounce!

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Expanded Skill Practice)

ORGANIZATION:

- As above, but now in teams of 4
- Receive ball from outside player, play combination with at least one teammate and play back out to an open player
*you can have players do this with hands to start to understand rotation
- After combination, get back involved as receiver or option for combo
- Keep score of completed passes (only perfect completions count)
- Add touch restriction if needed

TECHNIQUE:



KEY POINTS:

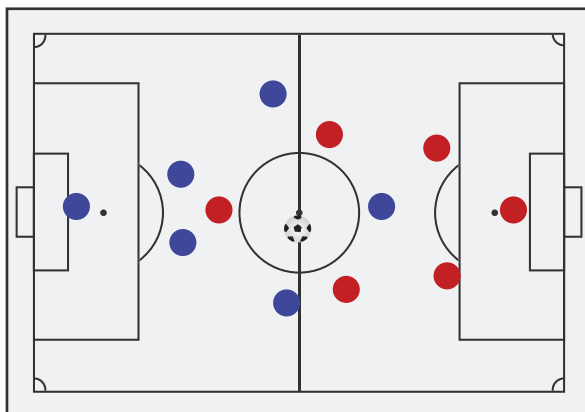
- As above
- 1st touch into space, and to open player (look before you receive)
- Positive first touch
- Play at speed
- Cushion/manipulate ball to where you want it
- Communicate, ask for ball
- Add combo's if need, 1/2's, overlaps, dummy's etc

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Each team play 2-2-1

TECHNIQUE:



KEY POINTS:

- As above
- 1st touch into space at speed
- Ask for the ball, confidence
- Use the techniques from the 1st and 2nd activity
- Don't let it bounce!

▶ COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: DEALING WITH HIGH BALLS IN THE DEFENSIVE THIRD

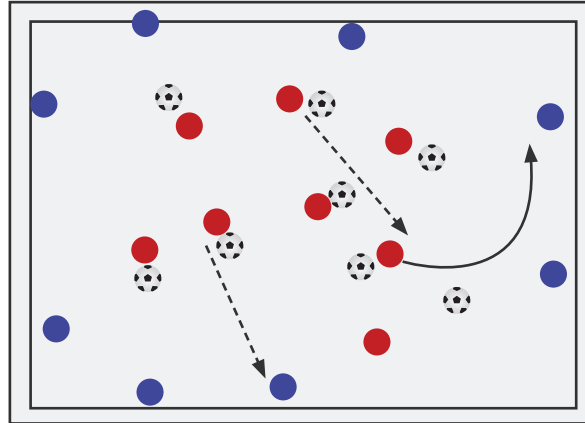
- ▶ Get into the first game quickly, pair up and go
- ▶ Concentrate on details of technique involved, demonstrate and show skills, if you can't demo, get a player to

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- Ball between x2
- x1 minute in middle working
- Partner on outside asks for ball, moves up and down the line
- x2 touch on outside
- Different receptions/combo's in the middle
- Open up with 1st touch, 1/2's, etc.
- Vary height of service, throw ins, throws high, bouncing balls, up and under
- Combine with other players inside grid
- Heading NOT included

TECHNIQUE:



KEY POINTS:

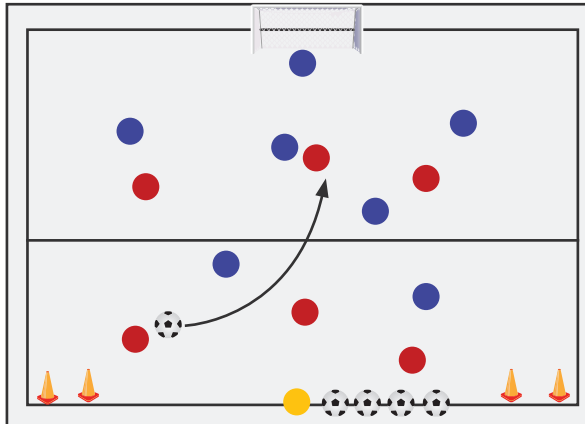
- Weight of initial pass
- Surface of foot for 1st touch
- Speed & type of turn
- Count passes to compete
- Speed of pass
- Communication
- Tidy 1st touch
- Explode after turn at pace
- Don't let it bounce!
- Use correct surface, chest, shoulder, head, thigh, foot
- Ask for the ball

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Expanded Skill Practice)

ORGANIZATION:

- x4vs3 in Defensive half (GK)
- 2vs3 in Attacking half
- Attackers start with ball and try and hit the front man, over the top of center mids
- Coach also serves balls from half way line (up and under, bring the ball down)
- Defenders score in side goals wide
- GK can use hands in box

TECHNIQUE:



KEY POINTS:

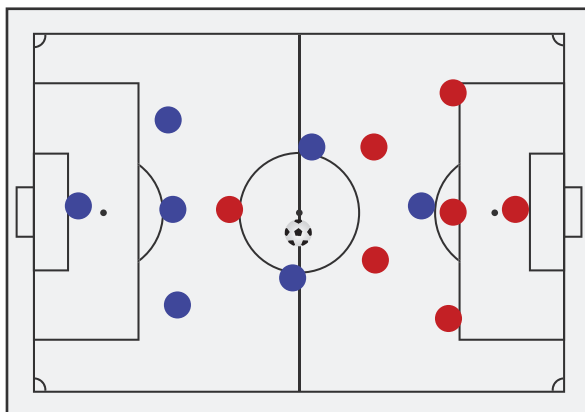
- As above
- Attack the ball in the air
- Don't let it bounce
- Try and get it down and away to feet asap
- 2nd Defender back up player attacking the ball
- Get goal side whilst ball is in the air
- Communicate, call your name! 'Ben's!'
- Use the right surface

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 7vs7
- Both teams playing 3-2-1
- Attacking team play direct and long early
- Defenders attack the ball at it's highest point
- Play a high line defensively
- Low pressure in final 3rd
- Box in and defend the long, high ball

TECHNIQUE:



KEY POINTS:

- As above
- Once ball is won get it wide and attack at speed in transition
- Be quick to identify who can win the 1st ball
- Get around it to win the 2nd ball
- Work as a unit defensively

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: COMBINING IN WIDE AREAS

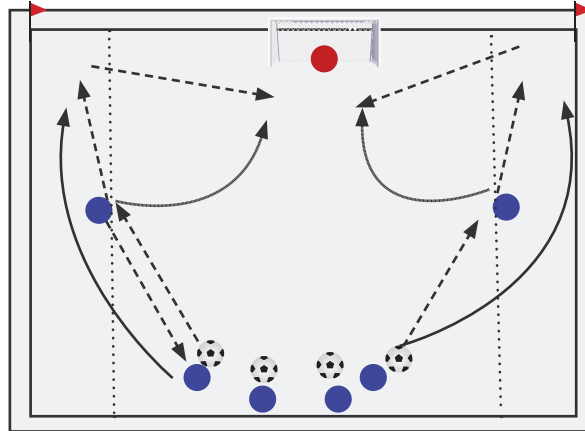
- ▶ Separation speed is crucial. Pass the ball quickly and burst into space with touch
- ▶ Pass and move

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice)

ORGANIZATION:

- Work in channels
- 1st player plays to 2
- 2 plays back to 1
- There needs to be overlap, combination, take over or give and go
- Dribble to cones and cross

TECHNIQUE:



KEY POINTS:

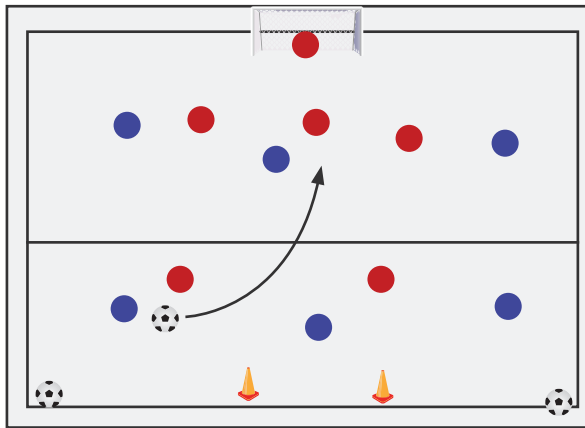
- Weight of initial pass
- Pace and angle of supporting run
- Movement inside of wide man to commit defender/make space
- Weight of return ball
- Shape and pace of passes
- Speed of run
- Communication, when you want it call, and point
- Ball in front of runner into stride

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Expanded Skill Practice)

ORGANIZATION:

- 6v6
- 2v1 in wide areas to aid in combinations and wing play
- Def score in goal without keeper
- Att score in big goal
- x1 point for regular goal, x2 for a goal from a combination in the wing, x3 for a goal from a combination wide and cross
- Play throw ins and normal restarts
- Offsides

TECHNIQUE:



KEY POINTS:

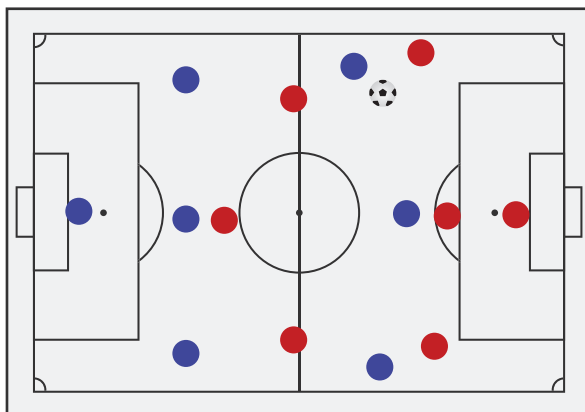
- A above
- Make sure the wingers attack at speed
- Go wide not forward with runs
- Look to take a player on/commit and slide in overlap
- Constant talk and movement
- Be creative, early crosses, or combo to byline for cut back
- Address runners arriving in the box

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 7v7
- Att play 3-2-1 with the outside backs getting forward as much as possible
- Wingers are the outlet, use them
- Def play 3-2-1 but narrow, allow ball wide, defend crosses and combo's

TECHNIQUE:



KEY POINTS:

- As above
- Once ball is won get it wide and attack at speed in transition
- Overlap, commit bodies forward at pace
- Opposite wide player get round back post for crosses
- Invert wingers later for a change

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: HEAD UP SPACIAL AWARENESS - TEAMWORK

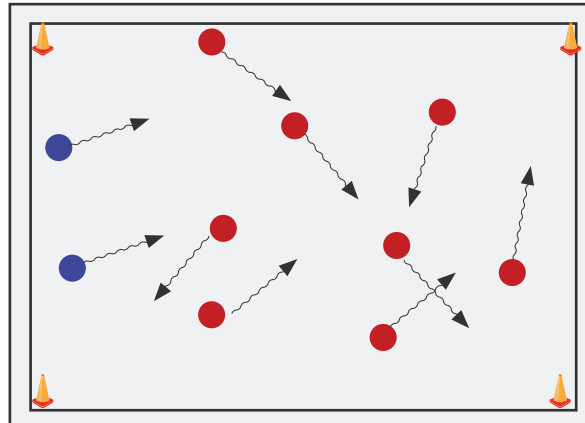
- ▶ Start the games as soon as possible, chase the players to make them move, first without a ball, then with
- ▶ Slowly chase and make noises to increase excitement, control the group, going slower on kids less able

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Stuck in the mud - but don't call it that. Be inventive, can it be Frozen? Another movie or character the kids like?
- Game is simple - players in bibs chase and tag
- No safe zone - have to keep moving
- Once tagged, you're stuck in the mud/frozen and have to stand with legs open arms outstretched asking for help
- To be freed, teammate has to crawl through legs
- If you go outside the boundaries, you're stuck

TECHNIQUE:



KEY POINTS:

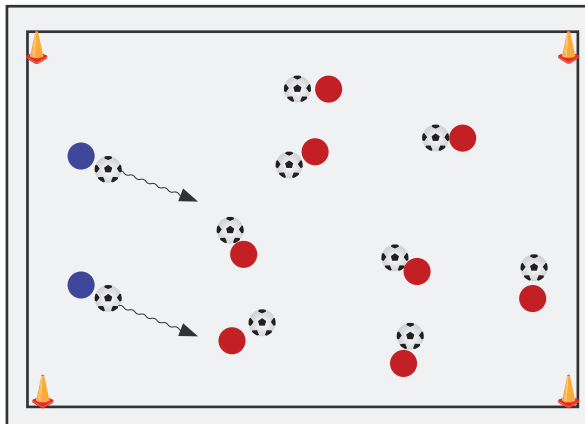
- Head up identify space
- Be prepared to cut, change direction and move
- Help teammates to keep most numbers moving
- No puppy guarding
- Ask for help when stuck - be vocal

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Create a new name for this, but same game just with balls
- Players with ball dribble to evade and accelerate away from person with out ball
- When hit by opponents ball, place your ball over your head, open legs and ask for help
- To free teammate, pass the ball through their legs
- Ball has to be moving or you're out (stop players standing on the ball and waiting)

TECHNIQUE:



KEY POINTS:

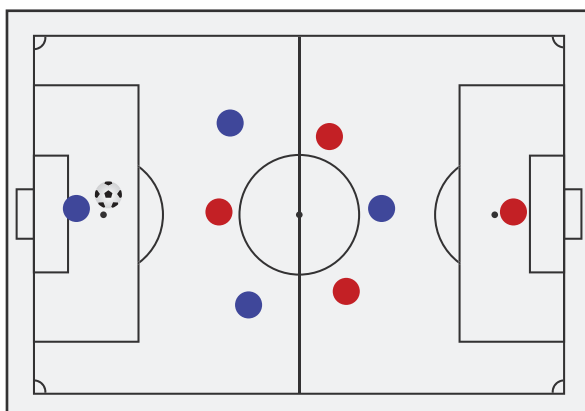
- Head up
- Find space and dribble to it
- Pass the ball from short distances to free stuck friends
- Keep the ball close, no big swings
- Ask for help when stuck - be vocal

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Keep the characters and context in the game so they have a point of reference to carry into the match
- No one is stuck in the mud, so move and be an option without the ball
- Show teammates support by communicating for the ball and moving into space

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving