



**CYSA Wednesday Night Skills with Coach Stricker
Coach's Lesson Plans for U-7's**

Station 1- Dribbling

A) Dribbling Relay Races- no more than 2 in a group. Up and back 2 times each. Players must dribble around the cone and come back and stop the ball for the partner to take it.

(Working on changing directions with speed with the ball)

- 1) Right foot only
- 2) Left foot only
- 3) All insides
- 4) All outsides
- 5) No restrictions-just as fast as they can go.

B) Knock Out- Players are dribbling their ball inside the rectangular grid. (Size of grid is according to # of players-Usually 20 X 25 for 10 players. They are trying to kick other player's balls out which keeping their ball in.

(Working on dribbling with their head up)

-- First time they get knocked out they have to do 12 toe touches on the ball to get back in.

-- Second time they get knocked out they have to do 12 bells to get back in.

-- Third time they get knocked out they do 5 push up and then they are a shark with no ball and try to get people out.

C) Sharks and Minnows- Players dribble from one end to another and have to avoid getting their ball kicked out of the grid by the sharks. If their ball gets kicked out they become a shark. Grid size is ~30 x 25.

(Working on changing directions and speed with the ball)



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Station 2- Passing

A) Passing Square- 5 Players are at 4 corners of a 20 x 25 square.

The ball must start with the side with 2 kids at it. The players pass and follow their pass to the next line around the square.

(Working on technical passing and receiving the ball and moving after you pass the ball)

-Add two balls (must have 6 players to do this)

B) Passing relay races- No more than 3 in a line. Dribble around a cone 15 yards away and pass the ball back to your partner from behind the line.

(Working on passing off the dribble, receiving a ball and running forward)

C) Defend the Castle – Each side has 4-5 big cones with balls on top (Castle)The object is to knock the balls off the other team's cones by passing the ball into them. There should be 3 loose balls to play with.

(Working on passing under pressure and with accuracy)



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Station 3- Technical Shooting

- A) **Shooting Relay-** Players get into two lines on either side of the goal, and dribble around a cone and come back and shoot at the goal from behind a line 10 yards away. Each goal is a point- but it only counts if they shoot from behind the line. Play to 15 or 20 points.

(Working on Shooting Technique and ball striking with the pressure to score)

-Change the size of the goals to make it more challenging

- B) **Wall pass and a shot-** Player's start 25 yards out and play a pass and get it back from the coach and have 2 touches to score from behind a 10 yard line away from the goal. Mix up the keepers.

(Working on ball striking technique and shooting off receiving a ball.)

- C) **Break Away Finishing-** Player's start 25 yards out and run onto a ball. They must dribble to the goal and beat a keeper in goal.

(Working on finishing under the pressure of beating a goal Keeper 1v1)



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Station 4- Tactical Training

- A) **1v1 to Goal-** Have 2 lines 20 yards away from the goal. An offensive and a defensive line. Player's switch lines after they go. Work on shooting after going 1v1 to goal.
(Working on Shooting off the dribble in a 1v1 situation)
- B) **2v1 or 3v1 plus a keeper to Goal-** Have players work on finishing under the pressure of getting around a player and shooting against a goal keeper.
(Working on decision making of when to shoot and when to pass- also the pressure of having to beat a keeper)
- C) **Flying 3v3 to Small Goals-** Play 3 on 3 with a team sitting out. The team comes on when a goal is scored.
(Working on Transitional play)

Station 5- Full Field Scrimmage

- A) **Teams play 5v5 full field scrimmage-** Teams scrimmage and work on all components of the game. Coaches need to emphasize transition from offense to defense and not just kicking it and watching.
(Working on putting the skills learned in action on the field)