

Comox Valley United Soccer Club U7/U8 House Program (S#1&2)

Objective: Improve Dribbling to beat players 1v1 (Def in Front – Space Behind Defender)

Activator (12mins)



*Each Att with a ball

- Objective of the game is for the attacking players to dribble from side of the playing area to the other whilst beating players 1v1.
- If successful that player score 1 point (have players keep score)
- If they dribble out of bounds or lose the ball they are replaced by a defender who becomes the attacker and the attacker now the new defender
- Encourage good technique when dribbling, ability to play with head up to observe defender and show creativity to beat players 1v1. Time of move is key also.
- Constantly stress the importance of not losing the ball to promote scoring.
- Let players work out the game's challenge – to beat the defender. Be positive.
- Ensure size of area is NOT too big. More touches – less running!

SAP (12mins)



- Numbers should allow for 2x groups working side by side in 15 x 15 area's.
- Set up as shown, with players spread out on each corner. Place cones in the middle of the area to replicate a static defender.
- Players from opposite corners dribble towards defender at same time and apply move to beat the player. Focus on basic outside cut with dribbling foot first as they get used to activity.
- After beating def they dribble at speed to opposite corner.
- As soon as dribbling pair reach the middle the next two players in other corners go (brown). Keep activity flowing with players in different corners taking turns to carry out the activity.
- Encourage good dribbling technique with correct part of the foot, head up to decide when to do their move. Speed up after move is key.
- Start to teach the scissors when players get confident.

1v1 Play (12mins)



- Objective is for the attacking player (brown) to retain the ball and score. Can score by dribbling thru either gate for (3 points) or over end line for (1 point).
- If defender wins the ball they are looking to score a "bonus" point by dribble over attacking players end line. Have players keep score.
- Game starts by defender (white) passing into attacker (brown). Players rotate line after goal is scored or ball goes out of bounds.
- Encourage good pass in, good dribbling when looking to score with head up to observe defenders position. Reinforce that possession of the ball is IMPORTANT if they want to score.
- Keep the activity flowing allowing players to explore ways in which to beat def 1v1. Encourage risk and creativity.
- Make sure area is not too big. Play side by side if numbers allow it to promote repetition. 10 (W) x 15 (L) size are recommended.

SSG (12mins)



*Each Att with a ball

- Objective is for attackers (white) to advance the ball towards the goal whilst beating def 1v1. Once in box next to goal they attempt to score
- Defenders can only defend along the line. They cannot move of the line, only sideways
- Once att is successful they then look to try again going the other direction. Keep the rotation flowing.
- If def wins the ball they swap places with att and join the line behind them to keep natural rotation flowing.
- Encourage good dribbling technique when approaching the def, head up to observe def and timing of move to get past def.
- If they approach too slow they will prob lose the ball.
- Let activity flow whilst reinforcing the key points.
- Area is 20 (W) x 30 (L) 3x 10x10 boxes on each side

Comox Valley United Soccer Club U7/U8 House Program (S#3&4)

Objective: Improve Dribbling to retain and advance the ball (Def in Front)

Activator (12mins)



- Split group into two separate teams.
- One team starts with a soccer ball each. Each game is 60 secs in duration to encourage quick play.
- Objective is for the attackers (with the ball) to retain possession by dribbling only. If the defenders win possession they look to keep and retain the ball.
- Team with the most soccer balls at the end of 60 secs wins the game. Keep score to make it competitive.
- Encourage good dribbling technique (keeping ball close), head up play to observe all that is around them especially defenders as well as creative play to lose the defender.
- Its important we encourage positive defending. Create a desire to want to win the ball back a.s.a.p. within the players.

SAP (12mins)



- Numbers should allow for 2x groups working side by side in 15 x 15 area's.
- Set up as shown, with players spread out on each corner. Place cones in the middle of the area to replicate a static defender.
- Players from opposite corners dribble towards defender at same time and apply move to beat the player. Focus on basic outside cut with dribbling foot first as they get used to activity.
- After beating def they dribble at speed to opposite corner.
- As soon as dribbling pair reach the middle the next two players in other corners go (brown). Keep activity flowing with players in different corners taking turns to carry out the activity.
- Encourage good dribbling technique with correct part of the foot, head up to decide when to do their move. Speed up after move is key.
- Start to teach the scissors when players get confident.

1v1 Play (12mins)



- Play 2x side by side game of 1v1 in 6 (W) x 12 (L) areas with a pugg goal on each end line. Clearly mark a half way line as shown.
- defending player (white) always starts the game by passing into attacking player.
- Attacking player gets 2 points for a goal in the pugg that they are attacking. If defender can win the ball in the opposite half and score they get 3 points. If they win the ball in their own half and score they get 1 point.
- Have players keep score, let the activity flow making sure they know the rules of scoring and how the game works.
- After each game – ball out of bounds or when goal is scored players swap lines.
- Coach good dribbling technique, head up to observe defender and timing of move past defender with an accelerating after they beat the player.

SSG (12mins)

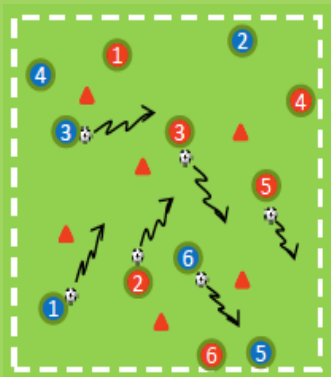


- Have 2x small sided games being played on 2x side by side fields. 2x 20x30 fields with a 7 yard end zone at each end.
- The objective for the attacking team is to dribble into the end zone that they are attacking to score a goal. Passes DO NOT count.
- When successful play is restarted by the other team restarting by dribbling fwd from their end zone. While this is happening the scoring team must race to the half way cones before they can win the ball again. (Red Cones!)
- Play 3 min rounds and coach in between each round of games.
- Coach good awareness of defenders, good separation to help create space for dribbler and good dribbling execution to advance the ball fwd.
- Encourage creativity and risk taking. Make sure players know the rules especially what they do when they score before they can win the ball.

Comox Valley United Soccer Club U7/U8 House Program (S#5&6)

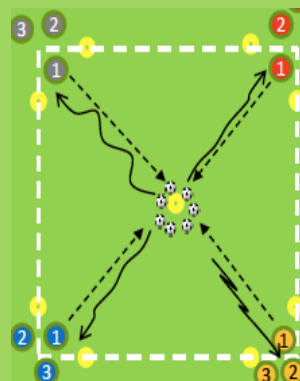
Objective: Improve Dribbling and 1v1 attacking

Activator (12mins)



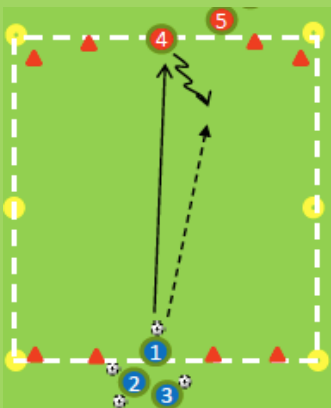
- Players work in partners, one player dribbles, partner moves around on the perimeter.
- 1. When coach calls switch, support player shows and dribbler passes.
- 2. Various techniques, using inside, outside, top, sole of the feet (use both feet).
- 3. Make cuts around the cones, inside, outside foot.
- 4. Make turns in front of the cone
- 5. You can have players switch after one has dribbled/cut around 3 cones.
- Keep pace high!
- Encourage good dribbling technique, with the players keeping the ball close but now actively being encouraged to dribble with their head up more.
- Encourage them to play with a high tempo, Get them to keep score of how many times they do certain cuts, turns etc.
- Encourage team good teamwork between partners.

SAP (12mins)



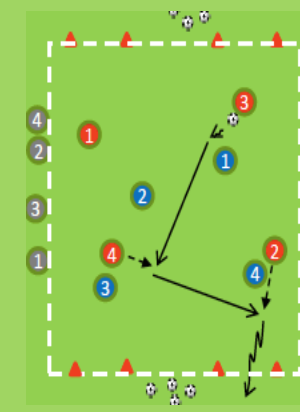
- 4x teams in each corner. With 7 soccer balls in the middle of the area.
- Objective is for each teammate on each team to take turns running to the middle and dribbling one ball back to their corner. Once their teammate is back the next player can go.
- When all the soccer balls in the middle are retrieved the players can now go to different corners to "steal" a ball. No defending the balls!
- First team with 3 soccer balls in their corner are crowned winners.
- Repeat by reloading the soccer balls in the middle.
- You may introduce defending but only when ball is being dribbled in the middle and not at the corners.
- Encourage good dribbling technique, awareness of where to go to steal a ball and defenders when they are introduced.
- Encourage creativity to lose the defenders if attackers are under pressure.

1v1 Play (12mins)



- Play 2x side by side game of 1v1 in 6 (W) x 12 (L) areas with two gates on each end line as shown
- Defending player always starts the game by passing into attacking player.
- Attacking player gets 2 points for a dribble through any 1 of 2 gates they are attacking
- Have players keep score, let the activity flow making sure they know the rules of scoring and how the game works.
- After each game – ball out of bounds or when goal is scored players swap lines.
- Coach good dribbling technique, head up to observe defender and timing of move past defender with an accelerating after they beat the player.
- Get them to recognize when one gate is closed by the defending player and encourage them to go to the other gate. Always play away from pressure.

SSG (12mins)

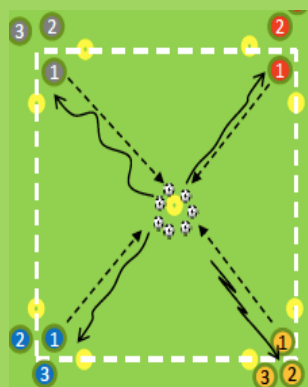


- Make 3 teams of 4 players. 2 teams will play against each other with the other team helping reload the ball onto the field when it goes out of bounds.
- Objective is to score by dribbling through any one of the two gates located on each end line. As soon as a goal is scored the team reloading the balls is now on the field with the non scoring team, now reloading the balls.
- Keep the game flowing, mainly coaching over the top encouraging players to recognize dead ends and play the ball out to the other side to exploit the space. Its important we stress good habits of wanting to keep the ball while always wanting the score if possible.
- Reinforce the rules especially the rotation when a team scores.
- Encourage creativity with the ball, take players on if they can.

Comox Valley United Soccer Club U7/U8 House Program (S#7&8)

Objective: Improve Ball Control, Dribbling and 1v1 attacking skills

Activator (12mins)



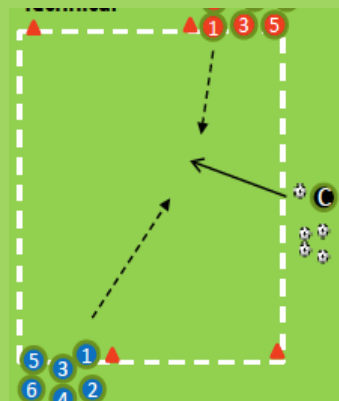
- 4x teams in each corner. With 7 soccer balls in the middle of the area.
- Objective is for each teammate on each team to take turns running to the middle and dribbling one ball back to their corner. Once their teammate is back the next player can go.
- When all the soccer balls in the middle are retrieved the players can now go to different corners to “steal” a ball. No defending the balls!.
- First team with 3 soccer balls in their corner are crowned winners.
- Repeat by reloading the soccer balls in the middle.
- You may introduce defending but only when ball is being dribbled in the middle and not at the corners.
- Encourage good dribbling technique, awareness of where to go to steal a ball and defenders when they are introduced.
- Encourage creativity to lose the defenders if attackers are under pressure.

SAP (12mins)



- Blues from opposite sides dribble towards middle cone. Res do the same but start when blue reach the middle.
- When at the middle players change direction L & R. Have players go L first for 6 minutes then R for the other 6 minutes.
- Encourage good dribbling technique to the middle (Technique then speed) with players showing different feints, cuts and changes of direction when going L or R.
- Breakdown the mechanical action of the dribble. Using the laces/outside part of the foot thru the middle of the ball taking 1 touch every step is vitally important.
- Encourage players to lift their head to observe when to do a feint/move etc as well as to observe other players who are dribbling in the same sequence.
- Don't stop and coach too often, encourage good habits as the players carry out the activity to promote repetition. Make sure players understand activity.

1v1 Play (12mins)



- If possible have two side by side fields going at the same time. This will require 2 coaches at this station to feed soccer balls into the players.
- Each 1v1 game is started by coach passing ball in. Players then race to get to the ball first and then beat defender 1v1 to score through large gate on each end line.
- Keep tempo high by quickly starting next game for players next in line.
- It is important to encourage creativity to beat the opponent, quick reactions to get to the ball first and head up to decide how they are going to beat the defender when in possession of the ball.
- Encourage the defending player to have a big personality to win the ball if they don't get to it first.
- Keep coaching points to a minimum with the flow of the activity more important. The players will show good creativity and improvisation when allowed.

SSG (12mins)

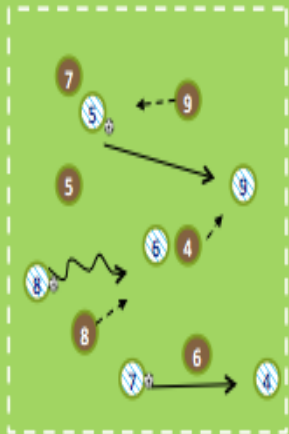


- Make 4 teams of 3. Two teams play switch soccer, 3 v 3. Three reds play three blues.
- On signal of the coach the reds and blues that were resting are coming on.
- Aim is to dribble the ball into the end zone to score a goal.
- When a team scores, it keeps possession and attacks the other side (resting players also quickly change sides taking soccer ball with them!). Have defending team retreat to defend the opposite end zone now.
- Players are encouraged to dribble and beat a player when 1 v 1. Coach good dribbling technique, head up to be aware of defending players position. Encourage good timing of moves to beat players 1 v 1.
- Keep pace high.
- Mainly coach over the top reinforcing rules all the time. Especially the rotation between ends etc.

Comox Valley United Soccer Club U7/U8 House Program (S#9&10)

Objective: Improve Passing the ball, with the inside of the foot

Activator (12mins)



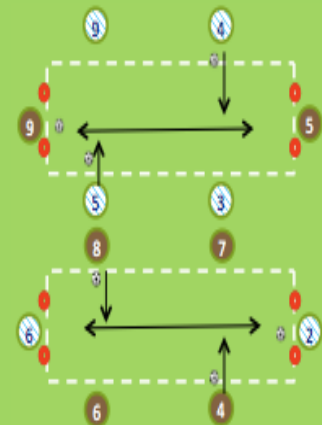
- Two teams of 6. One team starts with 3 soccer balls. White team in the diagram.
- Each game lasts for 2-3 mins. Team with the most soccer balls in possession at the end win that game.
- When defenders win the ball, they must keep the ball!
- Players can dribble, shield or pass to one another to win the ball. If the other team has a ball players can decide to support their teammates or look to press and win the ball back.
- Encourage good tempo to the game, keep it flowing by coaching over the top and playing another ball in if a ball leaves the field. There must always be 3 balls in bounds.
- Playing with the head up is important to be aware of defenders, to decide whether to dribble, shield or pass to a teammate.
- Encourage creativity and make sure they are not just passing and getting rid of the ball.

SAP (12mins)



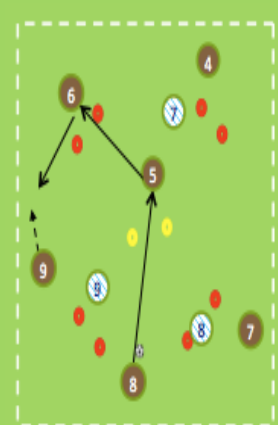
- Using cones make 6 "windows" on the perimeter of the area with 6 players standing in the "window".
- 6 players or the other half of the group depending on #'s on the inside with a soccer ball each.
- Players looking to score point by aiming the ball correctly with a good pass through the window. 2 points through the middle to teammates feet. 1 point for slightly at the side (where teammate has to move).
- Reward receiving player for moving to get in line with pass. They score a bonus point for this. Get players to keep score. IMPORTANT.
- Focus and encourage good passing with the inside of the foot through the middle of the ball. Make sure players know their standing foot has to be alongside the ball before they pass. Step forward into the pass!
- Eye contact and communication before they receive/pass is important too. Make sure they are encouraged to do this.
- If they cant find an open window, encourage dribbling until one becomes open.

1v1 Play (12mins)



- Two browns and two whites who are between the red gates pass the ball back and forth to each other using 1 touch to control and 1 touch to pass.
- The other whites and browns in the mean time try and aim their soccer ball using good passing technique to hit the moving side to side ball.
- If they hit the ball they get a point for their team of 2! Have players keep score.
- Rotate positions so all players get to play between gates.
- Encourage good passing technique using the inside part of the foot through the middle of the ball, making sure players are stepping into the pass rather than passing standing still.
- Keep activity flowing by making sure players have extra balls at the side of them. This will help when passes are misplaced. We don't want players chasing soccer balls.

SSG (12mins)



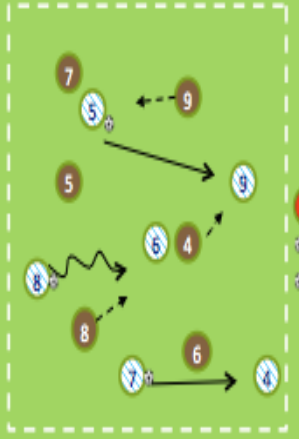
- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.

Comox Valley United Soccer Club U7/U8 House Program (S#11&12)



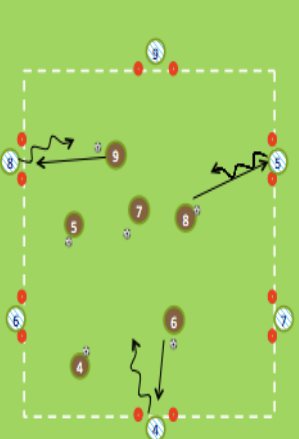
Objective: Improve Passing the ball, with the inside of the foot

Activator (12mins)



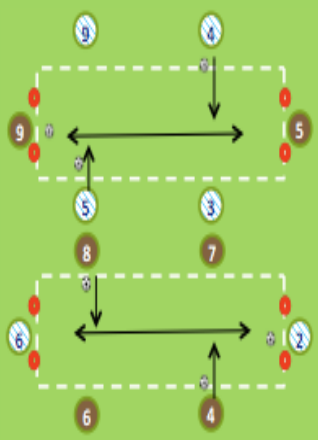
- Two teams of 6. One team starts with 3 soccer balls. White team in the diagram.
- Each game lasts for 2-3 mins. Team with the most soccer balls in possession at the end win that game.
- When defenders win the ball, they must keep the ball!
- Players can dribble, shield or pass to one another to win the ball. If the other team has a ball players can decide to support their teammates or look to press and win the ball back.
- Encourage good tempo to the game, keep it flowing by coaching over the top and playing another ball in if a ball leaves the field. There must always be 3 balls in bounds.
- Playing with the head up is important to be aware of defenders, to decide whether to dribble, shield or pass to a teammate.
- Encourage creativity and make sure they are not just passing and getting rid of the ball.

SAP (12mins)



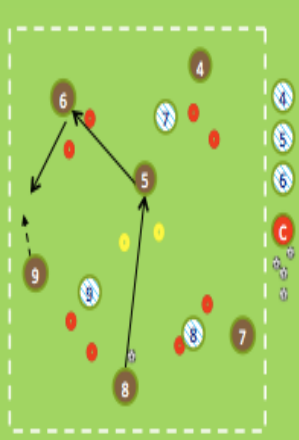
- Using cones make 6 "windows" on the perimeter of the area with 6 players standing in the "window".
- 6 players or the other half of the group depending on #'s on the inside with a soccer ball each.
- Players looking to score point by aiming the ball correctly with a good pass through the window. 2 points through the middle to teammates feet. 1 point for slightly at the side (where teammate has to move).
- Reward receiving player for moving to get in line with pass. They score a bonus point for this. Get players to keep score. IMPORTANT.
- Focus and encourage good passing with the inside of the foot through the middle of the ball. Make sure players know their standing foot has to be alongside the ball before they pass. Step forward into the pass!
- Eye contact and communication before they receive/pass is important too. Make sure they are encouraged to do this.
- If they cant find an open window, encourage dribbling until one becomes open.

1v1 Play (12mins)



- Two browns and two whites who are between the red gates pass the ball back and forth to each other using 1 touch to control and 1 touch to pass.
- The other whites and browns in the mean time try and aim their soccer ball using good passing technique to hit the moving side to side ball.
- If they hit the ball they get a point for their team of 2! Have players keep score.
- Rotate positions so all players get to play between gates.
- Encourage good passing technique using the inside part of the foot through the middle of the ball, making sure players are stepping into the pass rather than passing standing still.
- Keep activity flowing by making sure players have extra balls at the side of them. This will help when passes are misplaced. We don't want players chasing soccer balls.

SSG (12mins)



- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.

Comox Valley United Soccer Club U7/U8 House Program (S#13&14)

Objective: Improve Dribbling to retain and advance the ball

Activator (12mins)



- Split group into two separate teams.
- One team starts with a soccer ball each. Each game is 60 secs in duration to encourage quick play.
- Objective is for the attackers (with the ball) to retain possession by dribbling only. If the defenders win possession they look to keep and retain the ball.
- Team with the most soccer balls at the end of 60 secs wins the game. Keep score to make it competitive.
- Encourage good dribbling technique (keeping ball close), head up play to observe all that is around them especially defenders as well as creative play to lose the defender.
- Its important we encourage positive defending. Create a desire to want to win the ball back a.s.a.p. within the players.

SAP (12mins)



- Numbers should allow for 2x groups working side by side in 15 x 15 area's.
- Set up as shown, with players spread out on each corner. Place cones in the middle of the area to replicate a static defender.
- Players from opposite corners dribble towards defender at same time and apply move to beat the player. Focus on basic outside cut with dribbling foot first as they get used to activity.
- After beating def they dribble at speed to opposite corner.
- As soon as dribbling pair reach the middle the next two players in other corners go (brown). Keep activity flowing with players in different corners taking turns to carry out the activity.
- Encourage good dribbling technique with correct part of the foot, head up to decide when to do their move. Speed up after move is key.
- Start to teach the scissors when players get confident.

1v1 Play (12mins)



- Play 2x side by side game of 1v1 in 6 (W) x 12 (L) areas with a pugg goal on each end line. Clearly mark a half way line as shown.
- defending player (white) always starts the game by passing into attacking player.
- Attacking player gets 2 points for a goal in the pugg that they are attacking. If defender can win the ball in the opposite half and score they get 3 points. If they win the ball in their own half and score they get 1 point.
- Have players keep score, let the activity flow making sure they know the rules of scoring and how the game works.
- After each game – ball out of bounds or when goal is scored players swap lines.
- Coach good dribbling technique, head up to observe defender and timing of move past defender with an accelerating after they beat the player.

SSG (12mins)



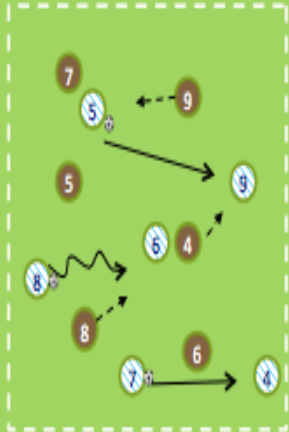
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- When successful play is restarted by the other team restarting by dribbling fwd from their end zone. While this is happening the scoring team must race to the half way cones before they can win the ball again. (Red Cones!)
- Play 3 min rounds and coach in between each round of games.
- Coach good awareness of defenders, good separation to help create space for dribbler and good dribbling execution to advance the ball fwd.
- Encourage creativity and risk taking. Make sure players know the rules especially what they do when they score before they can win the ball.

Comox Valley United Soccer Club U7/U8 House Program (S#15&16)



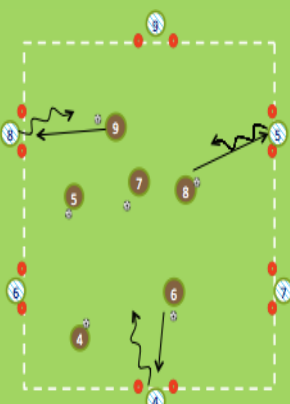
Objective: Improve Passing the ball, with the inside of the foot

Activator (12mins)



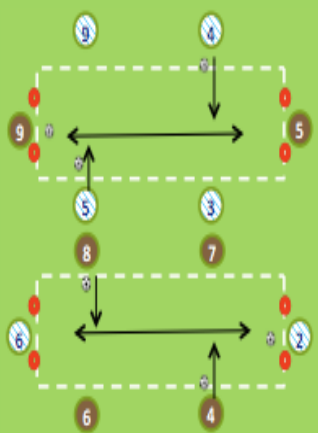
- Two teams of 6. One team starts with 3 soccer balls. White team in the diagram.
- Each game lasts for 2-3 mins. Team with the most soccer balls in possession at the end win that game.
- When defenders win the ball, they must keep the ball!
- Players can dribble, shield or pass to one another to win the ball. If the other team has a ball players can decide to support their teammates or look to press and win the ball back.
- Encourage good tempo to the game, keep it flowing by coaching over the top and playing another ball in if a ball leaves the field. There must always be 3 balls in bounds.
- Playing with the head up is important to be aware of defenders, to decide whether to dribble, shield or pass to a teammate.
- Encourage creativity and make sure they are not just passing and getting rid of the ball.

SAP (12mins)



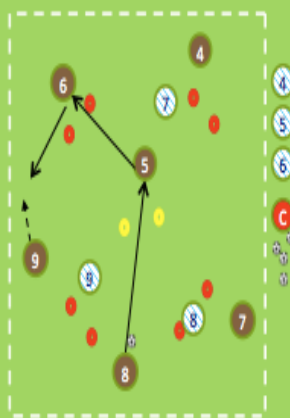
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- Reward receiving player for moving to get in line with pass. They score a bonus point for this. Get players to keep score. IMPORTANT.
- Focus and encourage good passing with the inside of the foot through the middle of the ball. Make sure players know their standing foot has to be alongside the ball before they pass. Step forward into the pass!
- Eye contact and communication before they receive/pass is important too. Make sure they are encouraged to do this.
- If they cant find an open window, encourage dribbling until one becomes open.

1v1 Play (12mins)



- Two browns and two whites who are between the red gates pass the ball back and forth to each other using 1 touch to control and 1 touch to pass.
- The other whites and browns in the mean time try and aim their soccer ball using good passing technique to hit the moving side to side ball.
- If they hit the ball they get a point for their team of 2! Have players keep score.
- Rotate positions so all players get to play between gates.
- Encourage good passing technique using the inside part of the foot through the middle of the ball, making sure players are stepping into the pass rather than passing standing still.
- Keep activity flowing by making sure players have extra balls at the side of them. This will help when passes are misplaced. We don't want players chasing soccer balls.

SSG (12mins)



- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.