U6/U7 – Session 4

Intentional Free Play:
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.

Free Dribble:
All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Remind them to push the ball vs kick the ball.

Version 2: Coach can put pressure on players dribbling.
Version 3: Players can dribble at each other and perform a move and accelerate away

Gates Dribbling:
In a 25x35 yard grid set up several gates (two cones about 2 yards apart). All players with a ball must dribble through a gate in order to score a point.
Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat their score by one or more points. **Version 2:** You can also ask them to try dribbling with one foot for 30 seconds, then other foot for 30 seconds (try to tie or beat score).

Capture the Balls:
Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.

Coach: Call time and each team counts the balls they have collected. Play another round and have each group come up with a team strategy.

Scrimmage:
In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when you team doesn't have the ball, they are on all on defense. *