

RA Steen U7/8 Soccer - Example Session Plan

(Team- based, no rotation) Thursday May 11, 2023

-0:15 Setup


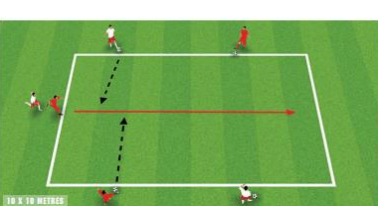
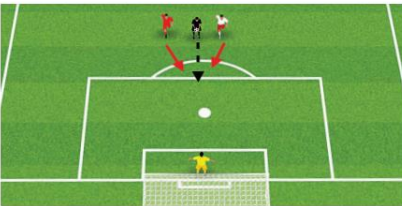
- Coaches set up at designated location and communicate with other coaches

0:00 Whole Group Gathering

- Head Coach blows whistle to gather all players and coaches
- Review RA Steen soccer beliefs: respect, safety, effort
- Introduce new information or discuss problems (ie. sportsmanship, quick transitions etc.)
- Group cheer, and send players to join teams

0:03 Skill Stations - 8 minutes per station, players remain with teams

- Coaches remain with team

Station 1 - Ball Control/Dribbling	Station 2 – Passing	Station 3 - Shooting / Compete
<p>ACTIVITY 4: "AROUND THE WORLD"</p>	<p>ACTIVITY 1: "VALLEY OF DOOM"</p>	<p>ACTIVITY 1: "SOCCER 1 V 1"</p>
		
<p>SET UP:</p> <ul style="list-style-type: none"> Up to 12 players, sitting or standing in a large circle. Number each player (1-12). <p>INSTRUCTIONS:</p> <ul style="list-style-type: none"> "Go!" – when the coach calls your number, travel around the outside of the circle and return to your spot as fast as you can. "Listen!" – move as your coach tells you to. 1. Run forwards. 2. Run backwards. 3. Shuffle to the side. 4. Hop with your feet together. 5. Skip, etc. <p>OPTIONS:</p> <ul style="list-style-type: none"> Each player has a ball: "Forwards" – players dribble the ball forward around the circle. "Turn!" – players turn and dribble in the other direction. "Weave!" – players must weave in and out of their seated teammates as they dribble around the circle. Players use only their left or right foot, or a certain part of the foot (i.e., inside, outside, laces) to move the ball. "Race!" – call out 2 numbers at once. The first player back wins! 	<p>SET UP:</p> <ul style="list-style-type: none"> Up to 12 players, all but 2 of them with a ball. Players with a ball line up on either side of field Players without a ball start on one end line. <p>INSTRUCTIONS:</p> <ul style="list-style-type: none"> "Go!" – players at the end line try to score a point by running through the "valley of doom" without being touched by soccer balls passed by their teammates. Remind the players with soccer balls to use the inside of their foot to pass. <p>OPTIONS:</p> <ul style="list-style-type: none"> "Switch!" – when one set of players has made it through the valley, the two players on the sidelines closest to the start become the next pair of runners: As runners, hop, skip or bunny hop down the field while dodging soccer balls. Pass the ball with your other foot. Widen the valley so players have to pass farther. 	<p>SET UP:</p> <ul style="list-style-type: none"> Up to 10 players, working in pairs; 1 goalkeeper. Players form 2 lines on either side of a coach. <p>INSTRUCTIONS:</p> <ul style="list-style-type: none"> "Go!" – when the coach serves the ball, the two players at the front of the line chase it. The first player to the ball tries to shoot on goal while the other player tries to take the ball away and then shoot. <p>OPTIONS:</p> <ul style="list-style-type: none"> Have players start in different positions: 1. Seated. 2. Lying on their backs. 3. In a push-up position. One player is the designated attacker, the other the defender. The coach serves the ball from different angles: 1. From behind the attacker. 2. From the side. 3. From the goal line.

0:33 Transition

- Head coach blows triple whistle to indicate preparation for game time

0:35 Game Time

- Head coach blows whistle to begin game, and every 3 minutes to indicate shift change

1:00 End

- Head coach blows triple whistle to end game
- Team cheer and fist bumps with opposing team
- Hop snack and review successes from game and goals for next soccer session