



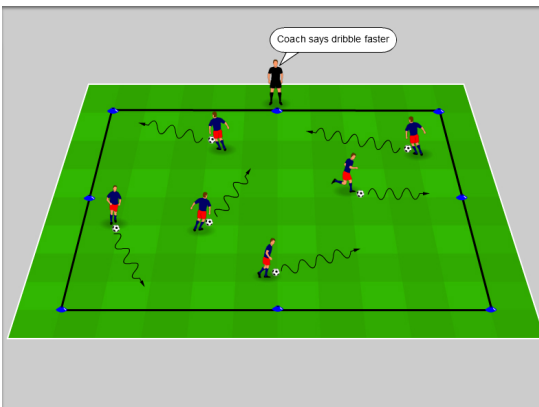
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

**Date:** 30/May/2016  
**Time:** 18h 00m  
**Duration:** 00:30 min  
**Age/Level:** U5 - U10

**Session:** Dribbling  
**Objective:**

## U7/8 Week 1

### Coach Says



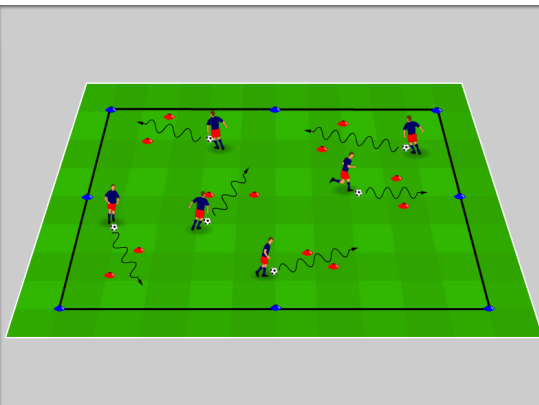
#### Description:

The game is similar to 'Simon says' but instead involves soccer related activities. Every time you say "coach says..." the players must perform that task given. However, if you do not say "coach says" at the beginning of the sentence the players must stay still or carry on the previous task. If a player performs the task without you saying 'coach says' then the player must do 3 toe taps. Examples- Dribble faster, dribble slower, stop, go, change balls with another player ect.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Dribble Gates



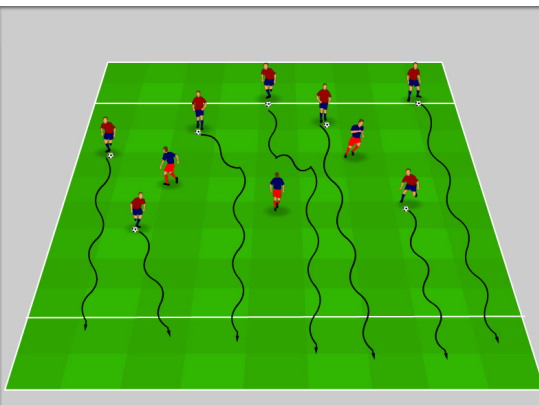
#### Description:

Set up a number of gates spread out around the working area. Each player has a ball and on the coaches command they dribble through as many gates as possible in a minute or two. Repeat a few times challenging the players to get through more gates than the last time.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Cops and Robbers



#### Description:

Set up a 40x20 grid. All except 2 players line up at one end of the grid. The other 2 (cops) stand in the middle. On the coach's signal, the robbers try to dribble their ball to the other end of the grid. If one of the cops takes a ball from a robber, then the robber becomes a cop too.

#### Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed
4. Use tricks/feints and skill the beat defenders
5. Sell the feints