



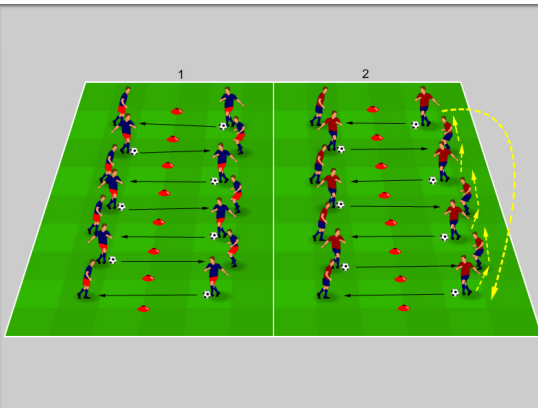
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Striking the Ball
Objective:

U7/8 Week 5

Line Pass



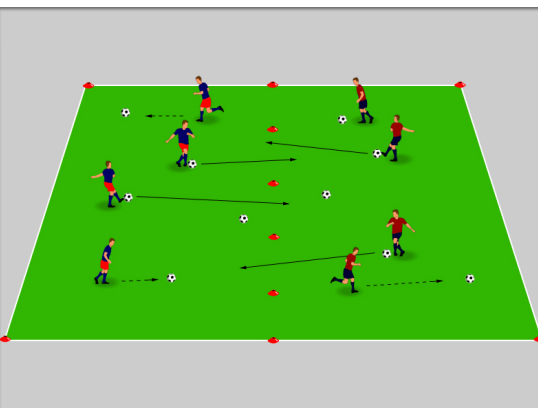
Description:

1. Players are in 2 lines facing each other as shown. Players pass the ball back and forth through the cones, checking back to attack the ball before receiving.
2. Same as 1 except one of the lines move to the next player after passing the ball. Once a player reaches the end of the line, they must sprint back to the beginning. Work for 2 minutes and then have the other side move.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through
 Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders

Clean your Room



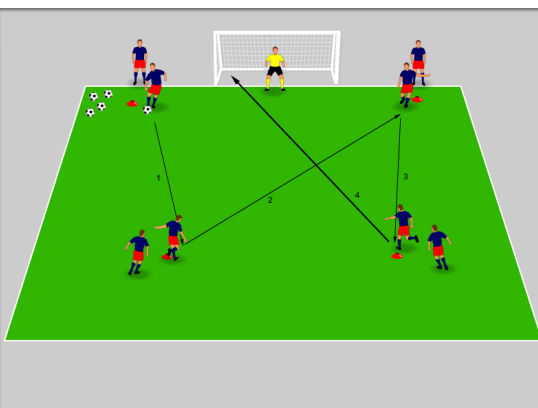
Description:

The players are split into two teams. Each team stands either side of the marked out line. Tell players that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins. When you shout GO! the players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again strike it back. After one minute stop the players and see who has the least balls in their area and therefore the tidiest room!

Coaching Points:

1. Eye on the ball
2. Follow through
3. Use inside of foot or laces

Hourglass pass and shoot



Description:

Set up field as shown. Passes and shot should be about 10-15 yards depending on the players. Player 1 passes to 2, 2 to 3, 3 to 4 and 4 shoots at the net. Players follow their pass to join the next line.

Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through